

## NEWSLETTER JUNE 2026

### The Short Walk Group



I just wanted to say a big thank you to Nancy and Bob for giving up their time to take us on such wonderful walks around Radlett.

The group meets once a month, on the third Tuesday of each month, for a one-hour brisk walk. It's great for the circulation and brings together such a lovely group of people, who share a cup of tea at the end of it.

It's an absolute joy, and I look forward to it every month. **Sharon Strong.**



### Improvers Supervised Bridge

Our supervised bridge sessions are held on Monday mornings for 2 hours at Vision Hall.

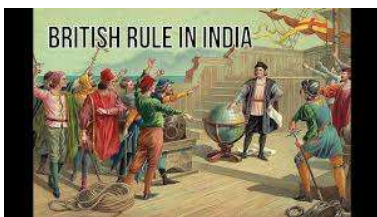
They provide a friendly game of bridge for players who have some knowledge of the game but feel they would benefit by having more experienced people on hand to provide guidance when needed.

Fortunately, several players have now gained sufficient confidence to join more advanced groups and so there is no longer a waiting list.

If you would like more information or would like to join us, please contact me at [lshindler@aol.com](mailto:lshindler@aol.com) with your contact details.

**Laurie Shindler**

### History lovers



After another packed meeting in May where we heard Colin Hill give a great presentation on "The History of Computers" we have another fascinating talk planned for Thursday 11<sup>th</sup> June at our usual venue, Vision Hall, Watling Street, Radlett at 2.30pm.

Our speaker will be Dr Ian St Jean, the senior History and Economics master at Habs boys School. Many of you will have heard Ian speak at our meetings and he is brilliant. His subject will be "The History of the British Raj", he has written a well-known book on the subject. It is the story of Britain's involvement in India so relevant to our life in this country today. Look

forward to seeing you at the meeting. **Stephen Forman**

### Opera Group

The opera group will meet at someone's home on 19<sup>th</sup> June at 14:00. This month I have chosen an opera we have not seen in the group for a long time Mozart's 'Così fan tutte'.

In a production from 2018 this effervescent comedy of young love and infidelity, the director Phelim McDermott and his team of designers have updated the opera's setting to a boardwalk amusement park inspired by Coney Island in the 1950s. The result is a twisted playground in which the two pairs of lovers at the heart of the tale find themselves on one emotional, and sometimes literal, thrill ride after another. If you would like to attend, please let me know.

Likewise, I also expect to be able to show it by Zoom so please contact me (by email or by the group's entry on the Radlett u3a website) if you want the details. **Gary Harding** [Gary.Harding@Gmail.Com](mailto:Gary.Harding@Gmail.Com) or [Gary.Harding@outlook.com](mailto:Gary.Harding@outlook.com) Mobile 07949 141214

### Chicago Bridge

Monday afternoons will have a new twist! Prizes for the highest scores each week. Come and join our very friendly group. We have spaces for just one more table. All standards welcome as long as you can play. Singles or couples welcome - I will always have a partner for you. New season starts June 1st to the end of August. Just £40 for the season to include tea/coffee, biscuits and free parking.

Email or call me for more info. Hope to meet you soon. Marilyn [Marilyn@yellowgrass.co.uk](mailto:Marilyn@yellowgrass.co.uk) 07775 744785

### Snooker group

Meet 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 6.15 pm Radlett Members Club. New players welcome. **Bernard Groden**

## **Bridge Group**

The Duplicate Bridge group will meet online twice this month on the 11<sup>th</sup> and 25<sup>th</sup> June. If you are not on my mailing list and would like to attend, please let me know. **Gary Harding**

## **Film & TV Group**

Our usual host is not available for the Film and TV group meetings for the next two months and probably longer. Also, some people have asked if we can find an alternative location anyway. So as a trial for our meetings in June (4th) and July (2nd) we will meet in the back room at the Red Lion Pub in Radlett. This is the same room that is being used by the Science and Technology group and one of the Theatre groups.



In June, to mark what would have been her 100th birthday, I plan to show Marilyn Monroe's "River of no Return" from 1954, also starring Robert Mitchum with Rory Calhoun & Tommy Rettig, directed by Otto Preminger.

**Summary:** Recently released from prison, cowboy Matt returns to his gold rush town to look for his young son. He finds the boy being cared for by Kay, a kind saloon singer. Monroe excels in a role that pivoted away from the 'dumb blonde' stereotype she was confined to early in her career. She

brings grit, resilience and maternal warmth to Kay, while her dedication saw her learn to play guitar and perform several of her own stunts. (Credit BFI).

We will need to charge £5 per person to cover room, tea, coffee and biscuits and the hire or purchase of the DVD for the film. If you plan to come it would be best if you can pay in advance using the link on the Radlett u3a payments website. Here is a direct link - <https://radlett3a-groups.sumupstore.com/product/film-and-tv-june-2026>. If necessary I will accept payments on the door but do let me know in advance if you plan to come so we can prepare accordingly.

I hope to be able to continue to show the film by Zoom as well though this should be regarded as 'experimental' for these two sessions and if we stay at the Red Lion there may need to be a small charge in the future for this as well. Please let me know if you want the Zoom details

## **Reading books is a novel idea.**

At our last meeting in May we discussed our latest book Missing Pieces by Tim Weaver:

Of the 10 members in the group, three had not read it and two abandoned it early because they struggled to get into it. Of the five who completed it, the overall response was mixed to negative.

Many members found the plot unrealistic, particularly the survival elements on the island, and several described the book as overly long, slow-paced, and difficult to follow. The dual timeline structure — alternating between past and present — added to the confusion, as did the large number of characters and changing names. Some readers admitted to skimming sections because they found the story hard going.

Despite these criticisms, the group generally agreed that the quality of the writing itself was strong. The discussion also highlighted that Tim Weaver's writing style is known for complex plots, especially across his series novels.

One of the most engaging parts of the discussion centred on the book's themes of missing persons and media attention.

Members explored why some disappearances receive more public and police attention than others, particularly when the missing individuals are wealthy, upper class, or well known.

Although the group struggled with this particular novel and would not recommend it, there was still some interest in trying other books by Tim Weaver.

Other recommended Books.....

My Husband's Wife by Alice Feeney.

Heat Wave by Penelope Lively.

The Homemade God by Rachel Joyce.

Chris McCausland autobiography Keep Laughing.

Once upon a River by Diane Setterfield.

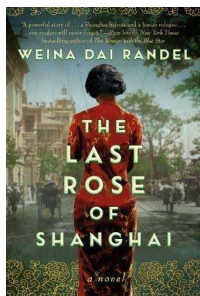
Our next book will be The last Rose of Shanghai by Weina Dai Randel.

A powerful story of the relationship between a Shanghai heiress and a Jewish refugee.

Described as a must-read for historical fiction lovers. Filled with page-turning suspense and a poignant and unforgettable love story,

Our next meeting will be on Thursday June 4th 10am to 12 noon for our group members.

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



## **Pickleball**

Pickleball will start at Radlett Tennis club on Friday June 5th 2pm-3pm.

The courts are situated on the left as you drive in. Plenty of parking. Bring equipment with you if you are able, but there will be spare for you to use. This is a taster session come & have a go.

Jenny 07957631008 **Thanks. Jenny**

## Remarkable Women



While looking through my computer to attempt to 'clean' it up, I discovered the first ever presentation for the Remarkable Women group, that was given in May 2015. This means Remarkable Women has been running for 11 years! We have explored the lives of so many remarkable women in that time and there are still so many more to look at.

So, to celebrate our 11th anniversary of our first meeting, I thought it would be interesting to revisit that very first presentation (I'm pretty sure no-one will remember it)! This was on the life and achievements of **Caroline Lucretia Herschel** 16 March 1750 – 9 January 1848) the first known female professional astronomer whose most significant contributions to astronomy were the discoveries of several comets.

Among other achievements, she was the first woman to receive a salary as a scientist, hold a government office and win awards for her work - quite remarkable for her time.

This will be on **Tuesday 23rd June at 3.15 pm** at my house as usual. This is not our usual date and time, but I am having trouble with Mondays at the moment, and there are no other u3a meetings that afternoon that I am aware of. This will be our last meeting for the summer and we will go back to our usual week and time in the autumn. More details nearer the time.

**Carmel Byers.**

**Advanced French Conversation Group** meets on the second Wednesday of the month at 11.00 in Radlett. No lessons, no preparation, just coffee and a friendly chat and a painless way to improve your fluency. Regards **Aïda**

**LIVE CHAT** is back. **The next meeting will be JUNE 1st (today), at 2.15.**

We seem to be inundated with worrying news, so here's a chance to express your views. Some suggested topics below, but please add your own ideas for subjects to discuss..

*Keir today, gone tomorrow?*

*Is the special relationship over?*

*Should we support supermarket price freezes?*

*Will Andy Burnham win Makerfield?*

*Should we rejoin the EU?*

*Would you go on a cruise?*

*Can social media be banned for under 16's?*

Please let me know if you can come. **Kay Bagon**



## Music Appreciation

The Music Appreciation Group next meets on Monday 15 June 2.30 pm at St. John's Church in Gills Hill Lane.

Gary Harding looks forward to this summer's BBC Proms season.

Gary writes "I am certain most of you are aware of the Proms Concerts and even if you have not been to them at the Albert Hall you probably would have seen some of them on BBC TV or listened to them on BBC Radio 3 or Radio 2. From a musical perspective they cover almost anything as they have a full range for every musical taste, not just classical but including opera, jazz, contemporary and popular. This year there are 72 concerts at the Albert Hall and a further 13 in other venues across the UK. That is more than 200 hours of music to pick just 1% from! So I have chosen excerpts, mostly from past Proms concerts, of some of my favorites that you can see and hear this year. There will also be a small bit of history about the last night by the late Richard Baker."

Please bring your u3a Membership badge plus £3 for hall-hire and refreshments. Coins are best appreciated by our harassed admin staff. Looking forward to seeing you. **Edward Cross.** [Edx2017@outlook.com](mailto:Edx2017@outlook.com)

## Cooking for one

Another successful meeting yesterday evening, when we prepared stuffed chicken breast and Parma ham parcel served with Parmentier potatoes and wilted spinach; followed by lemon posset – all washed down with a Haut-Medoc Chateau Caronnes Ste Gemme 2020.

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

- **Tuesday 30<sup>th</sup> June** – Cod, potato and peas with saffron; followed by blueberry crème brûlée. **NOTE DATE CHANGE!**
- **Wednesday 5<sup>th</sup> August** – in anticipation of a good summer's day(!) Gazpacho; followed by salmon hollandaise, new potatoes and green salad.

**Chris**

## Quiz Group

Our next quiz group will be on Tuesday 7<sup>th</sup> July at 14:00 in the upstairs room at Radlett Library, Aldenham Avenue. If you 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 !! **Pam and Oliver**

## Poetry group

There are a couple of vacancies in our group at present. We meet at 10:15 for 10:30 on the first Wednesday of the month.



We meet in members' homes. Each month we focus on a different poet, poem or theme. We have no "expert" leader, those that wish, take turns to do a little background research and lead a session.

Members bring a poem by the chosen poet or on a theme. We read and discuss, often referring to stirred memories in our lives, and sometimes with much merriment.

Over the years we have encountered more than 50 poets from the Romans through to John Donne, the Romantic Poets, poets of the 20th century and the very modern poetry of the 21st century. We have also enjoyed our theme sessions which have varied from poems about summer to isolation, age, beauty and humour. We have also tackled longer poetry such as Paradise Lost or Eliot's 'Old Possum's Book of Practical Cats'.

In this last year we have looked at three American poets, two Irish, one Scottish, (dialect can be a challenge) - the rest were English poets including female war poets. Themed sessions focused on humorous poems and another based on fireworks and Guy Fawkes. **Sandra Taylor**

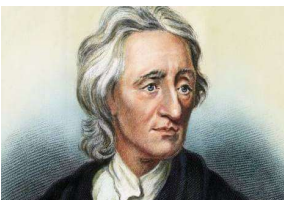
## Philosophy group

How we get knowledge of the world around us? How can we be certain that what we think about the world is true? Why should this concern us? Why do we care? Where can we go to find out?

If you have an open mind and curious about problems like this, then why not come along and join in on one of our Philosophy discussion group meetings. Everyone is welcome, and you do not need any previous knowledge of Philosophy.

For the last few months, we have been we have been discussing **Epistemology**, the philosophy of how we acquire knowledge. We have looked at the foundations of modern philosophy, discussed what Socrates, Plato and Aristotle thought about these problems and their ideas /solutions. Last month we discussed **Empiricism** and how it contrasted by **Rationalism**, which we discussed earlier this year. The Rationalists believed that Mathematics would provide the ideal model for truly reliable knowledge. If the methods by which mathematicians were making new discoveries and acquiring new knowledge could be applied to human attempts to understand the world, then the world could be fully explained, just by rational thought rather than from experience.

Several philosophers had doubts about **Rationalism**, and they were followed up by the **Empiricists**, originating in the British Isles. They insisted that information about the world external to ourselves can come to us only from our senses. The mind then has crucial work to do in appraising and organising this information, drawing inferences from it, and connecting it with other things; but the original source of the data itself can only be sensory experience. This principle (**Empiricism**) has since dominated most philosophy in the English-speaking world.<sup>[1]</sup>



John Locke, who is regarded as the chief founding father of **empiricism**, said "What we have direct experience of are the contents of our own consciousness – sensory images, thoughts, feelings, memories and so on. To these contents of consciousness, he gave the name "ideas," which are simply anything which is immediately present to the conscious awareness. Our knowledge of the external world, the raw data or basic input, comes to us through our senses. These are the limitations of the human mind – there is an external world outside of experience of it.

Locke's "*Essays on Human Understanding*" were very influential. Hume and Kant in the 18<sup>th</sup> Century, Schopenhauer in the 19<sup>th</sup>; the Russell and Wittgenstein and Popper in the 20<sup>th</sup> Century, all were influenced by Locke's writings. According to a later Empiricist, David Hume, (1711-1776); apart from mathematics we know nothing for certain. But we still have to live: and to live is to act. All actions must be based on *assumptions* about reality. Hume believed that "*The science of man is the only solid foundation for the other sciences*", that human experience is as close as we are ever going to get to the truth, and that experience and observation must be the foundations of any logical argument. Hume argued that all of human knowledge can be divided into two categories: relations of ideas (e.g. mathematical and logical propositions) and matters of fact (e.g. propositions involving some contingent observation of the world, such as "the sun rises in the East"), and that ideas are derived from our "impressions" or sensations, and that there are limitations on how the mind perceives reality.

One philosopher, who was greatly influenced by Locke's "*Essays on Human Understanding*", was Immanuel Kant (1724-1804) who is regarded as the greatest philosopher since the ancient Greeks. He said, "*There are two worlds: our bodies and the external world.*" This was the time of revolutions in Europe and America, and the start of the industrial revolution in the Great Britain, and in this changing world he developed important ideas on Morality and Ethics.



We will be discussing **Immanuel Kant** at our next meeting on Thursday 18<sup>th</sup> of June at 2.00pm in the Vision Hall, Christchurch. Newcomers are welcome. Please do not let the above put you off. We discuss and answer questions to help us understand these interesting problems. **Christopher Langdon**

### **Bus Pass Group**

On Wednesday June 24th meet up at Gails bus stop at 09.45. We will be going to Hertford with a walk along the river and the castle gardens with refreshments in the town centre before we return. If anyone wants to join the group please use the sign-up sheet at the monthly meeting. **Bob Bassey**

### **4 - 5 mile walking group**

Meet on Monday June 8th at the Car Park Shenley Park at 10am for a walk around Shenley passing Pursley Farm through Rabley, past Combe Wood and back via Shenleybury and Porters Park with refreshments at the Cafe in The Orchard afterwards. **Bob Bassey**

### **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.

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**PLEASE NOTE THE FOLLOWING EVENTS ARE SOLD OUT BUT PLEASE ADD YOUR NAMES TO THE WAITING LISTS BY CONTACTING THE COMMITTEE MEMBER AS SHOWN BELOW:**

**QUEEN ELIZABETH 11: HER LIFE IN STYLE:** Tues 2<sup>nd</sup> June

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

**SAVILL GARDENS/THAMES CRUISE:** Wednesday 24<sup>th</sup> June

Contact: Christine Essex [christineessexu3a@gmail.com](mailto:christineessexu3a@gmail.com) 01923 85 0154

**HIGH SOCIETY:** Tuesday 30<sup>th</sup> June

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

**BRIGHTON:** Wednesday 28<sup>th</sup> July

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

**CATS:** Thursday 3<sup>rd</sup> September

Contact: Vivien Summers [events@radlettu3a.org.uk](mailto:events@radlettu3a.org.uk) 01923 856728

**SINATRA:** Thursday 24<sup>th</sup> September

Contact: Joan Altman [joanaltmanu3a@outlook.com](mailto:joanaltmanu3a@outlook.com) 01923 4049





**THE FOLLOWING EVENTS ALL HAVE SOME AVAILABILITY:**

**A CLASSICAL CONCERT AT  
THE CADOGON HALL  
LONDON SW1X 9DQ  
ON WEDNESDAY 8<sup>th</sup> JULY  
LEAVE RADLETT BY COACH 4pm.  
£38**

**NATIONAL SYMPHONY ORCHESTRA LANDSCAPES IN SOUND  
RIMMA SUSHANSKAYA CONDUCTING THE NATIONAL SYMPHONY ORCHESTRA PRESENT AN  
EVENING OF ROMANTIC WORKS BY SMETANA, (VLTAVA), BRUCH AND RACHMANINOV, INCLUDING BRUCH'S VIOLIN  
CONCERTO WITH SOLOIST COCO TOMITA, AND RACHMANINOV'S GLORIOUS SYMPHONY NO. 2.**

Contact: Sandra Clark  
u3asandra@gmail.com  
07770 467381



**JOIN US FOR OUR ANNUAL  
DINNER IN THE PARK**

**WEDNESDAY 15<sup>th</sup> JULY AT 7PM  
Shenley Park, Radlett Lane, Shenley, Radlett WD7 9DW  
£37.50**

*YOUR EVENTS & OUTINGS COMMITTEE ARE DELIGHTED TO INVITE YOU TO JOIN US FOR OUR ANNUAL DINNER IN THE PARK WHILE EATING THE DELICIOUS FOOD WE WILL BE ABLE TO ENJOY LOVELY VIEWS OF THE WOODLAND AND ORCHARD. WE WILL HAVE A WELCOMING GLASS OF SUMMER PIMMS FOLLOWED BY A CHOICE OF MAIN COURSES WHICH WILL ALSO INCLUDE A FISH AND VEGETARIAN OPTION, SALADS, AND TEMPTING DESSERTS.*

Contact: Vivien Summers  
events@radlettu3a.org.uk  
01923 856728



**AT SADLER'S WELLS THEATRE**

**ON THURSDAY 20<sup>th</sup> AUGUST**

**LEAVE RADLETT 11am (Matinee)  
£74.50**

Inspired by Georges Bizet's iconic opera, The Car Man delivers one of the most electrifying and instantly recognisable scores in New Adventures' repertoire. This bold reimagining transforms the familiar 19th-century Spanish cigarette factory into a

slick, oil-stained 1950s garage-diner in the American Midwest, where small-town dreams simmer beneath the surface. When a dangerously handsome and enigmatic stranger rolls into town, passion ignites and lives unravel. Fuelled by heat, desire and raw emotion, the community is hurled into a relentless spiral of greed, lust, betrayal and revenge - making The Car Man a thrilling, high-octane dance drama that grips audiences from the first beat to the last.

Contact: Sandra Clark  
u3asandra@gmail.com  
07770 467381

**NEW NEW NEW**



**TOUR OF DENBIES WINE ESTATE & WINE TASTING  
ON THURSDAY 27<sup>TH</sup> AUGUST - LEAVE RADLETT 9.30am -  
£36.50**



Denbies Wine Estate in Dorking is one of England's largest single estate vineyards. With 265 acres currently under vine, it has a production capacity of 1 million bottles. The first vines were planted on the estate in 1986.

The 50-minute vineyard train tour takes visitors at a leisurely pace to some of the most beautiful viewing points in the vineyard. A recorded commentary enhances your trip making this an informative and comfortable way to experience the magnificent panoramic views of the Denbies Estate and the North Downs. Throughout the seasons the changing scenery captures the imagination, from the first bud burst of spring to the opulent vines of the autumn. Cameras recommended.

You will then be able to purchase a snack or lunch from their restaurant. Following which we will have a cinema presentation, followed by a guided tour to their cellars and a wine tasting.

Contact: Stephen Gold

[sqoldprop@aol.com](mailto:sqoldprop@aol.com) 07831 559930

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**BATTERSEA POWER STATION**

**CIRCUS ROAD W, NINE ELMS,  
LONDON SW11 8DD**



**WEDNESDAY 30<sup>th</sup> SEPTEMBER**

**£15 (Excluding Travel)**

**MEET THERE AT 11am.**

***Suggested Route: Thameslink to Kentish Town then Northern Line to Battersea Power Station. For your return journey you may wish to take the Thames Clipper to either Blackfriars or London Bridge.***

***Please join us for a visit to Battersea Power Station, one of the largest brick-built buildings in the world. We have booked the Chimney Lift at 11.30am which takes you up to the viewing area some 109 metres up with stunning 360 degree views of London's skyline. Your journey begins in the Power Station's magnificent Art Deco Turbine Hall A, where there is an exhibition of original records and displays of the building's rich heritage, its architectural significance and enduring presence in popular culture.***

Contact: Sandra Clark

[u3asandra@gmail.com](mailto:u3asandra@gmail.com)

07770 467381

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**REVIEW OF HOLIDAY TO FRANCE FROM BOB BASSEY**



**CHATEAU DE MIROMESNIL**

You enter the chateau grounds through a superb listed beech forest, which borders the entire estate. Listed as a historic monument, the building stands on an ancient fortified castle destroyed in 1539. adorned with two turrets, the majestic building built in the 16th and 17th centuries, the Henry 1V and Louise X111 facades gives the impression of discovering two different chateaux.



Outside, the 3,000 tree park contains one of Miromesnil finest treasures: a small-listed 15th century chapel. There is also a Kitchen garden.

## GIVERNY



The house where Claude Monet lived from 1883 until his death in 1926 remains much as he left it - complete with lily pond - at Giverny. While the gardens that Monet laid out are still lovingly tended none of his original paintings are still there.

The flower filled gardens stretch down towards the river, through the footpath that drops to the water-lily pond. There are paths around the pond, as well as arching Japanese footbridges, offering different views of the water lilies.



## DEAUVILLE

Deauville has sleek streets lined with designer boutiques and chic cafes. In summer, life revolves around the beach and the planches, 650m of broadwalk, beyond which rows of primary-coloured parasols obscure the

views of the sea. It is best known for it's American film festival held in the first week of September and offers public admission to a wide selection of previews.



## HONFLEUR

Honfleur is Normandy's most beautiful seaside town, and its best preserved historic port. All that holds it back from perfection is that it is now cut off from the Channel itself; as silt from the Seine has accumulated, the sea has steadily withdrawn, leaving the 18th century waterfront houses of Boulevard Charles-V stranded and a little surreal. The ancient port however, still functions - the Channel is kept open by regular dredging - and though only pleasure craft now use the harbour moorings, fishing boats tie up alongside the pier nearby.

It was in Honfleur that we took a boat ride along the RIVER SEINE passing under the bridge (The Pont De Normandie) we went over in the coach to get to Honfleur, this bridge took 1200 workers to build it and cost 419 million euros it was built between 1988 and 1995, Inaugurated on January 20th 1995 open to traffic shortly afterwards. It was designed by Michel Virlogeux and was the longest cable-stayed bridge in the world on completion.



## ROUEN

The capital of Upper Normandy, is one of France's most ancient cities Standing on the site of Rotomagus, built by the Romans at the lowest point where they could bridge the Seine, it was laid out by Rollo, the first duke of Normandy, in 911. Captured by the English in 1419, it became the stage in 1431 for the trial and execution of Joan of Arc, before returning to French control in 1449.

Joan of Arc

By the time the 17 year old peasant girl known to history as Joan of Arc (Jeanne d'Arc in French) arrived at the French court in early 1429, The Hundred Year's War had already dragged on for over 90 years. Most of Northern France was in the grip of an Anglo Burgundian alliance, but Joan, who had been hearing voices since 1425, was certain she could save the country, and came to present her case to the as-yet-uncrowned Dauphin. Partly through recognising him despite a simple disguise he wore to fool her, she convinced him of her Divine guidance. After a three week examination by a tribunal of the French Parlement, she secured command of the armies of France. In a whirlwind campaign which culminated in the raising of the siege of Orleans on May 8th, 1429, she broke the English hold on the Loire Valley. She then escorted the Dauphin deep into enemy territory so that in



accordance with ancient tradition, he could be crowned King Charles VI of France in the cathedral at Reims on July 17th

Joan charged with heresy was put on trial for her life on February 21st 1431. Joan recanted on the scaffold in St Ouen cemetery on May 24th and her sentence was commuted to life imprisonment. On May 30th 1431, she was burned at the stake in the Place Du Vieux-Marche; her ashes, together with her unburned heart, were thrown into the Seine.

The hotel we stayed in was next to the tower (THE DUNGEON) where she was imprisoned.

25 of us set off on this first Radlett u3a holiday abroad. We met outside Gail's (where else!) and travelled to Folkestone - stopping for a comfort stop on the way. Steve our driver was an excellent



driver with a dry sense of humour which kept us all amused. At Folkestone we had a comfort stop and collected Sue, our tour manager for the trip. She was a very pleasant and knowledgeable guide and very good company. After the Eurotunnel crossing to Calais we continued our journey to Rouen for our 5-night stay. The hotel was very comfortable and the staff very pleasant. The location of the hotel was in the centre of Rouen, which is a delightful city with its famous cathedral, painted many times by Monet, its timbered houses and narrow streets.

The weather for the whole trip was perfect. Warm and sunny every day which made it so enjoyable. Our itinerary was packed each day and it did consist of a fair amount of walking. When we visited Honfleur the streets were cobbled and that was difficult. The visit to Monet's gardens at Giverny was a delightful experience and the flowers were so colourful and in full bloom although it was too early for the water lilies. The visit to the elegant seaside town of Deauville was too short because of a delay in traffic but we saw the marina with its expensive yachts and managed a walk along the boardwalk before returning to the coach through a buzzing shopping centre with its beautiful shops. In the afternoon we learnt about the production of Calvados before returning to the hotel for our last group dinner.

The group on this tour gelled very well and were very good company. Full marks to Jacquie for making sure everything went to plan and to Tony for the same but in a more laid back manner!

We are now in the coach on our way home with a short stop in Dieppe for any last minute shopping and a quick look around before driving on to Calais for our return through the Eurotunnel and home.

**Au Revoir France.**

**Post script.....Wednesday evening 7.45 pm** and Cathy and I are waiting with bated breath for the coach to return from France and to get the opinions following our first holiday abroad. It arrived, on time and with a group of very happy u3a members returning from France, all smiles and lovely comments about the holiday, which was great relief to the organiser (Cathy) and to me. We have some of the photos and comments below and can now look forward to the next one. This is in October to Harrogate and York and we will hopefully be planning more for the coming year. Your suggestions would be welcome.

### Visit to the Royal College of Physicians.



We set off on a sunny Wednesday morning for our first ever u3a outing, making our own way to the Royal College of physicians, which is by Regents Park where we joined up with Sandra our group leader and our fellow u3a members.

Our tour guide was Gail Chapman who was very knowledgeable and gave us a broad overview of the history of the RCP, which was founded in 1518 during the reign of Henry the 8th to regulate the practice of medicine. It is now leading the leading professional membership organisation of physicians (doctors who work in hospitals) representing over 40,000 doctors around the world. They moved to the current modern grade one listed building in 1964.

Gail described the portraits on display of the president of the RCP -all middle-aged white men!! The first female president was Margaret Turner Warwick in 1987.

We were shown rare medical equipment throughout the ages and Gail explained their uses followed by the Censors room, which is where student physicians will put through rigorous testing questions before they could qualify.

We then went upstairs into the Dorchester library which was home to over 50,000 medical books of which approximately 20,000 were rare editions. This was followed by seeing actual human remains that were dissected in the 17th century.

We went out into the garden for refreshments. As there were so many of us, we were split into two groups for the garden tour. This was also very interesting as our expert guide explained the healing abilities of some of the plants/herbs. He also advised that some were poisonous and others were there just for show. We didn't do a survey but think that are thoroughly educational enjoyable time has had by all. Thank you to Sandra and the organisers for their hard work in [organising this event](#).

**Eva and Alan Hyman**

### **Companionship and Social Connections (our anonymous contributor who will now be our very own Banksy)**



If there's one thing nobody warns you about in later life, it's how surprisingly noisy silence can be. One minute you're juggling work, family, neighbours, pets, and the odd door-to-door salesperson... and the next, the house is so quiet you can hear your own kettle thinking. But here's the good news: isolation isn't inevitable, and loneliness certainly isn't compulsory. In fact, companionship is one of the most powerful health boosters available — no prescription required.

- **Why Social Connections Matter**

Humans are social creatures. Even those of us who proudly claim to be "independent" still thrive on a bit of company. When social ties loosen, our wellbeing can wobble. Research shows that loneliness is linked to higher risks of high blood pressure, heart disease, obesity,

cognitive decline, anxiety, and depression. Not exactly the retirement plan any of us had in mind.

But before we all start gloomily staring into our teacups, let's flip the script. Because the very same research also shows that reconnecting — even in small, gentle ways — can dramatically improve mood, memory, and overall health.

- **Small Steps, Big Benefits**

Start with something simple: regular social activities. A club, a group, a class, a coffee morning — anything that gets you out of the house and into the company of other humans. You don't need to become the life and soul of the party. Just showing up is enough to start building a support network. Give it a few visits and you'll be surprised how quickly familiar faces become friendly ones.

And then there's the magic of movement. A walk is one of the cheapest, easiest therapies around. Begin with short strolls and build up. Even better, invite someone along. Walking with a companion doubles the benefits — exercise for the body, conversation for the mind. If you're feeling adventurous, try chair yoga, tai chi, Pilates, swimming, water aerobics, dancing, or bowls. Everything feels easier (and more fun) with a like-minded buddy beside you.

- **Groups, Clubs, and the Mighty u3a**



Joining a group is one of the quickest ways to feel connected again. Whether you enjoy bridge, canasta, chess, crafts, local history, current affairs, or simply chatting over a biscuit, there's a group for you somewhere.

Community centres, libraries, and council websites are treasure troves of information. And if you're shy, take a friend the first time — courage is always easier in pairs.

And then, of course, there's the elephant in the room... or rather, the wonderful mammoth of opportunity:

Radlett u3a. With around 65 different groups (yes, really), it offers more activities than you can shake a walking stick at. If you haven't explored it yet, have a peek at <https://radlett.u3a.site.uk/groups> — you may find your next favourite hobby waiting for you.

- **Volunteering: Connection With Purpose**

Volunteering is another brilliant way to feel part of something bigger. Organisations are always delighted to welcome new helpers, and you'll quickly find yourself surrounded by a warm, appreciative community. Helping others is one of the fastest ways to lift your own spirits.

- **Final Thought**

Be alone if you choose — solitude can be lovely. But don't be lonely. It's no good for your health, your happiness, or your heart. Reach out, join in, say hello, take part. Companionship isn't just pleasant; it's powerful. And it's waiting for you.

### Schiaparelli exhibition at the V&A Museum

We met outside Gail's, where a coach picked us up for our trip to the V&A to see the work of Elsa Schiaparelli (1890–1973).

Schiaparelli, an Italian couturier, launched her fashion house in 1927 and ran it into the 1950s. She began with knitwear and went on to create collections known for their eccentric, surreal, and highly artistic themes — everything from the human body and insects to trompe-l'œil — and for their bold, bright colours.

Her collaborations with artists such as Salvador Dalí and Jean Cocteau are famous, and alongside Coco Chanel (her great rival), Schiaparelli is regarded as one of the leading figures in European fashion between the two world wars.

The exhibition also showed pieces by Daniel Roseberry, the house's American artistic director since 2019. Roseberry has said he deliberately avoided copying Schiaparelli's work, choosing instead to "capture the spirit and the bravery of Schiaparelli."

Personally, I hated most of his designs. **Adrienne**



### **TV CRITICS .....TERRI AND BRIAN**

The five part BBC drama **THE CAGE** had such rave reviews we thought we'd better have a look at it. Sheridan Smith is Leanne, a single mother with money problems and with a grandmother who has dementia. Michael Socha is Matty, a divorced father of one with a serious gambling problem. They work in an inner-city Casino in Liverpool and discover that they're both robbing the Casino safe. Their lives are set on a collision course, with each other, the local gangsters they're stealing from and the police. It's written by Tony Schumacher who wrote *The Responder*, which we thought was a really good series and the writing in this series is excellent too.





We have been enjoying David Attenborough's new 5 part series **SECRET GARDEN** on BBC exploring the dramatic and surprising wildlife thriving in British back gardens. It reveals hidden and intimate stories of creatures within everyday suburban and rural outdoor spaces and showcases how ordinary gardens can become vibrant eco-systems. It features animals like hedgehogs, badgers, owls, swallows and blue tits alongside the humans who manage their gardens. The gardens featured are in Oxfordshire, Bristol, the Lake District, the Wayne Valley and the western Scottish Highlands. It's fascinating and very well photographed and

documented, and of course sounds great with David's wonderful voice!

**SECRET SERVICE** is a five part spy thriller series on ITV starring Gemma Arterton as Kate Henderson, a "civil servant" who is actually the Head of the Russian Desk at MI6, who handles secret agents, and Rafe Spall as her husband, Stuart who used to be a newspaperman but now is an adviser to the British Home Secretary. It's a good story about the interaction between Russian and British agents in Malta and London, and we enjoyed it. It also stars Roger Allam, Alex Kingston and Mark Stanley. The acting was first class and natural, and it had the usual twists and turns to make for an interesting watch. It's written by Tom Bradby and seems to have left an opening for a second series.



We tried to watch **NUMBER ONE FAN** on Channel 4, with Sally Lindsay and Jill Halfpenny, two good actresses, but found it to be hugely inferior to many other series, with poor dialogue and amateur looking sets, so we gave up watching it. Any views about this from any of you?



After really loving ER many years ago we were intrigued to see one of the stars from that show is now in another medical series called **THE PITT**. (It is set in a hospital in Pittsburgh, hence the name!). Noah Wyle plays Dr. Michael Robinovitch - nicknamed Dr. Robbie - the chief attending physician, who introduces a fresh batch of interns to the ER. Each episode is shot one hour at a time, in real time, covering the action over one day in the overcrowded and underfunded emergency department. They all have many patients needing attention, as well as emergencies that are brought in too, and although it is obviously quite bloody and real it also explores their private lives and concerns. Very well done and well-acted and we enjoyed it.



Then there is a new 6-part series of **AMANDALAND** on BBC, a British comedy starring Lucy Punch as the hapless Amanda and the wonderful Joanna Lumley as her snobbish mother Felicity. It's a bit over the top in parts but has a lot of very funny moments to enjoy and on the whole we did enjoy it. It's about time we had a decent British comedy series! Amanda and her mother have the best scenes although the parts with her admirer, Anne played by Irish actress Philippa Dunne are a bit silly.

**LEGENDS** tells an extraordinary true story. In the early 1990s as part of Margaret Thatcher's war on drugs a team of ordinary customs officers went undercover and infiltrated the world of heroin trafficking. They were given rudimentary training before being sent out with false identities on a tin-pot budget and were known as legends. The main character of Guy played by Tom Burke is based on a real person who is the actual writer of the book that this series is based on and Steve Coogan plays his superior. Very, very good.



The four-part series **BELIEVE ME** on ITV is the true story of cab driver John Worboys who drugged, sexually assaulted and sometimes raped many young women. In the series they find out there were at least 100 of them, and now believe there might have been about 500 altogether. Unfortunately the police did not believe the poor first few girls and treated them badly, as though it was their fault or that it just wasn't true. They also couldn't believe that a black cab driver would do anything like that! He was eventually sent to prison, but only for eight years. Two of the victims took on the authorities to fight for justice after all they went through. Then when he was due to be released after pretending to have found God and repenting, the two ladies, plus Carrie Symonds, (now married to Boris Johnson), also one of his victims, fought to keep him in prison where he belongs. It was really well done, with terrific acting, particularly by Daniel Mays who played Worboys, a terrible and twisted man.



And lastly there is **BEEF** an eight-part comedy drama series on Netflix starring Oscar Isaac as Josh the manager of a top end Country Club and his wife Lindsey played by Carey Mulligan. One of their lowly employees called Ashley with her boyfriend Austin witness a terrible row and physical fight between very drunk Josh and Lindsey, and they film it. They need money and so decide to blackmail the couple, and the storyline really begins from there. Ashley is given a promotion and







Lovely day for Diana and Ralph at Windsor Castle to see their son Matt Lucas receive his MBE



**TUESDAY 9<sup>TH</sup> JUNE 10.30 AT THE METROPLITAN FOR OUR MONTHLY MEETING**

**From Penny Lane to Beatlemania**

Follow The Beatles from their humble beginnings as The Quarrymen to the heights of global superstardom. Packed with rare photographs, astonishing anecdotes and behind the scene gems, this lively and entertaining talk brings Beatle history vividly to life.

A lifelong musician turned storyteller, Maurice Selwyn also known as the Professor of Pop has drummed his way through Rock and Roll and collected stories from some of music's greatest icons.

With a brain like a living juke box, he brings the golden age of pop to life.

**ARTS CORNER JUNE 2026**

**SCHIAPARELLI: FASHION BECOMES ART UNTIL 8/11/26**

**@ THE VICTORIA & ALBERT MUSEUM SOUTH KENSINGTON in the Sainsbury Gallery**

"For me, dress designing is not a profession but an art." – Elsa Schiaparelli

The UK's first exhibition on Elsa Schiaparelli spans the 1920s to today, celebrating the innovative designer's influence. It traces the fashion house's ground-breaking origins and its evolution under current creative director Daniel Roseberry.



Left: Evening coat, designed by Elsa Schiaparelli and Jean Cocteau, 1937, London, England

Centre: Drawing for Schiaparelli by Jean Cocteau. Pencil and coloured pencil on paper, 1937

Right: 1937 Lobster Dress by Elsa Schiaparelli with Dalí textile print

Elsa Schiaparelli drew inspiration from her surrealist friends such as Jean Cocteau, Salvador Dali, Picasso and photographer Man Ray.

The exhibition is brimming with fantastical designs that still resonate today featuring beautiful lines and stunning beading. As well as fashion there is jewellery and unusual perfume bottles including her only men's perfume called Snuff with a bottle shaped like a pipe! Elsa was fearless and innovative as shown when in 1931, her divided skirt—a forerunner of shorts—shocked the tennis world when worn by Lili de Alvarez at Wimbledon in 1931.

It's a big exhibition so you might want to request permission, as my companion and I did, and have a break in the nearby V & A café for lunch or a coffee. The lighting is quite low to protect the fabrics but we found our eyes adjusted quickly. You can gain step-free access via the Exhibition Road entrance and then use the lift. There are folding stools available.

**COMPOSER OF THE WEEK ON RADIO 3 AND BBC SOUNDS**

Listen to Episodes <https://www.bbc.co.uk/programmes/b006tnxf/episodes/player>

For Jazz lovers - Miles Davis, jazz trumpeter, being celebrated week beginning 25/5/26 (5 episodes)

Many other composers available.

**WALLACE COLLECTION** <https://www.wallacecollection.org/> Free Entry to the general collection

Hertford House, Manchester Square, London W1U 3BN

The beauty of the Wallace is that the main collection never changes so you can always find your favourite every time. Mine is Fragonard's cheeky *The Swing*.

The Wallace is fully accessible with a lift.

### Winston Churchill: The Painter

Saturday 23 May – Sunday 29 November 2026

Exhibition Galleries

Admission charge, members go free

This exhibition is bookable: Adult £18/Disabled adult £12/Companion Free/Art Pass £9

Video trailer <https://www.wallacecollection.org/whats-on/exhibitions-displays/winston-churchill-the-painter/>

The first major retrospective of Sir Winston Churchill's paintings since his death, this exhibition brings together more than 50 of his works. More than half are from private collections, rarely accessible to the public. Encounter sombre wartime scenes and radiant Mediterranean views (picture on left), carefully composed still-lives and portraits, luminous Moroccan cityscapes, and deeply personal paintings of Chartwell, Churchill's beloved home and garden. During Churchill's lifetime, some were exhibited at the Royal Academy, or given as tokens of friendship or diplomatic gifts. But most were painted purely for the pleasure and challenge of the creative process.



The relationship between Churchill and the Wallace Collection dates back to the Second World War. In 1942, the museum hosted the *Artists Aid Russia* exhibition, a fundraiser supported by his wife Clementine Churchill. Discover this extraordinary moment in the Wallace Collection's history in our [free display \*The Wallace Collection at War\*](#) until 25/10/26.

All but the heaviest objects and art were removed during WW2 and stored at three different locations in Hertfordshire. (Picture on right)



## Radlett U3A: Curiosity, connection and lifelong community learning



When 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.

Now a home to hundreds of members and dozens of interest groups, its origins were modest. A handful of 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 hall filled quickly at the inaugural public meeting, and chairs had to be added.

That spirit of peer-to-peer learning remains at the heart of Radlett U3A. There are no teachers in the traditional sense; 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.

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. But perhaps the most remarkable achievement of Radlett U3A is not the breadth of its programme, but the depth of its community. 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, and Radlett U3A embodies all three. As it 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. It 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, visit <https://radlett.u3asite.uk/>

Dingbat answers

1. Income Tax
2. Too Stuck Up For Words.
3. Adding Insult To Injury
4. No Two Ways About It
5. Syrup
6. Endless Love
7. Scrambled Eggs
8. 7Up Cans
9. Death Valley
10. Tennessee
11. You Are Out Of Control
12. Upside Down

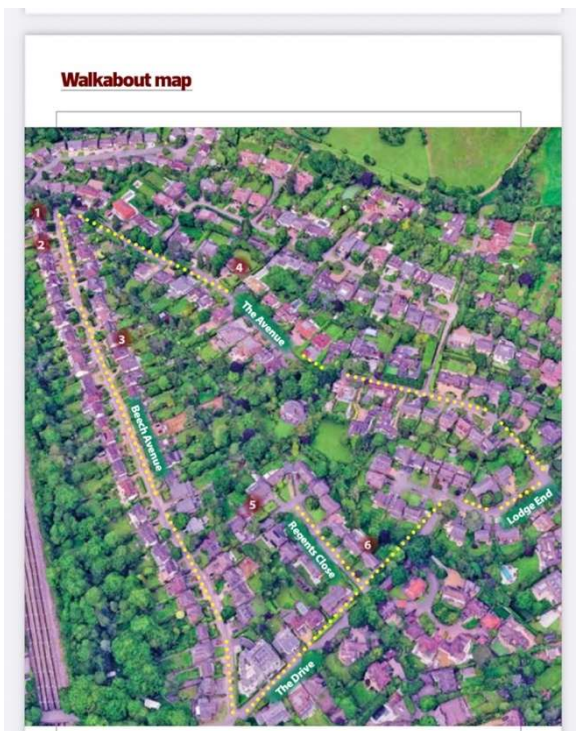
My name would be Kateshikikutotoku – so I think I will stick to Adrienne

write your name in Japanese

A = KA	N = TO
B = ZU	O = MO
C = MI	P = NO
D = TE	Q = KE
E = KU	R = SHI
F = LU	S = ARI
G = JI	T = CHI
H = RI	U = DO
I = KI	V = RU
J = ZU	W = MEI
K = ME	X = NA
L = TA	Y = FU
M = RIN	Z = Z



This is the Garden walkabout for the Horticultural society Sunday 28<sup>th</sup> June – always a lovely day for meeting people



### Garden Walkabout 2026

Sunday 28th June, 2pm - 5pm



**Mr and Mrs Flowerpot reside in Beech Avenue**

The Society is pleased to announce that we have secured no less than six gardens for the 2026 walkabout. They provide a very interesting and varied selection and include two gardens we have visited a long time ago. Both of these gardens have new interest and new features so you will not be disappointed. One of the other gardens is recently designed and is cleverly laid out in a small sloping space. The other three also have lots to offer with an abundance of colour and attractive features.

The map opposite shows the locations and if you want to avoid the slightly steep climb up The Drive you would find it easier to walk in a clockwise direction.

The teas provided by our own Jane Poyser will be in the garden of 28 The Avenue and please try to spread your visit over the whole afternoon rather than go there last.

The charge will be £5 per person for the day, payable at the first garden where you will receive a ticket. All profits will be donated to the charities chosen by those opening their gardens. The walkabout is open to all members of the society and their friends so please round up your friends and bring them along. ☺



**Interlopers during last year's walkabout**

**This year's gardens...**  
Our thanks in advance to those who are opening their gardens.

1. **Cathy and David Rose** – 59 Beech Avenue
2. **Karen Hestier** – 55 Beech Avenue
3. **Garo and Marie Keshishian** – 28 Beech Avenue
4. **Richard and Julie Blins** – 28 The Avenue
5. **Stephen and Deborah Middleton** – 8 Regents Close
6. **Joel and Lauren Devlin** – 2 Regents Close

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WE HAVE 50+ GROUPS