



## NEWSLETTER MARCH 2026

### NEW SING-ALONG GROUP.

SING-along a new group starting on 11 March and meeting twice a month 10.15-11.45 on Wednesday mornings.

This group is open to anyone who enjoys singing. We will add our voice to tracks from popular songs and tunes from musical theatre. We will use our mobiles to access the lyrics and SING-along to the music which will be played.

Singing is good for the soul, makes you feel good, keeps you young, and is generally a wonderful way to join with others and experience being part of an enveloping sound.

The group will be run from my home, which is in Radlett, and I hope to see you there.

Please contact me either by email [irisberger1@icloud.com](mailto:irisberger1@icloud.com) or by text or phone 07947690142 and I will be happy to give you full details. Don't hesitate – if you are thinking about it – stop thinking and act. **Iris Berger**



### MEZZO-SOPRANO WANTED

I'm giving a presentation to the Radlett u3a Music Group on Monday 20th April and would like a singer to join me and take part. Included is a G&S number, slowish ballad (no, not patter!). Would also like to duet in a Flanders & Swann, if willing. Please contact me if available, need to rehearse and time is short. Thanks. Godfrey Manning, prefer (020) 8958 5113 or, if all else fails, [cgm2@btinternet.com](mailto:cgm2@btinternet.com)

### MUSIC APPRECIATION

The Music Appreciation Group next meets on Monday 16 March 2.20 at St. John's Church in Gills Hill.

We are delighted to welcome back Jonathan Bergwerk, who will present the life and music of Stephen Sondheim.

All u3a members are welcome. Please bring your Membership Lanyard and £3.00 for hall-hire and refreshments. **Edward Cross 07961 102197**



### EVENING BOOK CLUB

We meet about once a month, which is just enough time to

- read the book.
- forget half the characters
- form a strong opinion anyway

The pace is just right. No rushing. No exams. Just thoughtful discussion and mild disagreement. One month we may be untangling the questionable choices of "The Great Gatsby" and the next month we may be reading

"By Any Other Name" and wondering if Shakespeare's plays were really written by, of all things, a WOMAN!

But like exclusive restaurants and the NHS, we have a waiting list. But don't let that put you off – put your name down and one day your turn will come to join us to discuss books, have a natter and eat cake. **Yvonne Brown.**

**SNOOKER** .We meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday at Radlett Members Club. We welcome new players. You don't need to be a great player to fit in. **Bernard Groden**

**QUIZ GROUP.** Our fourth quiz group will be on Tuesday 3rd March at 14:00 in the upstairs room at Radlett Library, Aldenham Avenue. If you would like to attend, please email [oliver@cahn.co.uk](mailto:oliver@cahn.co.uk) and bring the exact amount of cash being £4 per person. As always, the judges' decision is final !! **Oliver and Pam**

**Don't forget Friday morning 11 – 12 Chair exercises really do you good without too much effort**

**Upstairs at the library – no need to book in – come and try it.**

## COOKING FOR ONE

Hi Everyone,

We had another successful time yesterday evening, when we prepared roast duck breast with puy lentils, parsnip purée and tenderstem broccoli, followed by baked apple and custard. All washed down with a Vieille Vignes Reserve Carignan from Alain Grignon, Languedoc.

Future meetings for the diaries – all start at **5:00pm** at 3 Broadlands as usual:

- **Thursday 26th March note date change!** – leek & potato curry with smoked fish; followed by Mary Berry's easy sticky toffee pudding
- **Tuesday 5<sup>th</sup> May** – Stuffed Chicken breast and parma ham parcel served with parmentier potatoes and wilted spinach; followed by lemon posset

Until next time, Best Wishes; **Chris**

## READING BOOKS IS A NOVEL IDEA.

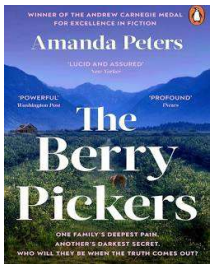
At our February meeting we discussed the book *The Names* by Florence Knapp.

Eight people had read and finished it and one person had started it, but gave up not liking the subject matter of domestic abuse.

Five people would definitely recommend the book, and out of the five members two of them would give it a five star review. Thoughts included that it was well written and could not put it down, excellent for a debut novel and would definitely read her next book. Some said that it lost its impetus a bit in the last quarter of the book. Parts of the story were described as a bit confusing, probably this was because of the three separate stories with parallel timelines, depending on the name the child was given Gordon Jr, Julian or Bear. It showed how different choices could create divergent paths, and how a father's abuse could impact on future generations. It was described as terrific and unique in its format and very thought provoking. The book also showed that healing can take place given the right circumstances.

The kindness as well as helplessness of family, friends and neighbours was thoughtfully detailed.

The story prompted us to discuss themes of choice, position of a child with siblings and how upbringing can affect that child (Nature versus Nurture).



### **Other recommended Books.**

*The Hidden girl* by Lucinda Riley.

*Pachinko* by Min Jin Lee.

*In a Kingdom by the sea* by Sara MacDonald.

*The Boyfriend* by Freida McFadden.

*Welcome to Glorious Tuga* by Francesca Segal.

*Island Calling* by Francesca Segal.

*Hamnet* by Maggie O'Farrell.

Our next book is *The Berry Pickers* by Amanda Peters.

WINNER OF THE 2023 BARNES & NOBLE DISCOVER PRIZE

WINNER OF THE 2024 ANDREW CARNEGIE MEDAL FOR EXCELLENCE IN FICTION

One family's deepest pain. Another's darkest secret. Who will they be when the truth comes out?

On a hot day in 1960s Maine, six-year-old Joe watches his little sister Ruthie, sitting on her favourite rock at the edge of the blueberry fields, while their family, Mi'kmaq people from Nova Scotia, pick fruit. That afternoon, Ruthie vanishes without a trace. As the last person to see her, Joe will be forever haunted by grief, guilt, and the agony of imagining how his life could have been.

The next meeting for our members will be on Thursday March 5th 10am to 12 noon. **Sharon Strong.**

## REMARKABLE WOMEN



There was no meeting in February, so our next meeting will be on

**Monday March 9th at 3.15 pm** as usual at my home, when we will be exploring the life and art of Beryl Cook, best known for her original, instantly recognisable and often comical paintings. Many were of people whom she encountered in everyday life in different situations

enjoying themselves, however she also painted other scenarios, and as a person was very different to the people she portrayed.

I'm having some problems with Mondays for the next couple of months, so please note that for April, we will be meeting on **Tuesday April 14th** at the same time 3.15pm. Sorry about this. I hope this doesn't prove inconvenient for too many people. More details nearer the time. **Carmel Byers**



### **RADLETT u3a PHILOSOPHY DISCUSSION GROUP**

We recently looked at Socrates, one of the great Ancient Greek philosophers who greatly influenced the development of Western Philosophy. In his desire to find true and to challenge unfounded beliefs, Socrates developed his Dialectic, his method of questioning doubtful statements. The dialectic was very effective and became the foundation of many dialogues. As Socrates did not write anything, his pupil Plato wrote the dialogues down and used them in his philosophical writings.

To illustrate this process, we imagined a conversation between Socrates and Donald Trump on the subject of Greenland. This is what AI suggested it would be like.

#### **A Funnier Socratic Dialectic: Socrates and Donald Trump on Greenland**

**Scene: Socrates finds Trump staring at a globe that keeps spinning because he tapped it too hard.**

**Socrates:** My friend, you seem troubled. Has the world begun spinning too quickly for you?

**Trump:** No, Socrates, I just like the dramatic effect. Makes me look decisive. I'm thinking about Greenland. Tremendous island. Very icy, but tremendous.

**Socrates:** Ah, Greenland. Tell me, is it green?

**Trump:** Not really. Terrible branding. Should've called it "White-land." Would've been more accurate.

**Socrates:** Then perhaps the first question is whether one should judge a land by its name.

**Trump:** Names matter. If it were called "Greatland," people would be lining up.

**Socrates:** And yet, if a man named "Handsome" behaves poorly, does his name make him virtuous?

**Trump:** Depends who you ask. Some people get away with a lot.

**Socrates:** So the value of a thing is not in its name, but in its nature?

**Trump:** Sure. Greenland's nature is big. Very big. That's valuable.

**Socrates:** Is bigness itself a virtue?

**Trump:** Well, it helps. People love big things. Big towers, big deals, big islands.

**Socrates:** Then tell me: if a man has a very large sandwich but cannot finish it, is he better off than the man with a small sandwich he enjoys?

**Trump:** Depends on the sandwich. But I get your point.

**Socrates:** And if one seeks to acquire a land, must one first consider the wishes of those who dwell upon it?

**Trump:** Of course. You can't just walk in and say, "It's mine now." People don't like that. I've tried.

**Socrates:** Then perhaps the true art is not acquisition, but persuasion.

**Trump:** Deals. Everything is deals.

**Socrates:** And the best deal is one where all parties flourish?

**Trump:** Exactly. Win-win. Nobody likes a win-lose. Except the winner.

**Socrates:** Then we agree: Greenland's value lies not in its size, nor its ice, nor its name, but in the harmony created between those who seek to use it. **Trump:**

You know, Socrates, you'd be great in real estate. Very philosophical, but you get the basics.

**Socrates:** And you, my friend, would do well in Athens. We have many debates. Some even end peacefully.

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Our next meeting will be at

**2.00 PM on Thursday 19<sup>th</sup> of March in the Vision Hall, Christchurch.**

We will be discussing **Aristotle** who mapped out science and formulated logic. He was the founder of an approach to philosophy that starts from observation and experience, rather than from abstract thinking. Aristotle was a pupil of **Plato** that we discussed in February and fully acknowledged Plato's genius but rejected Plato's idea of two worlds. As far as Aristotle was concerned, there is only one world that we can philosophize about, and that it's the world that we live in and experience.

Throughout his life he poured himself into research, mapping out for the first time the basic fields of enquiry, giving us Logic, Physics, Political Science, economics, Psychology. Metaphysics, meteorology, rhetoric and ethics.

### **RECIPE EXCHANGE GROUP. - Steph**

We are getting nearer to spring and are beginning to look at lighter meals. Our group is full but we all look forward to getting together every month. Our new members have provided us with lovely recipes and expanded our overflowing portfolios.

### **LINE DANCING 2**

Just to let you know that my class is going well but I have had to change halls again.

It was difficult playing music at the Village Institute as it has no access to the internet, so I have had to return to the Phillimore Community Centre, WD7 8NN - just off Battlers Green Drive.

Future classes will be held there every Wednesday for 1 hour from 11 am to 12 noon.

Best wishes & kind regards. **Sandra Tel: 07811 973881**



### **FILM & TV GROUP**

This month we meet at 10:00 on Thursday 5th March and in recognition of her recent passing will be showing Brigitte Bardot's 1963 film Le Mepris (Contempt). This also stars Jack Palance and the film director Fritz Lang, acting as a director in the film. It was directed by Jean-Luc Godard, who also plays a small part in the film.

Not satisfied with the script for his new movie, producer Jeremy Prokosch (Jack Palance) hires screenwriter Paul Javal (Michel Piccoli) to write a new one. Javal seems oblivious to Prokosch's obvious interest in Javal's

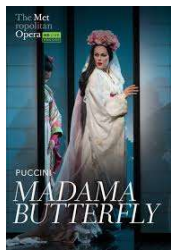
pretty wife Camille (Brigitte Bardot). As Javal becomes ever more engrossed in writing the screenplay, Camille comes to resent him, thinking her husband is pushing her into the producer's arms for his own benefit.

The film is in French with English subtitles.

I will be showing this at someone's home but with limited space so please let me know ASAP if you would like to attend in person. I also expect to be showing it on our Zoom account and again let me know if you want the details. **Gary**

### **DUPLICATE BRIDGE**

The Duplicate Bridge group will meet online on the 12th and 26th March. The 12th March session will be part of a U3A UK wide bridge charity event supporting Mind and Macmillan Cancer Support. If you are not on my mailing list and would like to take part, or just support the charities, please let me know. **Gary**



### **OPERA**

The Opera group will meet at 14:00 on 20th March at someone's home but with limited space. Please let me know ASAP if you would like to attend in person. I also expect to be showing it on our Zoom account and again let me know if you want the details.

The opera I have picked for this month is Puccini's Madama Butterfly from the Metropolitan Opera New York starring Roberto Alagna and Kristine Opolais in Anthony Minghella's beautiful, atmospheric production.

Regards. : [Gary.Harding@Gmail.Com](mailto:Gary.Harding@Gmail.Com) or [Gary.Harding@outlook.com](mailto:Gary.Harding@outlook.com) Mobile and WhatsApp: 07949 141214

**The Radlett & District u3a March 2026 meeting will be held at the Bushey Metropolitan Sports Venue Tuesday 10th March at 10am when our speaker is Timandra Slade about her book "From a Hard Place to a Rock" which is the story of her father and uncle both taken prisoner at Dunkirk and their escape.**



It would be appreciated if you would ensure that your mobile is switched off, or on quiet mode, during the event as mobile phones ringing is very distracting for the presenters and very disrespectful to them !!.

### **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.**

### **PLEASE NOTE:**

When we organise any of our outings by coach we try to allow sufficient time for you to have a snack or a meal, and whenever possible, we will give advice on where to eat in the locality and recommend you to book in advance. Our committee are now getting many requests to book meals for our members. This is not part of their responsibilities and I cannot ask them to take on extra work. We are not in charge of what you want to do so please make your own arrangements.



**A TALK ON: THE HISTORY OF AFTERNOON TEA  
GIVEN BY GILLIAN WALNES PERRY  
WEDNESDAY 4<sup>TH</sup> MARCH 2.45pm  
IN THE ROOM ABOVE RADLETT LIBRARY. (ENTRANCE VIA SIDE DOOR) £7  
FOLLOWING HER VERY SUCCESSFUL TALK ON ANNE FRANK  
WE WELCOME GILLIAN BACK TO RADLETT.**

Afternoon Tea is the quintessential British custom that has taken its rightful place as a sophisticated repast around the world. There's something about those savoury sandwiches, decadent cakes, and steaming pot of tea served in the most dainty china. Yet not many of us could be considered experts when it comes to the customs of this 200 year old tradition. Gillian Walnes Perry, lecturer, author, and Afternoon Tea specialist is however extremely acquainted with this beloved English Tradition and the rich history surrounding this delightful daytime ritual.

**FOLLOWING THIS PRESENTATION WE WILL BE SERVING RADLETT'S u3a VERSION OF ENGLISH TEA – TEA/COFFEE AND BISCUITS !**

Contact: Stephen Gold. [sgoldprop@aol.com](mailto:sgoldprop@aol.com) 07831 559930

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**SANTTU CONDUCTS BERNSTEIN, COPLAND AND GERSHWIN at  
ROYAL FESTIVAL HALL  
£31**

**on THURSDAY 5<sup>TH</sup> MARCH  
LEAVE RADLETT 4pm**

**\*\*WAITING LIST\*\***

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)  
— Interval —  
Copland Clarinet Concerto  
Gershwin Rhapsody in Blue

Contact: Vivien Summers [events@radlett3a.org.uk](mailto:events@radlett3a.org.uk) 01923 856728



**TOUR OF APOTHECARIES' HALL  
BLACKFRIARS LANE  
LONDON EC4V 6EJ**

**TUESDAY 24<sup>th</sup> MARCH 2026**

**NO COACH – MEET THERE At 11am**

**\*\*WAITING LIST\*\***

**£16**

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](mailto:helenbocarro@yahoo.co.uk) 01923 858155

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**THEATRE ROYAL TOUR**  
**107-108 DRURY LANE, LONDON, WC2B 5BG**  
**MONDAY 30<sup>th</sup> MARCH 2026**  
**LEAVE RADLETT BY COACH 10am. £37**

Nestled in the heart of Covent Garden, the Theatre Royal Drury Lane has survived tragedy, fire, bankruptcy & even murder, and is the oldest theatre on the same site in the world.

Join us on a magical journey through theatrical history in our beautifully renovated theatre.

Please note this is a walking tour with numerous steps and backstage areas, we recommend wearing comfortable shoes.

After the tour there will be time for you to visit nearby Covent Garden for lunch or shopping!

Contact: Sandra Clark [u3asandra@gmail.com](mailto:u3asandra@gmail.com)

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**MUSEUM OF BRANDS**  
**111-117 Lancaster Rd, London W11 1QT**

**THURSDAY 16<sup>th</sup> APRIL 2026**  
**\*\*NO COACH\*\* – MEET THERE AT 11.15am**  
**£13**

The Museum of Brands in London focuses on the history of consumer culture from Victorian times to the present day.

Discover more than 12,000 original items, from motor cars, music and television to

sweets and household goods.

5 minute walk from Ladbroke Grove tube station

Contact: Joan Altman [joanaltman3a@outlook.com](mailto:joanaltman3a@outlook.com)

01923 404920

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**JOIN US FOR A SUPPER QUIZ EVENING**  
**AT BLUE CHECK RESTAURANT**  
**144 HIGH STREET BUSHEY WD23 3DH**  
**ON THURSDAY 23<sup>R</sup> APRIL AT 6.45 pm for 7pm START**  
**£24.50**



**PLEASE MAKE UP TABLES OF 8, OR LET ME KNOW WHO YOU WOULD LIKE TO SIT WITH, FOR A DELICIOUS 2 COURSE MEAL AND A FUN QUIZ**

Contact: Vivien Summers [events@radlettu3a.org.uk](mailto:events@radlettu3a.org.uk)

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WE ARE DELIGHTED TO HAVE REBOOKED OUR:  
**TOUR OF THE ROYAL COLLEGE OF PHYSICIANS**  
AT  
11 ST ANDREWS PLACE  
REGENT'S PARK  
LONDON  
NW1 4LE  
ON WEDNESDAY 29<sup>th</sup> APRIL  
£22. MEET THERE AT 11am

**NO COACH – MAKE YOUR OWN WAY THERE – NEAREST STATIONS:**

**Regent's Park (Bakerloo line; 4 mins); Great Portland Street (Circle, Metropolitan and Hammersmith & City lines; 4 mins);**

**We will have a tour of the museum, followed by tea & coffee and then a tour of their medicinal garden.**

Contact: Peter Brent

[peterbrent35@gmail.com](mailto:peterbrent35@gmail.com) 01923 858155



**VISIT TO BRITISH AIRWAYS MUSEUM – HEATHROW**  
Monday 11<sup>th</sup> May  
2026

£23

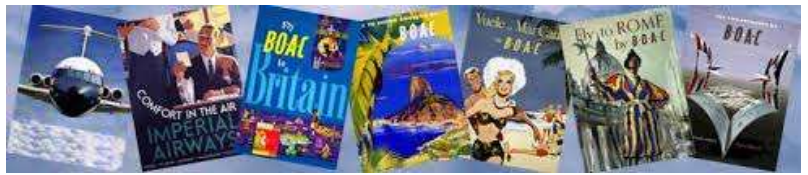
Coach from Radlett 10am

COME AND SEE THE

BRITISH AIRWAYS HERITAGE COLLECTION OF UNIFORMS FROM THE 1930'S TO THE PRESENT DAY, AS WELL AS A NUMBER OF MODEL AIRCRAFT.

LOTS OF MEMORABILIA AND ARTEFACTS

SHOWING THE DEVELOPMENT OF BA FROM IMPERIAL AIRWAYS TO TODAY'S MODERN AIRLINE



Contact: Sandra Clark [u3asandra@gmail.com](mailto:u3asandra@gmail.com)

**AN OUTING TO:**

**ESSEX & HERTS AIR AMBULANCE AT NORTH WEALD AIRFIELD ESSEX Merlin Way, North Weald Bassett, Epping CM16 6HR**  
ON WEDNESDAY 27<sup>TH</sup> MAY

**CAR SHARING – DETAILS TO FOLLOW**

**\*\*WAITING LIST\*\***

**LEAVE RADLETT AT 10.15am £6.50**



The visit lasts up to two hours and includes a mix of films, narrative and interactive features in the room. The airbase is home to one of their Augusta Westland 169 helicopters, which you will hopefully see, operations allowing.

Contact: Vivien Summers

[events@radlettu3a.org.uk](mailto:events@radlettu3a.org.uk)

01923 856728



**QUEEN ELIZABETH II: HER LIFE IN STYLE  
AT THE KING'S GALLERY  
BUCKINGHAM PALACE  
LONDON SW1A 1AA  
ON TUESDAY 2<sup>ND</sup> JUNE  
LEAVE RADLETT 9.15am  
£22.50**

To mark the centenary of her birth, "[Queen Elizabeth II: Her Life in Style](#)" will open at The King's Gallery, Buckingham Palace, showcasing the largest-ever collection of her fashion, featuring roughly 200 items. This comprehensive exhibition explores the late Queen's wardrobe from all ten decades of her life, including her wedding and Coronation gowns, off-duty Balmoral looks, and iconic colourful suits, revealing the personal and diplomatic significance behind her style.

Contact: Valerie Gold  
[valeriegoldu3a@gmail.com](mailto:valeriegoldu3a@gmail.com)  
07831 562362

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**HIGH SOCIETY  
AT THE BARBICAN THEATRE  
ON TUESDAY 30<sup>th</sup> JUNE  
£78  
LEAVE RADLETT 11.45am  
**\*\*WAITING LIST\*\*****

YOU'RE INVITED TO THE MOST SWELL PARTY OF THE YEAR AS THIS SUMMER'S EAGERLY ANTICIPATED PRODUCTION DELIVERS ANOTHER GLORIOUS DOSE OF GOLDEN AGE MUSIC THEATRE ESCAPISM.

**Helen George** (*Call the Midwife, The King and I*) stars as glamorous socialite Tracy Lord and is joined by **Felicity Kendal** (*Rosemary and Thyme, Anything Goes*), alongside a full size orchestra, delivering a score overflowing with the best of **Cole Porter's** songbook including *Just One Of Those Things, Let's Misbehave, I Love Paris, Who Wants To Be a Millionaire?* and many more.

Contact: Joan Altman  
[joanaltmanu3a@outlook.com](mailto:joanaltmanu3a@outlook.com)  
01923 404920

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**NEW NEW NEW**

**SCHAPARELLI : FASHION BECOMES ART  
JOIN US FOR A VISIT TO WHAT PROMISES TO BE A FANTASTIC EXHIBITION**

**at THE V & A MUSEUM. London SW7 2RL  
TUESDAY 5<sup>th</sup> MAY  
Leave RADLETT. 10.15am £32**

**Fashion designer Elsa Schiaparelli (1890 – 1973) was a provocateur who took pleasure in challenging typical notions of dress. Witty, elegant and often strikingly surreal, her designs incorporate humour and surprise, inviting the viewer to look and look again.**

Contact: Valerie Gold  
[valeriegoldu3a@gmail.com](mailto:valeriegoldu3a@gmail.com) 07831 562362

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#### A VISIT TO SAVILL GARDEN IN WINDSOR GREAT PARK

ENJOY A FULL GROUP DAY OUT WITH A VISIT TO THE SAVILL GARDEN AND A RETURN BOAT CRUISE FROM HISTORIC RUNNYMEDE ALONG THE RIVER THAMES.

THE CRUISES ARE RUN BY FRENCH BROTHERS, AND INCLUDE A RELAXED COMMENTARY AND VIEWS OF WINDSOR CASTLE.

THE GARDEN VISIT IS FOLLOWED BY A THAMES RIVER CRUISE WITH A CREAM TEA

WEDNESDAY 24<sup>TH</sup> JUNE  
DEPART RADLETT 10.15am  
£55

Contact: Christine Essex

[christinessexu3a@gmail.com](mailto:christinessexu3a@gmail.com)

07967 509148



#### BRIGHTON

Come and enjoy a day out at the seaside

TUESDAY 28<sup>TH</sup> JULY

DEPART RADLETT 9am

£27.50

Spend time discovering the many delights of this quintessential British seaside resort.



Contact: Valerie Gold

[valriegoldu3a@gmail.com](mailto:valriegoldu3a@gmail.com)

07831 562362



**Hearing Dogs  
for Deaf People**

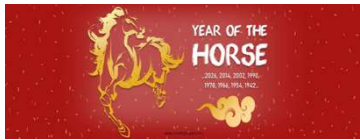
From Liz who gave the talk on Hearing dogs for the deaf .....

First of all, may I say thank you to you, Joan and all the members of Radlett u3a for making Jack, Rufus and me so welcome to your meeting last week. It makes such a difference to have an interested and responsive audience and Rufus of course rose to the occasion and loved

all the attention.

"Thank you" hardly seems adequate for such a generous donation to our Charity and you can rest assured that every penny will go towards the training of one of our new Hearing Dog puppies, You will be pleased to hear that, in addition to your amazing £258.20 there was further cash amount of £30 in our Hearing Dog collecting tin and we are truly grateful to you and all your members for your splendid support.

At the age of 82 and with Rufus approaching retirement, I am now, after 30 years of talks, to a wide range of groups, hanging up my speaker's hat. I would like to thank you all for making my last talk and demonstration such a memorable one and I hope that you all enjoyed it as much as I did. I have always enjoyed going to U3A groups as I am assured of a warm welcome and enthusiastic audience. With very best wishes to you all and thank you again. **(Liz Arendt and HD Rufus)**



Were you born in the Chinese year of the Horse- if so this is your year – so new year greetings

People born in the Year of the Horse are generally seen as energetic, independent, and social, thriving in crowds and seeking freedom, with

traits like being cheerful, charming, and quick to compliment, but can also be impatient, stubborn, or self-centred when feeling constrained or bored. They are intelligent, love adventure, and excel in interactive careers, though they dislike routine and orders, sometimes leading to restlessness that needs balancing with new challenges, hobbies, or travel for fulfilment – If you were born in the year of the horse, try the new challenge and start or join a new group.



Love this card

**One liners .....**

- Venison for dinner again? Oh deer.*
- Why don't you ever see the headline 'Psychic wins lottery'?*
- Wine improves with age. I improve with wine.*
- At my age, happy hour is a nap.*
- I'm not retired—I'm a full-time grandparent*
- Shotgun wedding - A case of wife or death*
- If you don't pay your exorcist, you get repossessed*
- Bakers trade bread recipes on a knead-to-know basis.*
- Don't pick a fight with a breath mint – it's probably menthol.*
- Don't pick a fight with a green piece of tarmac - it's most likely a cyclepath.*
- Why are duck relationships hard to understand? It's a pair-o'-ducks.*
- I'm glad I know sign language, it's pretty handy.*
- Becoming vegetarian was a huge missed steak.*
- What language do bridges speak? Span-ish.*
- A clown held the door open for me. What a nice jester!*

**New member's meeting Wednesday 11<sup>th</sup> March -10.30**  
**If you did not receive your invitation or your arrangements have changed you are very welcome.**  
**Please call me on 01923 855188 and let me know if you can come.**  
**Adrienne**

**Radlett u3a: A Community of Curiosity, Connection and Lifelong Learning**

When Radlett u3a opened its doors in 2012, few could have predicted just how deeply it would become woven into the fabric of village life. What began as a simple idea — that people no longer in full-time work still have a hunger for learning and a wealth of experience to share — has grown into one of Radlett's most vibrant, welcoming and intellectually lively communities.



Today, Radlett u3a is home to hundreds of members and dozens of interest groups, but its origins were modest. A handful of local residents, inspired by the national u3a movement, recognised that Radlett was perfectly placed for a branch of its own. The village had the right ingredients: a

strong sense of community, a population rich in professional and life experience, and a shared desire to stay active, engaged and connected.

The inaugural public meeting confirmed what the founders suspected. The hall filled quickly, chairs had to be added, and the buzz of conversation made it clear that Radlett was ready for something new. Within months, the first groups were up and running — history, languages, walking, music appreciation, current affairs — each one led by volunteers who simply wanted to share what they knew.



That spirit of **peer-to-peer learning** remains at the heart of Radlett u3a. There are no teachers in the traditional sense, no exams, no pressure. Instead, members learn from one another, discovering new interests or rediscovering old passions. A retired engineer might lead a science group; a former teacher might run a literature circle; someone who has spent a lifetime travelling might share insights in a geography or culture group. Everyone brings something, and everyone gains something.

Over the years, Radlett u3a has expanded far beyond its early beginnings. Monthly meetings now attract high-quality speakers from across the arts, sciences and public life. Outings and study days offer opportunities to explore museums, galleries, historic houses and theatres. New groups form regularly, reflecting the evolving interests of members — from Philosophy to Photography, from Wine Appreciation to Technology.



But perhaps the most remarkable achievement of Radlett u3a is not the breadth of its programme, but the depth of its community. Members often speak of the friendships they've made, the confidence they've gained, and the sense of purpose that comes from being part of something bigger than themselves. For many, joining Radlett u3a marks the beginning of a new chapter — one filled with curiosity, companionship and the joy of learning for its own sake.



The u3a movement nationally is built on three principles: **self-help learning, shared knowledge, and learning for pleasure.** Radlett u3a embodies all three with warmth and enthusiasm. It is run entirely by volunteers, sustained by the energy and goodwill of its members, and driven by a belief that later life can be a time of growth, discovery and connection.

As Radlett u3a continues to evolve, one thing remains constant: its commitment to creating a welcoming space where people can explore ideas, develop new skills, and enjoy the company of others who share their curiosity

about the world. In a village that values community, Radlett u3a stands as a shining example of what can happen when people come together with open minds and generous spirits.

For anyone looking to learn something new, meet like-minded people, or simply add a little more colour to their week, Radlett u3a offers an open door — and a warm invitation to step inside.



### Bins.

I was responsible — my grandson put out my brown (recycling) bin the night before it was due to be collected as it was so heavy. I heard the van come at 7.30 so when I got up I went to retrieve it from the pavement. Still full — why?? Notice in it to say that it was contaminated — the offending item was a takeaway coffee cup that someone had kindly dumped in it. Phone council with my moan and asked how can I prevent this as it is so unfair. Told that I should check it before they come (at 6.30 am — not going to happen.) However I did find out that as I live alone I can get the bin men to collect it from near my front door instead of putting it out if I fill in the necessary forms- **RESULT** — I thought — when I got the form to fill in it needs a doctor's letter to say I am unable to do it - not going to happen — so all a waste of time and energy !! Any ideas?



### Here is our TV column for the newsletter. From Terri and Brian



We have watched the second series of PATIENCE on Channel 4, which is a British crime drama about an autistic young lady archivist who helps the police solve some complex cases in York. Patience is played by Ella Maisy Purvis who is autistic herself, and we wrote about it being excellent and interesting when it aired last year. The first series also starred Laura Fraser as a detective inspector who understood Patience's unusual but brilliant ways, mainly because her son was autistic too. In the new eight-parter Jessica Haynes stars as a new DI who doesn't understand her at all but after time begins to appreciate how her amazing input helps to solve the crimes. There is now also a romantic interest for Patience which is very well written. We really enjoy this programme so thought we'd mention it again.



HIS & HERS, a six-part thriller series on Netflix is about the murder of a young woman in a small American town and the lead detective, Jack Harper, is obviously involved in some way. A former lead TV news anchor called Anna finds out about the case and as it occurred in her own town she tries to secure the scoop to restore her status at the news station after disappearing for about a year (she was mourning the loss of her child) as her TV job was taken by a younger blonde rival in her absence. It is revealed that Jack and Anna are estranged husband and wife, and the victim was a very mean and horrible girl at her school. There are many absurdities and twists in the series but mainly we found it quite enjoyable.



STEAL on Amazon Prime is a six-part thriller series and stars Sophie Turner as Zara, who works as a trades processor in a pension management company. (We had it on our list to see and then Jerry recommended it highly to us too - thank you Jerry!) It begins with a team of armed villains who storm Zara's floor of the company to steal 4 billion pounds. It all becomes quite complicated with the police investigations and then MI5 get involved, and there are again many twists and turns. It has a very satisfactory ending which is always a bonus.....

We're watching the 5th series of EMILY IN PARIS on Netflix, starring the gorgeous Lily Collins as Emily and although it's rather silly it certainly is worth watching, if only for the many different amazing outfits she and her colleagues and friends wear every time you see them! It's about her career in a marketing agency in Paris, and follows her through her



romances and her American style input into her job. It's frothy and absurd in parts but we like to watch it as it is a contrast to the many murder series on offer at the moment!

Then there is TAKE THAT, the three part documentary on Netflix about the band's entire history, including their relationships, splits and record breaking reunions over many years since the 1990s. We have loved this group from the beginning, but even if you are not actually fans it's an interesting mini series about the ups and downs of early fame and how it can affect young people in their lives. It shows a time when the young men were at their worst and Gary Barlow particularly is quite brave to show himself at such a low point at one stage. They have certainly come out of it all very well and have reinvented themselves, and they are as popular as ever now. We found it an interesting watch.



Another good and very different documentary is the Panorama one on BBC called OUR MAN IN MOSCOW detailing a year in the life of Steve Rosenberg. He is the BBC Russia editor and it shows his work as a journalist reporting from one of the most hostile places in the world. It reveals the daily struggles and resilience of the BBC's last correspondent in Russia navigating censorship and psychological strain amid Kremlin hostility. His job is not only difficult but is also dangerous. Steve reflects on the psychological burden of his assignment, and every interview conducted and every interview published becomes a calculated risk. He finds solace in his wife, his dog, and crucially his piano, which he plays brilliantly and frequently shares his performances online. A very interesting programme.

UNDER SALT MARSH is a series set in a small tight-knit Welsh town. As a once in a generation storm gathers out at sea a detective turned teacher called Jackie Ellis, played brilliantly by Kelly Reilly, discovers the body of one of her 8 year old pupils, seemingly drowned but he has actually been murdered. The discovery sends shockwaves through the community reviving the ghost of a cold case that rocked the town three years previously - the disappearance of Jackie's niece, Nessa, which ended her career. It starts slowly but soon finds it's pace and is very good. Rafe Spall plays her ex-partner, Eric Bull, who returns to lead the investigation and she works with him to solve the case before the storm sets in and the evidence disappears. Also starring Jonathan Pryce, and many other good actors, we enjoyed it very much. This is on Sky.



Lastly BETRAYAL on ITVX is a spy thriller starring Shaun Evans as John, who has been an MI5 operative for twenty years, who finds himself under investigation after acting on intel he failed to report, in a meeting that saw a man killed. He subsequently becomes convinced that an attack is going to happen in Britain led by a hardline faction in the Iranian regime. He's given a new partner, Mehreen, an Iranian/English MI6 operative, who takes over the case and his bosses want John out, but he keeps investigating regardless. Meanwhile he tries to keep his crumbling marriage to Claire, who is a GP played by Ramola Gorai, together. He may be the only man to be able to stop Iran carrying out a major terror attack and he races to protect his career, his marriage and his country. It's pretty good and is played out in only four episodes. Happy watching. **Terri & Brian**



### The Rope

There were 11 people hanging onto a rope that came down from a helicopter. Ten men and one woman.

They all decided that one person should get off because if they didn't the rope would break and everyone would die. No one could decide who should go, so finally the woman gave a really touching speech saying how she would give up her life to save the others, because women were used to giving up things for their husbands and children, giving in to men, and not receiving anything in return. When she finished speaking..... all the men started clapping.

Never underestimate the power of a woman.

## Cats and Dogs

A little quiz from the magazine of the Hearing dogs for Deaf people...  
All the answers contain Cat or Dog or both

1. Shipping forecast area
2. Disaster
3. Scruffy through age or misuse
4. Provide meals or accommodation
5. Positive sub-atomic particle
6. Determined set in ways
7. Pouring with rain
8. General factotum
9. Set of religious beliefs
10. Bovines
11. Palace in Saint Mark Square Venice
12. Clerical neckwear
13. Relieving, cleansing
14. Twin hulled boat
15. Hottest days of the year
16. In disgrace
17. World war 2 flying boat
18. Trance, loss of consciousness
19. Waterfall, rapid
20. Early duty aboard ship.

Answers to quiz



### Ruhama's Iraqi Fish from the recipe exchange group .....

Piece of cod or other white fish enough for two people

1 onion

1 tomato

2 tablespoons of capers

1 teaspoon salt .....half a teaspoon pepper.....1 teaspoon curry powder.....1 teaspoon paprika.....1 teaspoon garlic powder.....

1 teaspoon tomato paste .....1 teaspoon brown sugar.....juice of half a lemon.....

quarter of a cup olive oil

Combine and mix well

Put fish on grease proof on baking tray. spread seasoning on top

thinly sliced onion and layer on top

thinly sliced tomato and layer on top   sprinkle capers on top

cover with wet scrunched grease proof

bake 180° 20 minutes

uncover and bake 10 minutes,

garnish with flaky salt and parsley



## Answers

1. Dogger Bank. 2. Catastrophe. 3. Dog'eared. 4. Cater. 5. Cation. 6. Dogged. 7. Raining Cats and Dogs. 8. Dogsboddy. 9. Dogma. 10. Cattle. 11. Doge's Palace. 12. Dog collar. 13. Cathartic. 14. Catamaran. 15. Dog day. 16. In the dog house. 17. Catalina. 18. Catatonic. 19. Cataract. 20. Dog watch.



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We'd like to invite your members to take part in a national u3a survey that explores what u3a means to them and how being part of u3a has impacted their lives.

our profile.

This survey is open to **all members** so please take a moment to fill it out yourselves as well. It is a great opportunity for members to share their experiences and support their u3a to thrive into the future. The feedback will be used to grow membership, demonstrate the impact of u3a and raise

Please share the survey with your members and encourage as many people as possible to take part:

<https://www.surveymonkey.com/r/u3a-me>

To thank members for their time, they will be entered in a John Lewis £100 prize draw. The survey closes on 31 March.

Thank you for your support.