

NOVEMBER 2025 NEWSLETTER



Our groups.....

The **Yoga Chair-based exercise class** meets every Friday morning from 11am/12.00 noon in the room above Radlett Library. The teacher, Santoshni, takes us through a gentle exercise routine but we work every part of our bodies and also do a few standing exercises. The cost is £8 per session. **Please note that access to the class is via the main library door and once inside go up the stairs.** Please wear comfortable clothing and bring some water and your u3a membership card. New members are very welcome. **Marion C** thecurzons@btinternet.com

NEW GROUP..... What the papers say.....

Jacquie Hyams and I are delighted to announce that our new group **What the Papers Say** will be starting in November. We intend to discuss the lighter newspaper articles, and particularly the controversial items. We hope that it will be a lively group with lots of opinions aired. We have had a terrific response from our members, who are happy to join in and make the mornings a great success. The first meeting will be on Monday, 17th November at 10.30am in the room on the first floor above the Radlett Library. And thereafter on the 3rd Monday in the month. As the library is closed on Monday mornings, the entrance is at the side of the library, the second door along. The entrance will be £2 and we hope to hold it at the price. We will be serving tea and coffee and biscuits. If you would like to join us, please add your name, phone number and email address on the relevant form on the groups table at the monthly meeting, or telephone me on 0771 408 2676. Looking forward to hearing from you **June Marks**

ANOTHER NEW GROUP Quiz Group

Our quiz group will be on Tuesday 4th November at 14:00 in the upstairs room at Radlett Library, Aldenham Avenue, at a cost of £5 per person. Please email oliver@cahn.co.uk by **November 2nd** if you're interested in joining this group and, also, whether you be attending the quiz on November 4th so that we can assess the number of tables and chairs required. Please bring your u3a lanyard. **Oliver**



AND ANOTHER - Book Group 3, is having an initial meeting on Wednesday 6th November. This is to plan the best day to meet, how we choose the books etc. More information will be available at the monthly meeting on Tuesday 12th November. Four of us signed up for this group at the last meeting. Ideally the group would have 6-8 members. The idea is to get our books through the library.



If anyone is interested in joining or would like more information, please contact **Penny** on 07909 520272

AND ANOTHER -

Line Dancing with Sandra at the Phillimore centre. Wednesday 5th November 11- 12. Intermediate Improvers. sandralenson@gmail.com

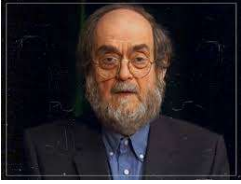
Duplicate Bridge

The Duplicate Bridge group will play online twice in November on the 13th and 27th, both Thursdays. Early notice in December we will play on 11th and 18th as our normal date would be Christmas Day. **Gary**

Opera Group

There will not be an Opera Group meeting in November so our next meeting will be on Friday 19th December and I will be looking to show an appropriate opera for the Festive season. **Gary**

Heart of Herts history



Our meeting this month will take place on **Thursday 13th November at 2.30pm** at our usual venue - Vision Hall, Watling Street, Radlett with free onsite parking.

We are delighted to have our special speaker, Jonathan Bergwerk - who many of you may well have heard before, and will know how accomplished he is, no matter which topic he presents. He will speak about the prolific film maker, Stanley Kubrick, who had many Hertfordshire connections once he arrived in the UK from his U.S home in 1961. Please come along to what will, after almost 10

years, sadly, be our final monthly meeting. There won't be an entrance charge for this meeting. **Diana Lobatto**

Heart of Herts history - PURCELL CONCERT

Tickets are now available for the u3a Heart of Herts annual festive concert at the Purcell Music School on Thursday December 4th. This is a wonderful afternoon, performed by the highly talented students of all ages from the school. There is always a great new selection of all types of music that we have all enjoyed over the past 10 years. 2025 promises another wonderful show.

We have included a vegetarian lunch this year, which will be greatly appreciated as the concert is from 1.30. The doors will be open at 1.00. The price is £22.

Please contact the school directly Charlotte Buck on 01923 331138 or email her

at development@purcell-school.org for bookings (from 3rd November) and you can pay them by card. If there are any problems or you don't want to pay by card, please contact me 01923 850515. Looking forward to seeing you all, at this really special and delightful afternoon. **Carole Constad**



The Film group will meet on Thursday 6th November



To mark the passing of Diane Keaton I will be showing her film from 2003 "Something's Gotta Give". The film also stars Jack Nicholson and Keanu Reeves. In a bit of a change from a lot of the films I have shown this is a bit of an 'adult' (12A) rom-com! Sixty-three year old Harry (Nicholson) has a reputation for dating girls a third his age. Taking Marin, his latest belle, back to her beach house for the weekend he is taken aback when her mother Erica (Keaton) unexpectedly turns up. Suffering a heart attack while romancing Marin, Harry finds himself housebound with Erica as his nurse and only companion. As they grudgingly get to know each other something starts to stir, though as the hospital doctor (Reeves) who treated him has

taken a shine to Erica, Harry could have serious competition. Diane was nominated for the Best Actress Oscar and won the Best Actress Golden Globe for this film. The film will be shown at someone's home with limited capacity and priority will go to group members first. I also expect to be able to show it by Zoom. If you would like to be put on the waiting list for the face to face showing or receive the Zoom details, please let me know. **Gary**

Radlett u3a Philosophy Discussion

In the last two meetings we have been focusing on aspects of political philosophy. We have looked at the threats to democracy and the drift to autocracy and/or a fascist state. Voter apathy, disillusionment with politics generally and falling numbers of eligible voters who do not vote, should concern all those who are concerned about this trend. Modern democracy seems to be very divisive, extreme and sometimes very violent. *Is this the sort of society we want to live in?* We discussed Plato's concept that ideal rulers should be philosopher-kings. Not only are they the wisest, but they are also virtuous and selfless. To combat corruption, Plato's Socrates suggests that the rulers would live simply and communally. Not many examples of that in the world today! Our next meeting at 2.00 pm on Thursday 20th November at the Vision Hall, Christchurch.

At this meeting we will look at the current threats to Free Speech. The French philosopher, Voltaire, is quoted as saying *"I disapprove of what you say, but I will defend to the death your right to say it."*

After recent events in America where it appeared that the government had a late night show cancelled because it was critical of the president, Eric Idle of Monty Python fame recently said that *"What South Park is doing with Trump is heroic, and I know they've done him a lot of damage. There's a reason Hitler and Trump get rid of the comedians first. They hate being laughed at. So, it's great that Governor (Gavin) Newsom is taking the piss out of Trump and his hands. Comedy is saying the right thing at the wrong time. It's so important. It's telling truth to power, and it's keeping people sane."*

Most democracies enshrine the concept of freedom of thought and free speech. *Should we be free to say what we think, and should we be held responsible for what happens when we speak freely?*

According to Noam Chomsky, *Manufacturing Consent: Noam Chomsky and the Media, 1992* :-

"With regard to freedom of speech there are basically two positions: you defend it vigorously for views you hate, or you reject it and prefer Stalinist/fascist standards. It is unfortunate that it remains necessary to stress these simple truths." "If you believe in freedom of speech, you believe in freedom of speech for views you don't like. Stalin and Hitler, for example, were dictators in favour of freedom of speech for views they liked only. If you're in favour of freedom of speech, that means you're in favour of freedom of speech precisely for views you despise."

If we don't believe in *freedom* of expression for people we despise, we don't believe in free speech at all."

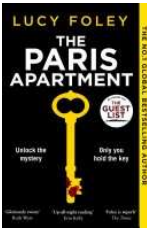
Christopher Langdon.

Longer walking group with group photo



We were on the capital ring in the Harrow/Brent area.
We walked from Hendon train station to Sudbury Hill tube station - about 9 miles passing through Harrow on the Hill and Harrow school playing fields.
Our next walk will take us on to Richmond. **Fiona Turner**

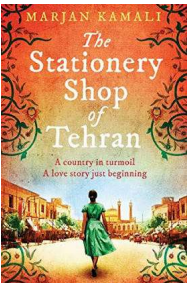
Evening Book Club



We meet about once a month, but a bit longer if it's a long book.
Our current book is Memento Mori by Muriel Spark. I'm waiting for our next meeting to find out what everyone else thought of it- but it certainly wasn't my cup of tea! - very slow and all about old people!
Our next book will be **The Paris Apartment by Lucy Foley - a thriller**, so it will be a nice change.
We try to read a whole range of books- current bestsellers, classics, biographies.....
Our book choices are a little limited by what Hertfordshire libraries has 10 copies of. But it's a great system - we order a set of books and by the following week they're usually waiting for us in the library. How good is that!

We meet in people's houses and always finish with tea, cake and a chat.
We're full at the moment, but I'm happy to add anyone interested onto the waiting list. **Yvonne Brown**

Reading Books Is a Novel Idea.



At our meeting on Thursday, we discussed our latest book How to read a Killer's mind by Tam Barnett.
Two people had started to read it but both gave up as they struggled to get into the story.
One of the two didn't like the main character and thought the side kick was a bit strange, they also didn't like the plot or the style of writing. The other person thought it was going to be written by a psychologist citing real cases, but sadly it wasn't. Another six had read and finished the book.
Two of those who had done so would recommend it. Thoughts ranged from being different to anything they had read before, and liked the style enough to read another book by the same author.
One thought the characters were interesting and didn't find it predictable.
Another would recommend the book as they thought the style of writing was ok and felt compelled to

find out the ending. Of the remaining six who wouldn't recommend it, comments ranged from the fact that it was predictable, the storyline was unbelievable and found it hard going.

It was felt that the plot did build well and liked the psychological aspect of it.

Our next chosen book will be **The stationery shop of Tehran by Marjan Kamali.**

1953, Tehran. In a small shop in a country on the brink of unrest, two people meet for the very first time.

Roya loves nothing better than to while away the hours in the stationery shop run by Mr Fakhri. The store, stocked with fountain pens, shiny ink bottles, and thick wads of writing paper, also carries translations of literature from all over the world. Bahman, with his burning passion for justice, is like no one else she has ever met.

But all around them, as their relationship blossoms, life in Tehran is changing.

Suddenly, shockingly, violence erupts: a coup d'etat that forever changes their country's future, as well as their own.

Marjan Kamali's beautiful novel explores themes of love and loss, and delivers an unforgettable ending.

Other recommended books.....Tom Lake by Ann Patchett.

How to get away with murder by Tam Barnett.

Wild by Kristin Hannah.

Love Forms by Claire Adam.

Holding by Graham Norton.

The Glass Castle by Jeanette Walls.

The Island of missing Trees by Elif Shafak.

Daughters of the bamboo Grove by Barbara Demick.

Fly Wild Swans by Jung Chang.

Homecoming by Kate Morton.

The Tailor of Panama by John le Carre.

Jamie Oliver The Biography.

Our next meeting for our members will be on Thursday November 6th from 10am to 12 noon.

Looking forward to seeing those of you who can make it. Best wishes, **Sharon Strong.**



Rusty rackets at Elstree Lawn Tennis Club

We have continued to enjoy all the benefits of fresh air, blue skies (occasionally), cardiovascular exercise and competition. Whether our tennis playing has improved is up for consideration. Our lovely tennis coach Dimi does his best to improve our serve and performance but he is fighting a losing battle against stiff joints and a myriad other issues.

A few new members joined us during the past year and some past members have returned after hip and other replacements (You have to laugh!).

If you are thinking about taking up tennis again, don't let your family put you off.

Come and give it a try. Tony Etherton. 07831 367924

tonyetherton1@gmail.com



History Group.

We are delighted to tell you that we have Leon Freris returning to talk to us again at our next meeting on Tuesday 4th November next. His presentation will be on the "History of the Quakers". For those who were present on his previous talks will need no encouragement to hear Leon, who is a great presenter again. His talk on Utopias was amazing.

We will meet as usual at Vision Hall, Christ Church, Watling Street, Radlett. Please be there by 10.15am for a prompt start at 10.30am. Coffee and tea available after the meeting as per usual.

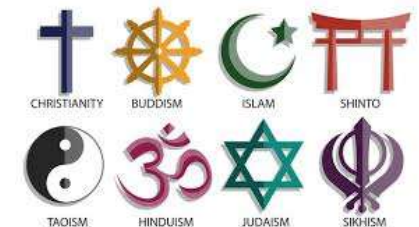
Usual entrance fee £4.00 to cover our expenses. **Harvey and Stephen**

A Fond Farewell and Celebration

For two and a half years, we've journeyed afar,
From temples to churches, each faith a new star.
The Radlett U3A group, curious and keen,
Explored the world's creeds and all that they mean.
Jacquie and Bette, Diane, June, and Meera too,
Arranged our adventures, each month something new.
To churches and synagogues, mosques and more,
We stepped through each fascinating door.



We've pondered Jainism, Islam, and Christianity,
Judaism, Taoism—a rich tapestry.
Even Jews for Jesus, Jehovah's Witnesses came,
Each belief with its beauty, each story its flame.
But alas, dear friends, the journey must pause—
We've run out of religions (and maybe applause!).
So on October twentieth, we gathered in cheer,
To celebrate learning, and friendship so dear.



With videos galore (that refused to behave),
Till Oliver Cahn came along, calm and brave.
He pressed a few buttons—success at last!
Our virtual tour of the world was broadcast.
Then dancing and singing, with laughter and wine,
Delicious food shared—it all felt divine.
Stories and smiles filled every space,
As warmth and good spirit lit every face.



To everyone present, and those who have been,
Through study and travel, through sights we have seen—
We thank you sincerely, with joy in our hearts,
For making this journey a true work of art.
So here's to "Religions of the World," our grand quest,
A circle of friendship—truly blessed.
Though the group may end, the memories stay,
Guiding our spirits, come what may.

**With love and thanks to all members of the Radlett U3A Religions of the World group for their support over the years.
And thanks to Chat GPT for helping Jacquie to write this poem** 🙏

Remarkable Women.

At our October meeting we had a full house for Jonathan Bergwerk's presentation on Golda Meir, founder member of the State and described as the 'Iron Lady' of Israeli politics. Very interesting and informative as ever, Jonathan enlightened us on the one and only female Prime Minister of Israel from 1969-1974, and her eventful life, which was not without controversy. Many thanks again to Jonathan for his excellent lecture and I hope he will be back with us again before too long to present another remarkable woman.

Our next meeting will be on **Monday 10th November at my home at 3.15 pm as usual**, when we will be exploring the life and achievements of

Dame Stella Rimington who died recently aged 90. As well as an author, she was the first female Director General of MI5 from 1992-1996 and the first Director General to break through some of the government's secrecy barriers to make the Service more transparent. Her role in the service was considered a model for Dame Judy Dench's portrayal of M in the James Bond movie series. More details nearer the time. **Carmel Byers**

Line Dancing

To all my regular line dancers this is just to reassure them that my beginner/improver classes are continuing as normal. The new class that Sandra is starting this month is an extra class That will be covering dances requiring a slightly higher level of experience.

I do have some space in my Tuesday and Thursday classes and although they are beginner level because we have been successfully going for some time

It would be advisable to have some knowledge of basic dance steps.

If you are interested but not sure if these classes would be suitable for you

Do contact me to get more information.

Mandy Burger

PLEASE NOTE:

It is important when booking an outing to please first check availability with the events organizer and have your name added to their list. This represents a firm commitment to attend this outing and you are expected to pay within a few days.

DO NOT MAKE OUR HARD WORKING COMMITTEE HAVE TO CHASE YOU FOR PAYMENT.

You will not have a confirmed place on our lists until your payment has been received.

We do not automatically offer refunds for any cancellations by our members but if you check with the Event organizer to see if we have a waiting list then we may be able to sell your ticket to someone on that list and we will refund you after receiving the new payment.

If we do not have a waiting list then it is up to you to resell your tickets to another u3a member.

When paying for outings and events please only pay by payment card (via the website) or by cheque. No cash please.

We cannot accept payments direct to the Radlett & District u3a bank account.

If you need assistance paying by credit card, to avoid long queues at the monthly meeting, please call Anthea on 01923 85 2274.

If you are paying for two members by credit card please show both names on the payments form.

KEW GARDENS LIGHTS

ON Tuesday 18th November. Leave Radlett 3.45pm £46

****WAITING LIST****

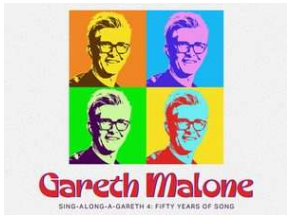


Brand-new installations will showcase Kew Gardens in a whole new light, as the UK's original festive light trail returns to the world-famous botanic gardens.

It's a botanical world brimming with seasonal cheer as twinkling lights and seasonal sounds fill the air. Discover glittering tunnels of light, dancing lakeside reflections and trees drenched in jewel-like colour.

Along the circular 3 km route, delicious independent street food vendors will offer tasty festive delights, from hot food and sweet treats to spiced winter warmers and hot chocolate.

Contact: Joan Altman joanaltmanu3a@outlook.com 01923 404920



**SING- ALONG -A -GARETH ON MONDAY 1ST DECEMBER
AT CADOGAN HALL, London SW1X 9DQ £57**

****WAITING LIST****

LEAVE RADLETT 3.30pm

After decades spent inspiring choirs in schools, workplaces and communities, Gareth now invites audiences to join him in a live, immersive celebration of the music that shaped his life – and been the soundtrack to so many of ours. Backed by his stellar live band and singers, Gareth, with his signature infectious energy and joy for music, will lead the audience through a setlist of iconic songs from the '60s to today. Full of uplifting pop hits, anthems we all know by heart, and a few personal surprises, *Sing-Along-A-Gareth: 50 Years of Song* is more than just a concert, it's a shared experience.
Contact: Sandra Clark u3asandra@gmail.com 07770 467381

**THE FESTIVE SEASON WILL SOON BE HERE
JOIN US FOR OUR CHRISTMAS LUNCH AT
THE BLUE CHECK RESTAURANT
144 HIGH STREET
BUSHEY
WD23 3DH**



WEDNESDAY DECEMBER 3rd 2025 12.15pm for 12.30pm £34

****WAITING LIST****

Contact: Helen Bocarro helenbocarro@yahoo.co.uk 01923 858155

**NEW YEAR'S DAY PROM CONCERT
AT BARBICAN HALL**

Thursday 1ST JANUARY 2026

LEAVE RADLETT 11.45am £58. **WAITING LIST******

Start 2026 in unforgettable style with the New Year's Day Proms in our Hall – a rousing celebration of classical favourites, uplifting anthems, and beloved operatic gems.



**Contact: Sandra Clark
u3asandra@gmail.com
07770 467381**



Gielgud Theatre London

On Wednesday 21st January 2026, (Matinee) Leave Radlett at 11am (To Be Confirmed)

This is the highly acclaimed production from Chichester Festival Theatre £81

Contact:

***Vivien Summers* events@radlettu3a.org.uk, 01923 856728**



HEARING DOGS FOR DEAF PEOPLE
THURSDAY 29th JANUARY 2026 2PM – 4PM £5

ROOM ABOVE RADLETT LIBRARY
COME AND MEET LIZ ARENDT AND HER WONDERFUL DOG, RUFUS.
SHE WILL TALK ABOUT HER EXPERIENCES AND THE HELP SHE HAS RECEIVED

FROM THE HEARING DOGS CHARITY.
TEA/COFFEE WILL BE SERVED.

Contact: Joan Altman
joanaltmanu3a@outlook.com
01923 404920

NEW NEW NEW

SANTTU CONDUCTS BERNSTEIN, COPLAND AND GERSHWIN

At ROYAL FESTIVAL HALL. £31. on THURSDAY 5TH MARCH LEAVE RADLETT 4pm

Artists

Santtu-Matias Rouvali – conductor Mark van de Wiel – clarinet. Frank Dupree – piano

Programme

Bernstein On the Waterfront Suite

Dove Clarinet Concerto, 'Rainbow' (World premiere, commissioned by Mark van de Wiel and the Philharmonia)

Copland Clarinet Concerto

Gershwin Rhapsody in Blue



Contact: Sandra Clark
u3asandra@gmail.com
07770 467381



TOUR OF APOTHECARIES' HALL BLACK FRIARS LANE LONDON EC4V 6EJ
TUESDAY 25th MARCH 2026 £16

NO COACH – MEET THERE AT 11am

APOTHECARIES' HALL IS A FASCINATING HISTORIC VENUE IN THE HEART OF THE CITY. THE CURRENT HALL OF THE APOTHECARIES' SOCIETY IS THE OLDEST SURVIVING LIVERY COMPANY HALL IN THE CITY OF LONDON: THE APOTHECARIES ACQUIRED THEIR HALL IN BLACKFRIARS IN 1632. THE ORIGINAL HALL BURNT DOWN IN THE GREAT FIRE ON 1666 AND WAS REBUILT IN 1672.

A MAJOR RESTORATION WAS CARRIED OUT IN THE 1780S AND, ALTHOUGH THE HALL UNDERWENT MAJOR REDEVELOPMENT 200 YEARS LATER, ITS EXTERNAL APPEARANCE HAS ALTERED LITTLE SINCE THE LATE 18TH CENTURY. APOTHECARIES' HALL SECRET COURTYARD HAS BEEN REFURBISHED RECENTLY, TO A STUNNING WHITE WITH BLUE FACADE.

Contact: Helen Bocarro
helenbocarro@yahoo.co.uk
01923 858155

ADVANCE WARNING

WE HAVE BEEN ADVISED TO WATCH OUT FOR AN INVASION OF A CLOWDER, A POUNCE AND A CLUTTER OF CATS AT THE OPEN AIR THEATRE NEXT SUMMER.
FURTHER ANNOUNCEMENTS TO FOLLOW

We had a very successful new member's meeting recently and it was a pleasure to meet you all. It is always nice to see new and enthusiastic people, sadly many of our new members do not participate in these which is a shame. They are really useful to us in determining what people would like to get involved with, and to point them in the right direction. So, a big thank you to all those who attended and enjoy your new-found friends and interests. **New book club anyone ? New Shakespeare group. ??????..... both requested. Please call Bette if you are interested. alfabette.t21@btinternet.com**

Our next meetings.....10.00 am at the Metropolitan Bushey.

11 November 2025

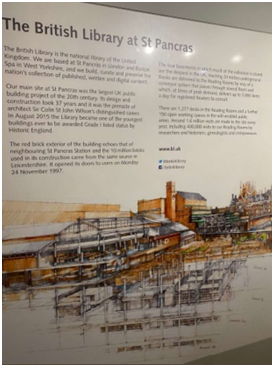
Speaker: Richard Suskind

Title: How to think about AI: A Guide For The Perplexed

9 December 2025

Speaker: Peter Altman

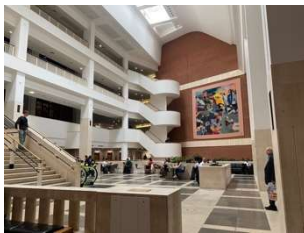
Title: Remembering the 50's & 60's - The Music, The News, The Movies, The TV



BRITISH LIBRARY outing

Entering the British Library is like going into a modern cathedral. Not everyone's taste in design, the outside vast brick elevations will stand the test of time and give a permanence while also reflecting the adjoining beautiful St Pancras station.

The vast size is carried on underground with the four double height storeys for storing books on mechanised shelving. Interestingly with the Victoria Line splitting them in two. The trains can be heard when you are below ground level. Only half the books are stored in Euston and the rest in Boston, Lincolnshire. Every published book, newspaper and magazine is stored, with 3,000 new ones arriving every day.



Our well attended tour on October 16th was split into two groups. An hour and a half being barely long enough: seeing behind the scenes to understand how conveyors send requested books backwards and forwards through the building; to viewing the treasured books, some priceless, including the Magna Carta, a Shakespeare folio of plays and an exhibition of Leonardo da Vinci documents written in his back to front upside-down mirror writing.

We didn't get to the viewing gallery but had a detailed explanation of the enormous King's Library in a six-storey internal tower of glass and bronze, put together by George III and on his death donated by George IV to the British Museum. Finally ending up in the special purpose-built tower in the British Library in 1997. Only twenty staff have the authority to enter the Tower to remove a book and only for specially authorised users. Each user having to be scrutinised and checked.

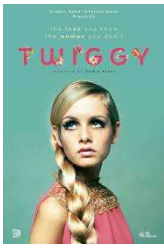


Every aspect of the Library: from the design and quality of materials to the operation is awe inspiring and was well worth the visit. **Keith Preston**

DINGBATS

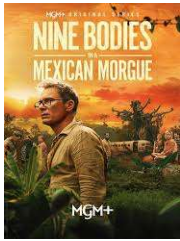
ZZZZ Bull	con	D ENDSSDNE	
01	02	03	04
sailing cccccc	Eye E See Except	RASINGINGIN	N I A T CAP
05	06	07	08
DOX DOX	weather feeling	TOMATO LETTUCE CUCUMBER ONION	dice dice
09	10	11	12

When I was a Management Training Consultant - yes it's hard to imagine I stood before large groups of Management personnel giving them training in Interpersonal Skills, Customer Care and suchlike - I agreed to give a new course to one of my client's staff. The night before I started to prepare the programme and was still doing so when Howard, my husband, came downstairs to find me engrossed in my work. "What on earth is going on and why haven't you come to bed yet?" He asked "Have you any idea of the time?" To my horror I realised it was gone 2am on the morning of the training which was a course on **Time Management** I'm glad to say I got away with it and the course was a success. If only they knew! **Hannah Gottlieb**



From your TV critics Terri and Brian.....

We thought we'd look at **TWIGGY**, the documentary on BBC. Her real name is Lesley Hornby and it's all about a cockney young girl from Neasden who, as a teenager with stunning looks and a skinny figure, became a top model and took Britain and then the world by storm. The programme blended rare footage and interviews and explored her rapid ascent, the pressures of sudden fame and her lasting legacy. It also showed her relationship with Justin de Villeneuve, her boyfriend and manager in the early years, and then she met the love of her life, Leigh Lawson, who she has been married to for 42 years now. It was expertly directed by Sadie Frost and we were very surprised at the many facets of Twiggy, from her early modelling years in the 1960's to a star of musical theatre and film. She is still beautiful and seems to be a very nice lady, who amazingly is now a Dame! Very good.



NINE BODIES IN A MEXICAN MORGUE is a six-part series on BBC written and produced by the great Anthony Horowitz. The story is that 8 passengers and 2 crew on a small plane which crashes in the jungle in a remote area of Mexico. The 8 passengers survive at first but then one by one they all get killed! It examines all the different survivors and their lives, and keeps you guessing who it is that has been murdering them all, and why. It's very intriguing and at the beginning of the programme it shows 9 bodies that are finally found after 8 days by searching parties, but of course there should be 10! The flashbacks show what happened day by day at the time. Very good and a big twist in the end, although the last episode is rather gruesome in parts.....

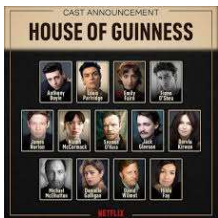


TASK on Sky in 7 episodes stars Mark Ruffalo as Tom Brandis, an FBI agent who used to be a priest. He is assigned to a new task force to investigate a series of armed robberies at drug houses owned by a biker gang called the Dark Hearts, which gets out of hand. It IS quite violent, as many of these types of series are, but the characters and acting are so good it's worth watching. One of the task force officers is leaking information to the biker gang which makes it even more exciting. Mark especially is very good in his role, being firm as well as kind, and you get to know the story of Tom's life, which had a lot of sadness in it.



THE GIRLFRIEND is on Amazon Prime and tells the story of Laura, a well off gallery owner with a charmed life, played by Robin Wright (who also directs). She has a handsome and loving son called Daniel who meets a girl with a dangerous past that he is not aware of. Laura obviously doesn't want him to stay with her, but he falls in love. Daniel has a serious accident, and after that things go very awry for Laura and her relationship with her son as the two females in his life hate each other.

The ending is quite surprising and rather contrived but, on the whole, we enjoyed the series.



Then there is **GUINNESS** on Netflix, a drama based on the true story of the extremely wealthy Guinness family dynasty in 6 parts, of which we've watched 4 so far. Its founder, Sir Benjamin Guinness dies in 1868 and leaves his empire to his four children, each with problems and secrets of their own. Apparently, the real life of this troubled family is more fantastic than any story could tell! It focuses on the lives of the siblings and is set in 19th century Ireland and also New York. It stars James Norton as Sean Raffety, rather a ruffian, who manages the Guinness employees and keeps the business running smoothly. There is an Irish group called the Fenians who pose a threat to it all and the drama is interesting and beautifully filmed and staged.



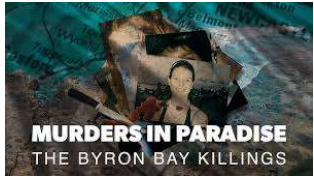
We started to watch **BLACK RABBIT** on Netflix starring Jude Law, whose character owns an award-winning restaurant. His very troubled brother, played by Jason Bateman, turns up and he owes loads of money to very bad men, which turns nasty and we think it became much too unnecessarily violent. We didn't finish watching the series as it became too dark for us, which is a shame. Do any of you agree/disagree?



FRAUDS on ITV stars and is part written by Suranne Jones, and also stars Jodie Whittaker, who plays Sam. They play 2 close friends who are burglars and con artists and Suranne's character, Bert, has just come out of prison after ten years on compassionate grounds because she has liver cancer with only weeks or maybe months to live. She wants them both to pull off a massive heist that will make them a huge amount of money while she still can. Unfortunately, it's not all plain sailing and they get into a lot of trouble! And then Sam's daughter, who she had to give up at birth, comes into the narrative, and joins their "gang", as well as Elizabeth Berrington, who plays Jackie, a sharpwitted magician's assistant. We thought it was good and well written and of course very well acted.



We watched a good shortish film called **BLACK BAG** on Sky starring Cate Blanchett, Michael Fassbender, Tom Burke, Naomi Harris, Pierce Brosnan and the very handsome Rege-Jean Page. When his beloved wife is suspected of betraying the nation intelligence agent George Woodhouse, played by Michael, faces the ultimate test: loyalty to his marriage or to his country. It's very intriguing, going from one suspect to the other, and we really enjoyed it. Obviously very well acted by this excellent cast.



Lastly there's **MURDERS IN PARADISE: THE BYRON BAY KILLINGS** on Channel 4. This 2-part Australian documentary explores the real life cases of 67 girls and women who disappeared presumed dead or were murdered in the Byron Bay beach area on the east coast of Australia in the late 1970's, with no arrests made. The investigation is driven by a politician who is searching for the truth after so many decades, and he is joined by a former policeman, a criminal psychologist and a criminologist to try to give these women a voice and to give their families closure. It's absolutely unbelievable that the police did not take most of these cases seriously and didn't investigate any of them properly. Very interesting.



And of course the new series of **SLOW HORSES** has started on Apple TV, and in our opinion it is so good that it's worth signing up for Apple TV, if only to watch this because it's so marvellous! There are many other good programmes on this channel too, including **MORNING STORY & PLATONIC.....**
Happy watching. Terri & Brian

Visit to the Chelsea Hospital – Jane Galloway



On a perfect autumnal day, when the leaves along Royal Hospital Road were a lovely shade of brown, 27 of us met for a tour of the Royal Hospital Chelsea, home to 281 Chelsea Pensioners. It can accommodate 302 Pensioners, men and women.

We gathered in Soane Stable Yard, designed by the eminent architect, Sir John Soane, who was the Royal Hospital Clerk of Works for 30 years.

Soane Yard once stabled 32 horses and 12 carriages, with accommodation for stable boys and coachmen in two flats.

Our guide, Michael, has only been a Chelsea Pensioner for 15 months, but his encyclopaedic knowledge of his home was extraordinary, filled with humorous anecdotes.

The Hospital was founded by King Charles II in 1682 as a retreat for veterans, inspired by Les Invalides in Paris. It was designed by Sir Christopher Wren and opened its doors to the first 99 Chelsea Pensioners 10 years later.

To qualify for admission, a candidate must be a former soldier or non-commissioned officer in the British Army, including National Service, or a former officer of the British Army who served in the ranks or was awarded a disability pension while serving in the ranks.

Men and women must be of pensionable age, be able to live independently on arrival, and be free of any financial obligation to support a spouse or family.

Applicants are invited for a four-day stay during which they get a taste of what life is like as a Chelsea Pensioner.

On entry, Pensioners surrender their army pension in return for board, lodging, clothing and full medical care.



Pensioners live in their own accommodation, known as berths, which, up to refurbishment in the 1950's, measured 6 x 6 feet. Since 2015, all berths include en-suite facilities, a writing desk and natural light. Pensioners have their own club with bar, the drinks in which are subsidised, lounges and restaurant. There are many activities, such as gardening, lawn bowls, singing. The Prince Philip Building houses many hobbies and crafts. Michael, who has a few health issues, thoroughly enjoys guiding tours and goes to a local primary school to read to 4-year-olds.

The Scarlet, worn by the Pensioners, was first issued in 1704 and was very heavy to wear.

Nowadays, it is made of linen, and the same tailor has been making the uniforms for 40 years.



On our walk through to the Long Room, we saw the magnificent grounds where the Chelsea Flower Show is held, and the gilded statue of King Charles II in Figure Court.

In the Great Hall, where the floor is of black and white Swedish marble, tables of eight were laid up for dinner. Usually, people will sit together from the same regiment. Breakfast, lunch and dinner are served, the last two always comprising of three courses. Tea can also be had.



The painting of John Spencer Churchill, 9th Duke of Marlborough, is worth an estimated £157,000.



The 5-gallon leather beer jug traditionally carrying ale from the cellar to the Great Hall, is called a boot in the Navy, hence the expression “fill your boots”.

The banners on the walls are from French, American and Dutch campaigns.

Finally, we went into the Chapel, again where the same Swedish black and white marble flooring appears, over Purbeck stone, beneath which the cellars, which held 300 barrels of ale.

Of note, there are no stained-glass windows in the Chapel as Christopher Wren wanted to enable God’s pure light to shine.

The organ, also designed by Wren, has 704 organ pipes.

Regular Sunday services are held, as well as interments. Denis and Margaret Thatcher are buried in the grounds of the Royal Hospital.



Michael was a wonderful guide and raconteur and it is obvious how much his life has improved since becoming a Chelsea Pensioner.

Thank you, Christine, for organising a great visit, and for your detailed joining instructions.



Visit to the Clink Prison



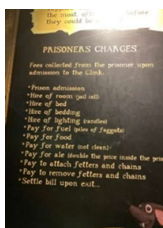
The Clink Prison wasn’t your typical jail — it was a jumble of buildings tucked inside the grounds of the Bishop of Winchester’s grand mansion, right by the River Thames in Southwark. Back in its day, it was used to lock up all sorts of people waiting for trial. Most were local troublemakers, but every now and then, someone of higher status would end up there too. That was because the Bishop wasn’t just a churchman — he was also a powerful figure in the king’s government, often serving as Lord Chancellor. His church court could even try people accused of heresy or other religious crimes, which meant the prison saw quite a mix of inmates.

Life inside the Clink was rough, but it could be *a lot less rough* if you had money. The gaolers — basically the prison guards — didn’t earn much, so they came up with their own ways to make extra cash. They charged prisoners for everything you can imagine: rooms, beds, blankets, candles, firewood — even the chance to move around a bit. Food and drink were sold at twice the normal price, and if you could afford it, you could pay to have your chains loosened or taken off altogether. For the right amount of money, some prisoners were even allowed out during the day to beg, run errands, or work.

Those who couldn’t pay, though, had a miserable time. The poorest prisoners were often left with nothing — no food, no warmth, not even proper clothes. They had to beg through iron grates that opened up to the street above, hoping that kind strangers might drop coins or scraps of food down to them. Some sold whatever they had — sometimes even their clothes — just to survive another day.

The gaolers didn’t care much about what went on as long as they were getting paid. Some prisoners ran small businesses inside, and it’s said that madams even kept brothels going behind bars, with the guards happily taking a share of the profits. It’s easy to see why the Clink became infamous over time. It was dirty, corrupt, and cruel — a place where money decided everything.

But it’s also why the name “The Clink” stuck around for centuries. Even today, when people say someone’s “in the clink,” they’re unknowingly keeping alive the memory of that grim little prison by the Thames, where freedom had a price and justice depended on your wallet.



Eat whatever you like because...

- * The inventor of the treadmill died at the age of 54.
- * The inventor of gymnastics died at age 57.
- * The world bodybuilding champion died at age 41.
- * The best footballer in the world, Maradona, died at 60

And then-

- * The KFC inventor died at 94.
- * The inventor of Nutella died at 88
- * The inventor of Hennessy died at 98

How did doctors come to the conclusion that exercise prolongs life, when

- * The rabbit is always jumping but it lives for around 2 years, and
- * the turtle that doesn't exercise at all, lives over 200 years.

*** **So, rest, chill, eat, drink, and enjoy life**

Daily Dose of Inspiration Quotes by Catherine



WHAT A GRANNY IS ...

What a Granny is. . .

This definition of "What a Granny Is" was written by a seven-year-old girl in her school essay.

A granny is a lady who has no children of her own so she likes other people's little girls and boys. A grandpa is a man granny. He goes for walks with boys and girls and they talk about fishing and tractors.

Grannies don't have to do anything but be there. They are old so they shouldn't play hard or run. They never say 'hurry up'. Usually they are fat but not too fat to tie children's shoes. They don't have to be clever, only answer questions like why dogs hate cats and why God isn't married. They don't talk baby talk like visitors. When they read to us they don't skip bits or mind if it is the same story over again.

Everybody should have one, especially if you don't have television, because grannies are the only grown-ups who have time.

There is quite a lot here about the holiday we have just had in North Wales. I had written this summary and then I had other articles, which I have added as members were kind enough to send them to me. It may encourage you to join us next time (or not). Adrienne

U3A Radlett Heads to North Wales – Day 1: Setting Off in Style!



At last, the day we'd all been waiting for arrived — our third U3A Radlett holiday! Thanks to the ever-organised Cathy, forty eager travellers gathered bright and early on Monday morning, ready for our adventure to North Wales. Remarkably, nearly every single one of us was on time (a minor miracle in itself!), and by soon after 9.30am the loaded coach was rolling out of Radlett, full of chatter, coffee, and excitement.



Our first stop was the village of Froncysyllte, home of the Horse-Drawn Boat Centre. The name, however, turned out to be a touch misleading — not a single horse in sight! Instead, we climbed aboard our private

charter canal boat for a long, leisurely glide through the Welsh countryside.



The afternoon couldn't have been more perfect: calm water, sun-dappled scenery, and the sort of peacefulness that makes you forget what day it is. We were treated to a Welsh cream tea — complete with Bara Brith fruit cake and scones of such impressive firmness they could almost double as paperweights! Still, with plenty of jam and cream, they went down a treat.

Many agreed it was one of the highlights of the entire holiday — so beautiful, so relaxing, lovely scenery and we were blessed with glorious weather from start to finish.

At the far end of the canal, our trusty driver Nick was waiting to whisk us away to our hotel in Llandudno, where we arrived on the seafront to our hotel for the next 4 days. We unpacked, unwound, and looked forward to the adventures still to come.

By the time I came down for dinner, at least five people had already changed their rooms! Fortunately, Cathy had wisely written on the itinerary: *"Do not contact Adrienne if there is a problem at the hotel — she cannot deal with it. Deal direct."* A stroke of genius, certainly for me, as everyone was soon happily settled.

Dinner itself was... let's say, adequate. Not exactly Cordon Bleu, but edible, and no one went hungry — which is the main thing! Breakfast the next morning, however, more than made up for it.

All in all, it was a wonderful start to our Welsh adventure — laughter, sunshine, and only minor room-swapping chaos and an incredibly slow lift.



Day 2: Up, Up and Away on the Great Orme!



Tuesday saw us ready for a short drive to the Great Orme Tramway, starting from Victoria Station in the centre of Llandudno. A little patience was required, as the wait turned out to be longer than expected, but everyone handled it like pros — after all, we're U3A adventurers!

The tram ride itself was a treat. As we slowly climbed the Great Orme, the views over the town and the sparkling sea were nothing short of breathtaking. Cameras clicked, hats were adjusted against the wind and spirits were high.



However, the summit brought a rather less gentle encounter with the elements. The wind up there was fierce and aggressive — so much so that one of our members was actually blown over, resulting in a broken arm. Thankfully, the staff on site were excellent, and with her husband by her side, she was quickly taken to the local hospital. We're happy to report that she received excellent care and was well looked after.



Despite the blustery conditions at the top, the rest of us enjoyed a warm coffee (and a bit of shelter!) and I got treated to a wonderful hot chocolate with cream and marshmallows, while taking in the dramatic scenery — a reminder that North Wales' natural beauty comes with a splash of wild adventure!

After our exhilarating (and blustery) trip to the summit of the Great Orme, it was back on the coach for a short drive to Bodnant Gardens, near Colwyn Bay. Now a National Trust property, 2024 also marks 75 years since Bodnant Garden was gifted to the National Trust by Henry McLaren, Lord Aberconway. A visionary in his own right, he persuaded the Trust to accept gardens on their own merit — Bodnant being only the second garden admitted after Hidcote in 1949.



Bodnant was looking magnificent even in October, with plenty still in bloom, and added to our delight was the prestigious International Garden Photographer of the Year exhibition, set in the gorgeous garden surroundings. The exhibition, renowned worldwide, showcases the talents of both professional and amateur photographers, and wandering among these stunning images was a treat for all the senses.



As always, our U3A tradition demanded a coffee stop, which we enjoyed amid the

autumnal beauty of the gardens — a perfect, relaxed way to spend the afternoon after a morning of high-altitude excitement.



Despite the earlier dramatic encounter with the wind which had then moved on, spirits were high, photos were snapped, and memories were made — a truly memorable day in North Wales!

However, the day didn't end with the gardens! After dinner, we were treated to a delightful presentation by Peter, who shared his passion

for his favourite crooners in a slide show with everyone oohing and aahing when their particular favourite came on screen. His stories, anecdotes, and music had everyone tapping their feet, humming along, and laughing together — a wonderfully relaxed way to round off an eventful day.



Day 3: Italian Charm and Puffing Trains



Halfway through our North Wales adventure, Wednesday began with one of the highlights of the trip: a visit to Portmeirion Village. Many of us knew it only for its pottery, but what a surprise awaited to those who had never been there.! This Italian-style village was built by architect Sir Clough Williams-Ellis and is famously the filming location of the cult 1960s TV series *The Prisoner*. Its whimsical architecture, coastal setting, and charming blend of Mediterranean and classical styles make it feel like a sun-drenched Italian escape — tucked away in North Wales!



The morning was a delight, and I'm pleased to report that not a drop of rain fell. Remember those dire weather forecasts? Our raincoats, umbrellas, and spare shoes stayed firmly in the bags — so far, so good!

After a lovely wander, we climbed back on the coach and headed to Porthmadog for an afternoon aboard the Ffestiniog and Welsh Highland Railway. The iconic "puffer train" journey lasted an hour and a half, with volunteers along the way sharing fascinating history of the line — and me, naturally, handing out the proverbial snacks. I felt like a real trolley dolly. The rhythmic chug of the train, stunning scenery, and cheerful chatter made for a perfectly relaxing afternoon.



At the end of the line, our trusty driver Nick was waiting to whisk us back to the hotel, where we could rest and reminisce about a truly memorable day.



Day 4: Castles, History, and a Touch of Grandeur

Thursday saw us up bright and early for an adventure steeped in history. Our destination: Caernarvon Castle, where a delightful and animated guide, Amanda, awaited to bring the castle's story to life. We learned about its fascinating history and even saw the spot where our present King had his investiture as Prince of Wales in 1969. If only all history lessons at school had been delivered with Amanda's energy and flair — perhaps then some of us would have been more attentive pupils!

In the afternoon, we drove to Plas Newydd House and Garden, now part of the National Trust, which holds tales of daring and drama from centuries past. From the early history of William Paget, Secretary of State to Henry VIII, to the bravery of the first Marquess of Anglesey,



who famously lost a leg at the Battle of Waterloo, the estate has no shortage of stories. We also learned about the extravagance of the 5th Marquess, which led to the 40-day sale of the house, and how the 6th Marquess's family made Plas Newydd their home.



I must admit, for me personally, this was the least captivating afternoon of the trip — but everyone still enjoyed the grandeur of the house, the gardens, and the atmosphere of history all around. Plas Newydd features a diverse range of trees, including a notable European Beech with one of the largest trunks in Britain, and a collection of Monterey Cypresses thriving in the garden's climate - for me the nicest part of the place. though many were thrilled simply to be ferried around in the golf buggy, which seemed to be a hit in its own right!

On to the evening.....One of our members, Fiona, has family in Wales, and it just so happens that her

son-in-law is Head of Music at the local school. She kindly suggested and he agree that they entertain us one evening — and it turned out to be one of the absolute highlights of the holiday. The students treated us to a lively and engaging performance, full of talent, energy, and charm. He brought along three of his pupils — two boys, aged 16, and a girl, aged 15 — and their performance was nothing short of spectacular. From stirring numbers from *Les Misérables* (the Confrontation between Valjean and Javert left us all in awe) to *The Impossible Dream*, these youngsters showcased incredible talent, poise, and energy. It was clear they are destined for great things, and we will all be keeping an eye on their future careers!

The room was filled with applause, smiles, a standing ovation to their talent — a perfect end to a memorable week in North Wales.

It was truly something special — thank you to Fiona for organising it. The parents of the youngsters were there as well, and I must admit I was quite overcome by the level of talent as I complimented them all. Nobody was in a hurry to go to bed that night; the lounge was full of lively conversation, and we had all shared such a lovely, memorable evening. Sadly, the evening had to come to an end so we could pack, as cases needed to be out of the rooms early — though, of course, we were not in any particular rush!



Day 5: Homeward Bound and Wedgwood Wonder



Friday started with a good breakfast and the coach being loaded with all our luggage, ready for the longish journey home. Our first stop halfway was in Stoke-on-Trent, at the Wedgwood Factory — a memorial to Josiah Wedgwood, the visionary who started the original pottery company.



Production at the Barlaston Factory is temporarily paused until January 5th, 2026, and therefore the factory tour itself was unavailable, but we were treated to a wonderful alternative: the *Introduction to the V&A Wedgwood Collection Tour*. This fascinating exhibition explored the history of Josiah Wedgwood I, from his achievements and innovations to his family life, and showcased the stunning ceramic wares, designs, and patterns produced from the 18th century to the present day. It was a perfect, leisurely break on the journey home, full of beauty, history, and inspiration.

After our inspiring stop at Wedgwood, it was on to the coach for the last time for the final couple of hours home. I handed out the remaining crisps, sweets, biscuits, apples, and water that had sustained us during our long coach drives, and we



took the moment to say a sad goodbye to all our fellow travellers. Everyone had been an absolute pleasure to be with. The more able helped those less able,



who brilliantly managed the climbing on and off the coach, the long walks in some places, and any other challenges — whether navigating with a stick or, as I affectionately called them, a “wheelie.” No one complained, and the camaraderie and mutual support were truly heart-warming. It was the perfect end to a wonderful week of laughter, adventure, learning, and friendship in North Wales.

A huge thank you goes to Cathy, who started us off so brilliantly, to Joan and Peter, my always willing and helpful co-organisers, to Brian, our official photographer, to everyone who collected tips and money for various things, and of course to everyone who came. With such wonderful company and shared effort, I would call the holiday a great success.

NORTH WALES HOLIDAY – Peter Altman

This was a great holiday on many levels, led by our Chairperson Adrienne. We had a diverse group of people with an average age of 81 who nevertheless keenly took part in the varied events. Importantly, they also mixed with others who they may not have known that well – an important part of these trips. Our itinerary included a good selection of different events so that there was something to please everyone - a river boat ride with a cream tea; a cable car ride up the Great Orme; visits to Caernarvon Castle and the pretty village of Portmeirion; a National Trust house and gardens, the World of Wedgwood museum, and a steam train ride on the Ffestiniog Railway.



My favourite photograph was a view of the Ffestiniog steam engine and carriages as they travelled round a bend taken from the guard's carriage.

We also had some good evening entertainment, including some excellent singing from three teenage pupils from a local music school, and a music evening celebrating the popular songs from our own teenage years. Looking forward to the 2026 trip.

From Becky What a very special holiday I had and so everybody. Such a special camaraderie between all the group. And, of course thanks to our leaders. You were marvellous. Not easy to guide such a number. And not one came late!! We saw so much. What an adventure specially on the Aquaduct with a boat blocking the way. It was hilarious. And lucky we were, NOT one drop of rain. The weather was so mild. As for the hotel it was comm-ci, comme ca regarding the room. But room is to sleep not to stay! The staff was so helpful and smiling. Very special vacation.

From Patricia Going on holiday where we did exciting things every day. Lots of friends to talk to. People still drove on the left but signs in two languages. One we couldn't understand a word! A really wonderful experience!!!

From Bob Bassey

I found the holiday really amazing so thank you for this holiday. I had three favourite trips,



1. **The Thomas Telford Canal Boat** trip over the Pontcysyllte Aqueduct gave me the impression that we were travelling downhill while the water flow was going uphill

2. The magnificent **Bodnant Gardens** truly a beautiful area, one of the gardeners said it should have 20 workers covering 4 acres each, but at the

moment it has 15 full time employees and a few volunteers (not nearly The lady in the cafe originally came from Watford

3. **Portmeirion Village** I the same as many others remember watching the Prisoner series on TV, It was smaller than I thought it would be, but truly a superbly designed area

I took 145 pictures during the week and have attached just 12 of my favourite

The only small niggle I had was that the room did not have a bedside cabinet with drawers aside from that the hotel was exquisite with fantastic service and food.

The 2 nights of entertainment were super again, many thanks to all for arranging this. The school singers should be on Britain's got talent.



enough to do it justice)

From June

Well, what can I say. What a fantastic five days we had! We climbed mountains on trams, floated on a canal boat, journeyed on a steam train and travelled by coach with the most careful and caring driver, Nick. The scenery was stunning. Mountains, valleys, rivers and streams, most of it in gentle sunshine. We couldn't have asked for better October weather. Adrienne, Joan and Peter were amazing. They watched over us all the time. They plied us with water, crisps, chocolate and fruit. God forbid we should go hungry! They made sure that nobody was left alone or felt out of things. We had marvellous evening entertainment. A musical presentation of crooners singing the favourite songs of our youth was presented by Peter Altman and we all sang along. Then Fiona, one of our members, arranged for her family to introduce three extremely talented teenaged singers and they were brilliant, and so self-confident. I am so glad that I joined U3A and that's why I help as much as I can to try and give back the pleasure I get from my membership. Thank you once again to Adrienne, Joan and Peter for a wonderful holiday.

From Marion I knew all would be well with the holiday once we got on the coach and I saw Adrienne provide our own supply of toilet paper and disinfectant.

From Aida

On Monday 6th October a group of us boarded a coach heading towards Llandudno and north Wales. On the way there we stopped to take the Thomas Telford Canal boat which travels over an aquaduct and afforded amazing views of the valley below. The next day we travelled to the Great Orme by the Tramway which was pulled up a steep incline by what looked like a single metal rope and at the top we were rewarded by breathtaking panoramic views. That afternoon we visited Bodnant Gardens, beautiful trees and stunning vistas. In the evening, after dinner, Peter put on a musical entertainment. I looked around me and saw a group of teenagers (average age 81) singing and swaying to the music of their youth. Wednesday morning was spent in Portmeirion, the Italianate style village designed by Clough Williams-Ellis which was delightful to walk through. In the afternoon we travelled on the Ffestiniog & Welsh Highland railway, the oldest narrow-gauge railway in the world and much to Linda's delight, our steam engine was called Linda. Next day, Thursday, we had a tour of Caernarvon and its Castle with a most interesting and knowledgeable guide and had enough free time afterwards to walk around the old part of the town. In the afternoon, when we visited Plas Newydd House, we walked through an avenue lined with Giant Redwood trees thought to be more than 100 years old. We had another musical entertainment in the evening provided by pupils from the music school in Llandudno, The pupils, aged 15 -16, had the most beautiful voices and we are all convinced that we will soon see their names in lights. Sadly, as we were about to go to our rooms, we were told the small, overworked and only lift had given up the struggle and was no longer working. This meant that some of us had to climb over 60 steps to reach our bedrooms on the third floor. On the way back home on Friday, we stopped at the World of Wedgewood in Staffordshire. We were shown old Wedgewood pottery that had recently been discovered and learnt about Josiah Wedgewood's vision and achievements.

We were lucky with the weather, we were lucky with the traffic and above all we were lucky with each other, everyone being friendly, kind and thoughtful.

It was a memorable trip and I am sure that all the members of our group would join me in thanking Cathy for organizing it and Adrienne, Joan and Peter for the care they lavished on us, counting us on and off the coach, offering an endless supply of crisps, sweets and biscuits and generally making sure that we were happy and in good shape.

**Autumn in Radlett – how lovely
Phillimore and Becky's garden**

Dingbat answers

1. Bulldozer
2. Condescending
3. Defeat
4. Making Ends Meet
5. Sailing On The Seven Seas
6. I before E Except After C
7. Singing In The Rain
8. Captain Hook
9. Paradox
10. Feeling Under The Weather
11. Side Salad
12. Paradise



Let autumn cast her magic spell
 At mother nature's door
 Sprinkling leaves and petals
 To open her magic door
 On every hill in every dale
 Let this season shine
 In all her golden glory
 So elegant so fine
 Summer has been left behind
 But let us praise this day
 The day that autumn rolled along
 In all her fine array
 And as she opens her treasure chest
 With jewels in a row
 Soon we will be witnessing
 Winter's sparkling diamond show.

Daily mail poem

Recipe exchange group

We had yet another lively meeting last week and are still coming out with exciting recipes.

This is the one we chose to put in the magazine. I have personally made it and it was DELICIOUS however in my oven it took 1 hour and was perfectly cooked.



RECIPE

One celeriac cut into 2 thick steaks and trimmed of skin

Marinade

- 1 tablespoon honey
- 1 tablespoon dark soy sauce
- 1 tablespoon Dijon or English mustard
- 1 tablespoon garlic oil or sunflower oil plus crushed garlic clove and salt and pepper

Method

Marinate the celery steaks in the marinade ingredients for two hours

Bake in 170 oven for two hours turning every 30 minutes

Serve with buttery, mashed potatoes or white bean purée and a green salad

We had yet another lively meeting last week and are still coming out with exciting recipes.

This is the one we chose to put in the magazine. I have personally made it and it was DELICIOUS however in my oven it took 1 hour and was perfectly cooked.

Stephanie Moore

Sadly our member Joan Gold passed away this month, our condolences have been sent to the family

