

NEWSLETTER July 2026

GROUP NEWS - YOUR SPACE TO PROMOTE YOUR GROUP OR SUGGEST NEW ONES

NEW. NEW. NEW.



Proposed Ukelele Group

I already run the Guitar Group, and the new group would operate in a similar way.

We would meet in members' homes once a month. No subscription needed. The date will be variable in order to suit the majority. I will provide the song sheets.

Members must have their own instrument (or purchase one from the Music Shop in St. Albans), a music stand, and be able to play a range of common chords.

N.B: However, it is not my intention to teach newcomers from scratch, ianschlazer@btinternet.com

Proposed Scrabble group

Calling all Scrabble lovers and also beginners. We are hoping to start a new group which will be held on the second and fourth Friday of the month. 10 – 12noon. There will be a signup sheet at the next meeting, but in case you're unable to attend, just get in touch with me at ros.jackson505@gmail.com.

Venue to be decided, but hopefully at the Red Lion in Radlett. **Ros Jackson**



Viva Espana

We are a friendly group of 12 members who meet in each other's homes on the 2nd and 4th Tuesday of each month from 2.30-4pm

Most of us are native English speakers

Our main aim is to improve our spoken Spanish as many of our group frequently go on holiday to Spain

For this reason, our number attending tends to fluctuate and we sometimes have spaces for extra members

If you are interested, please do not hesitate to contact me via Bette Goldsmith or directly. You will be welcome to come and observe the group and to decide whether it is for YOU.

Our main prerequisites are that...

1. You try to speak Spanish during our 90-minute meeting
2. you are willing to offer your home and other host a meeting TWICE a year

Hosts generally prepare either a subject for discussion with a helpful vocabulary list and/or - a charla (short piece in Spanish) - which we translate and discuss

Hope to see you **Sue Gil 0793 2682324. suedevonsgil@me.com**

Music Appreciation Group

The group meets on Monday 20 July 2.30 at St. John's Church in Gills Hill Lane.

Colin Berkovitch presents : **MUSIC OF THE WATERS**. A programme of orchestral and vocal music which depicts water in all its various forms - rivers, seas, lakes, rain and fountains. Some of the music will be familiar, and some will be not so well known; but just come and float along with the melodious rhythms and verse. Umbrellas and sou'westers not required.

All u3a members are welcome; there is no limit on numbers.

Please bring your u3a membership thingie plus £3 for hall-hire and refreshments. Your harassed administrator really appreciates the sight of simple coins. **N.B. The group does not meet in the month of August.**

Edward Cross. Edx2017@outlook.com

Longer walks

In June we were thwarted by the tube strike so walked an 8 mile circuit from Shenley instead.

July will see us back on the capital ring (I hope) walking from Greenford to Richmond **Fiona**

The next monthly quiz group will be on Tuesday 7th July at 14:00.

Hopefully, members will sit with different members each month, rather than with your normal group of friends; and you then might make new ones !

It will be in two halves of 4 topics each of which will have 10 questions.

There will also be a picture round for discussion in the interval for tea and coffee.

Answers will be given at the end of all the questions having been asked with the answer sheets being marked by tables other than the answering table itself.

The quiz will be upstairs at Radlett Library, Aldenham Avenue at a cost of £4 per person. Please bring the exact amount of cash.

There will be prizes for the winning table! Please reply to this email, oliver@cahn.co.uk, with how many of you are available for this quiz so that we can work out table and chair numbers. The judge's decision is final !! Thanks. **Oliver**

Hi History lovers,

The next meeting is on Thursday 9th July at 2.30pm at our usual venue, Vision Hall, Christ Church, Watling Street, Radlett, WD7 7JJ. We have another welcome return speaker, Sue Gil, who will be giving us a presentation on a Virtual guided tour of the East End of London. She will be dipping into a brief history of her family tree of the area. Sue is also inviting our members to come along and share some of their stories about an area of London that many of our families lived in many years ago.

This will be the last meeting before we take a break and will resume on Thursday September 10th where we have a visit from the Deputy Lord Lieutenant of Hertfordshire, Akhtar Zaman, who will give a presentation on the History of Islam. This will definitely be a non-political talk and should give us little more knowledge on a very important religion that is of great significance in the world today.

Enjoy the summer and be careful in the sun. **Stephen Forman**

London walks thro' time

Our next walk is on Wednesday 8th July 26 . We meet at Marble Arch Stn. (Park Lane) entrance at 11AM.

Could you please let me know, as soon as possible, if it is a suitable date for any of you. I ask as soon as possible because I need to know that you have received this email.

I also may need to offer this date to other members as replacements if you can't make this date.

PLEASE BE AWARE THAT I CAN ONLY MANAGE 12 PERSONS PER WALK AND THAT THE FIRST 12 PERSONS WHO APPLY WILL ACCOMPANY ME ON THE WALK. **Danny Goldstein**

The u3a very short walks group is a group for people who enjoy walking. We walk for about an hour each walk and always end the walks at a cafe so we can have a drink and chat. I always ask members who want to join the walks to be prepared to walk fairly briskly and to wear proper walking gear. The walks are all fairly local but some walks can need a drive to get to them. We have a walk every month on the third Tuesday starting at 10.30 a.m. The next walk will be on Tuesday 21st July starting at 10.30 a.m. I look forward to seeing some of you there. Best wishes, **Nancy**

Our Rummikub group is enjoying our games every other Wednesday at the Red Lion in Radlett. The first game in July will be on the 8th and the next one on the 22nd.

We officially start at 10.30 am but some are getting there early and having breakfast and we sometimes stay behind to have lunch too. I will gladly teach anyone who would like to come along and join us.

Please either phone me on 07917 773111 or email me at karis532003@yahoo.com look forward to seeing some of you at our future games. Best wishes **Karen Israel "**

Rusty Rackets – Tennis group

Open to all abilities. You just need a racket.

£2.50 per session. Fresh air and bird song, completely free.

We meet on Monday mornings at 10:30 and play for an hour or so.

Let Tony know if you're coming. Text: 07831 367924

Snooker Group

New members always welcome. **Bernard Groden**

Online Duplicate Bridge

The Online Duplicate Bridge will run three times this month, 9th, 23rd and 30th July. If you are not on my mailing list and would like to attend any of these sessions please let me know. Note that as I am away on the 9th July that session will be run by others so early notice of your attendance or not at that session would be very useful. **Gary**



Reading Books is A Novel Idea

We had our last meeting on June 4th where we discussed our latest book.

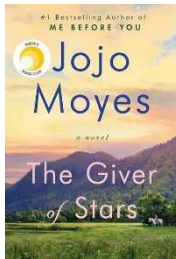
Ten members of our group had read *The Last Rose of Shanghai* by Weina Dai with two members still partway through the book. Overall, the novel was very well received. We particularly enjoyed learning about the Jewish community in Shanghai during the Second World War and appreciated the rich historical and political background.

Many felt the story was cleverly written and engaging, although a few thought some events were rather far-fetched. One reader commented that the novel felt like a story of two halves. The first half was more optimistic, reflecting the main character's wealth and status, while the second half became much darker as the effects of war took hold.

The characterisation was widely praised, and members enjoyed discussing the relationships between the main characters. There was debate about Cheng's controlling nature and the influence of arranged marriage and traditional gender roles. The challenges faced by a young Chinese woman running a nightclub were also discussed.

The central love story prompted conversation about whether love can overcome prejudice and adversity. Ernest's transformation from a proud German citizen to a penniless Jewish refugee was seen as particularly moving and realistic.

Overall, the group found the book thought-provoking, informative and enjoyable, with strong characters and an engaging historical setting and would definitely recommend it.



Other Recommended books.

When we see you again by Rachel Goldberg -Polin.

All in the family by Fred Trump.

Tales from the Dance Floor by Craig Revel Horwood.

Katabasi by R F Kuang.

The Icehouse by J.J Richard's.

Our next book is *The Giver of Stars* by JoJo Moyes.

In 1937, dusty Baileyville, Kentucky is no place for a woman.

For newly-arrived English rose Alice Wright, whose father-in-law has the town sown up, the atmosphere is stifling and she is desperate to escape. Which leads her to Margery O'Hare and her small band of horsewomen taking books and learning to isolated homesteads. Who else will rescue the vulnerable from poverty and ignorance?

But this brazen act of female defiance - of emancipation - cannot go unpunished, especially by Baileyville's men.

Alice and Margery and the other horseback librarians must find the courage to stand together.

Can they show this divided town the value of love, friendship and community?

Our next meeting will be on Thursday 2nd July 10am to 12 noon. **Sharon Strong.**

IMPROVERS SUPERVISED BRIDGE

The Improvers bridge sessions continue through the summer on Monday mornings at Vision Hall

This is social bridge for 2 hours from 10.00 am with assistance on hand from experienced players

Our regular players have found their confidence and understanding improving in a non-competitive and friendly atmosphere

You are welcome to come and find out if this is for you with no obligation.

For more details please contact me at lshindler@aol.com **Laurie Shindler**



Taichi for Beginners

A new beginners class of Chen style Tai Chi, led by Elliot Jacobson, Hertfordshire Branch Head and Disciple of Grand Master Chen Xiaowang at the Radlett Village Institute, 413 Watling Street, WD7 7JG

First session is on Wednesday 22nd July 2026. 9.45-10.45a.m. and then weekly on a Wednesday from that time and date onwards.

Avril Shindler

Bus Pass Group trip was cancelled due to the heat and for the safety of our members.

The July trip will be on Wednesday July 22nd meeting at Gails Bus Stop at 09.45 I am planning to go to the same location Hertford as we did not get there this month.

On arrival we will be taking a walk along the river and through the castle gardens before finding a place to stop for refreshments. Should anyone else wish to join, please add your name to the sign up sheet at the monthly meeting **Bob Bassey**

Opera Group

Due to holidays and other commitments the Opera group will not meet in July and August. I am also considering the future of the group. We have been getting very low attendance at the physical showing (just one or two members) and though the attendance via Zoom is a bit better it is still not normally more than 4 or 5 people. If anyone has any ideas on how to improve the attendance, or even take over the running of the group please let me know.

I currently still expect to have a showing on 18th September but unless attendance picks up I am not certain how much longer I will continue to run the group. **Gary**

Remarkable Women

Thank you to those brave few who defied the hot weather and amber warnings, and turned up to Remarkable Women this week, when we looked at the life and achievements of Caroline Herschel, who discovered 8 comets, became Astronomer to King George III, earning a salary (unheard of for a woman in her time) and became quite a celebrity in the late 18th century.

Caroline Herschel was the reason that the Remarkable Women group started in the first place 11 years ago. I was visiting the city of Bath, and while there visited the Herschel Museum, the house where Caroline and her brother William, a composer, musician and astronomer lived at the time when Bath was a very fashionable 18th century resort. I was surprised that for all her amazing achievements, Caroline was mostly unknown, and thinking that there must be many other women whose achievements are likely to have been similarly ignored or forgotten, decided to start a group where we might discover and explore the lives of some of them. We have been going strong ever since thanks to the interest and support of our members.



There are many more lives to learn about, so although this was the last meeting for this term, Remarkable Women will be back in September with more presentations that I hope you will find interesting and informative. **Carmel Byers**

Film & TV group

The film group will meet again at the Red Lion pub in Radlett on Thursday 2nd July starting at 10:00. At the suggestion of one of our members I will be showing Stanley Kubrick's 2001: A Space odyssey..



The film stars Keir Dullea, Gary Lockwood, William Sylvester, Leonard Rossiter, Margaret Tyzack and Douglas Rain (as the voice of HAL), with music by Richard Strauss, Johann Strauss II, Aram Khachaturian, and György Ligeti. It was co-written by Kubrick and Arthur C. Clark.

It starts with the 'Dawn of Man' and follows a voyage by astronauts, scientists, and the sentient supercomputer HAL 9000 to Jupiter to investigate an alien monolith. It was very much ahead of its time with a manned space station, the 'Artificially Intelligent' computer HAL and even the 'Earth Rise' sequence showing the Earth rise above the moon surface, a picture of which was taken on the Apollo 8 mission which was not until after the film had been released.

Those of you who went to the last meeting of the Local History group last year would remember that we had a talk from Jonathan Bergwerk on Stanley Kubrick, who lived in a pretty and quaint Hertfordshire village and whose house is still there. Much of the film was made at the MGM Studios in Borehamwood. Some of the special effects and models were made by Brian Johnson (a special effects artist on the film) who recently died.

There will be a reduced charge of £4 to attend at the Red Lion, which covers tea/coffee, biscuits and room hire. We would prefer you to book in advance using the link <https://radlett3a-groups.sumupstore.com/product/film-and-tv-july-2026>, though we will accept payments on the door but please let us know if you will be attending so we can prepare the space. I may be able to show it by Zoom but this is experimental. If you want the Zoom details please let me know.

Note that due to holidays and other commitments the group will not meet in August, September or October so the next meeting I expect will be on Thursday 5th November. **Gary**

I am so lucky to be part of the Radlett u3a. When I think how full my life is with so many good u3a friends who participate in actually doing not just sitting in restaurants chit chatting. Of course, all this starts from the top with all the different chairs (all wonderful) culminating in the present one who really puts her heart and soul into the post.

Why I have decided to write this article is to thank the Events Committee for all the hard work that results in so many wonderful outings. What they achieved this week was really something. They managed to postpone the outing to Saville Gardens on the hottest day ever. This was not an easy achievement and they secured another date in July.

I wish our wonderful country could be run as well as our u3a.
THANK YOU SO MUCH. **Marion Krieger.**

DINGBATS

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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.

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:

BRIGHTON: Tuesday 28th July

Contact: Valerie Gold valeriegoldu3a@gmail.com 07831 562362

THE CAR MAN: Thursday 20th August

Contact: Sandra u3asandra@gmail.com 07770 467381

CATS: Thursday 3rd September

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

SINATRA: Thursday 24th September

Contact: Joan Altman joanaltmanu3a@outlook.com 01923 404920

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



**A CLASSICAL CONCERT AT THE CADOGON HALL LONDON SW1X 9DQ
ON WEDNESDAY 8th 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 15th 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



TOUR OF DENBIES WINE ESTATE & WINE TASTING

ON THURSDAY 27th 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
sgoldprop@aol.com
07831 559930



BATTERSEA POWER STATION CIRCUS ROAD W, NINE ELMS,
LONDON SW11 8DD

WEDNESDAY 30th 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
07770 467381



NEW NEW NEW

**A VISIT TO SAVILL GARDEN
IN WINDSOR GREAT PARK
AND A THAMES CRUISE
WEDNESDAY 22nd JULY
DEPART RADLETT 10.15am. £55**



FOLLOWING THE POSTPONEMENT OF OUR JUNE OUTING, DUE TO EXTREME HEAT, WE HAVE REARRANGED THIS EVENT. PRIORITY WILL BE GIVEN TO THOSE WHO WERE DUE TO BE ON THE ORIGINAL VISIT, BUT AS SOME MAY NOT TAKE UP THEIR PLACES THERE IS A POSSIBILITY THAT A FEW TICKETS WILL BE AVAILABLE. PLEASE CHECK WITH CHRISTINE AS BELOW: 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.

Contact: Christine Essex. Christineessexu3a@gmail.com 01923 850154



**THURSDAY 15TH OCTOBER
LEAVE RADLETT 11am (MATINEE)
£79.50**

A brand new world-premiere play from the Olivier Award-winning playwright, James Graham (Punch, Dear England, Labour of Love) explodes into the West End for a strictly limited 12-week run. Directed by multi award-winner Nicholas Hytner (The History Boys, One Man, Two Guvnors, Giant) and starring Olivier Award winner Rory Kinnear (Skyfall, The Diplomat) and Royal Ballet principal Natalia Osipova in her West End debut, this blazing new play tells the astonishing story of rebel economist and member of the Bloomsbury Group, **John Maynard Keynes**. Husband to ballerina Lydia Lopokova. Lover to Duncan Grant. Friend to Virginia Woolf. Keynes moves between the corridors of power in Whitehall and the intoxicating freedom of a radical circle of artists, writers and lovers – all determined to live differently. But as markets crash, old systems crumble and Britain teeters on the edge of chaos, one question begins to consume him: **WHAT IS A GOOD LIFE?** Alive with music, dance, desire and debate, The Standard of Living is a thrilling, funny and deeply moving portrait of a man who dared to imagine something better.
**Contact: Joan Altman joanaltmanu3a@outlook.com
01923 404920**

SAVE THE DATE
SING-A-LONG-A-GARETH: AT THE MOVIES
Saturday 21st November matinee
NEW YEAR'S DAY CONCERT, BARBICAN
Friday 1st January matinee
SINGING IN THE RAIN – MILTON KEYNES
Wednesday 24th March

MAIN MEETING TUESDAY 14TH JULY At 10am at the Bushey Metropolitan Sports Venue

Our speaker is the ever popular Paul Rabbits. Those of you who ever heard him at Local History meetings will know what an entertaining speaker he is. Paul presents clearly and with a great sense of humour. The title of his talk is "A Concise History of British Parks and Bandstands". Parks are the place to be in the shade in this hot weather!. Paul has a long list of attributes connected with Parks, Gardens and the Arts and has a passion for Victorian and Edwardian bandstands. This highly illustrated talk explains the need for Parks, their origins, the Victorian heyday, their decline and their revival. Come along to learn much more and to experience Paul's uniquely humorous and knowledgeable way of speaking to his audience

BRAIN AND MEMORY



Where Did That Memory Go? From our undercover Banksy

“A slower memory is not an empty one — often it is simply a very full cupboard.”

At our stage of life — let us say *well-seasoned* rather than old — memory can sometimes seem to have a mind of its own. Some days it behaves perfectly well; on others it slips quietly out of sight, usually taking a name, a pair of glasses, or the reason for going upstairs along with it.

That can be annoying, of course, but it is not always a sign that anything is seriously wrong. Very often, memory is still there; it just takes a little longer to lay hands on the right bit.

A comforting way to think of it is as an old wooden chest. In younger days, the chest is fairly empty. As life goes on, more and more gets added: family occasions, favourite songs, old friends, useful skills, addresses, birthdays, funny stories, and the odd memory best left folded at the bottom. After many years, the chest becomes wonderfully full.

So, the problem is not always that something has disappeared. More often, it is simply buried under everything else. That is why an event from forty years ago can come back in a flash, while the name of someone met last Tuesday sits there refusing to budge. Sometimes, too, new memories arrive in such a rush that they never seem to get properly tucked in or filed away.

The good news is that the brain still appreciates a bit of care and attention. A healthy, balanced diet with fruit, vegetables, fish, nuts and enough fluids can help support memory and clear thinking, while good sleep gives the brain a chance to sort and store things more effectively.

Keeping the mind active matters too. Reading, puzzles, conversation, learning something new, and regular physical activity all help keep the brain engaged. Research-based advice for older adults also points to mental activity, exercise and social engagement as useful ways to help preserve memory and thinking.

When a name refuses to come, forcing it usually does not help. Gentle prompts are often far more successful. One very handy trick is to run through the alphabet: A, B, C, D... Quite often, one letter will give memory the nudge it needs. Other clues can help too: where the person was met, who else was there, and what was happening at the time. Sometimes the answer arrives later, usually when no one has asked for it and the moment has passed entirely — which is, in its own way, quite typical.

Simple habits can make life easier as well: writing things down, repeating names when first hearing them, keeping routines where useful, and not trying to cram too much in at once. The brain does an astonishing job, even if it sometimes prefers not to be hurried.

And one of the very best ways to keep adding valuable things to that memory chest is to stay involved with other people. Our very own Radlett U3A provides exactly that. Alongside monthly meetings, it offers about 50 groups covering a huge range of interests, and if a favourite subject is not already included, members are welcome to start a new one. Anybody for the preservation of antique bicycle clips?

So yes, memory may rummage a little more slowly these days — but what a marvellous collection it still contains. And if the reason for going into the kitchen has completely disappeared, there is still a fair chance of finding something nice to eat whilst there.



Both Valerie and I wrote our piece about the Queen's outfits collection.....

On a very wet morning, Tuesday 2nd June, 50 members of our u3a went to see the Exhibition of Queen Elizabeth II - her life in style (clothes etc) at The King's Gallery. The exhibition showed over 300 items spanning all 10 decades of her life with nearly half of the garments being displayed to the public for the very 1st time. The exhibition began with a walk through the Queens early life showing her christening robe and childhood outfits, tracking her style into the 30's and 40's up to London high fashion, as well as her historic 1947 wedding dress made by Norman Hartnell. Following her succession to the throne, her wonderful Coronation gown was also displayed, which was truly wonderful to be able to study its amazing beading with all its meanings.



We could also view magnificent evening gowns and outfits she wore to many official engagements both home and overseas. This included her tweed suits, Balmoral Tartan skirts, Riding Jackets and silk head scarfs. Even her plastic raincoat designed by Hardy Amies in the 1960's allowing her to stay dry throughout many public engagements. There was also a massive wall of hats together with leather handbags and gloves. As expected, there were lots of amazing jewellery and jewels on show.

This was truly a "**Must See**" exhibition. **Valerie Gold**





We had a day out to the Kings Gallery to see the Queen Elizabeth dress collection on a rainy Tuesday.

Apart from the weather (disgusting), the coach being a little late in returning, someone getting lost, someone not returning but not telling the organiser it was a lovely, social day out. The exhibition was amazing and took about one and a half hours to enjoy, together with an interesting history talk. The creations of some of the state occasion dresses were incredible, both in design and material, the beading and embroidery exquisite when it was seen close-up. The amount of work that went into them was mind boggling. The exhibition captured all stages of her life from babyhood, childhood, teenage upwards and covered both the formal side of life including war time, wedding, coronation, and state dinners on to her iconic country style with casual tweeds and headscarves. The collection of hats was beautiful. Truly history in fashion.

We then went out to find ourselves lunch or shopping and returned in pouring rain but agreeing on a great outing. **Adrienne**



Post mortemwhich applies to all outings –



PLEASE MAKE SURE YOU HAVE THE PHONE NUMBER OF THE ORGANISER IN YOUR PHONE AND YOUR PHONE
PLEASE CALL THE ORGANISER IF YOU ARE LOST OR CANNOT MAKE IT BACK TO THE COACH IN TIME
PLEASE TELL THE ORGANISER IF YOU ARE NOT RETURNING ON THE COACH – DO NOT TELL ANOTHER MEMBER



From Terri and Brian Our TV critics.....

UNCONDITIONAL is an Israeli thriller series in 8 parts on Apple TV. Orla and her daughter Gali are about to fly home to Israel from a layover in Russia after travelling together to India when Gali is arrested for drug smuggling. Orla needs to try and free her daughter and has to navigate the complex legal system there. She discovers a web of secrets that question how well she actually knew Gali. Unfortunately her husband suffers from early onset dementia so she gets no support from him. It starts as a straightforward rescue mission and evolves into a darker twist-filled mystery where she has to travel to and from Russia and deal with some nasty characters. We thought it was very good but the ending seemed unsatisfactory and was left open for a further series.



We watched a really sweet and lovely film on Netflix called **REMARKABLY BRIGHT CREATURES** which is about a lonely widow called Tova played by the wonderful actress Sally Field who forms an unique bond with a sharp-witted captive giant Pacific octopus called Marcellus, (voiced by Alfred Molina), while working the night shift as a cleaner at a local aquarium. Marcellus longs to escape the aquarium and he and Tova form a friendship of sorts. Then when a wayward young man called Cameron, an aspiring musician, comes to town and after Tova slips and injures her ankle, he replaces her in her job temporarily while she recuperates, and she takes him into her home. Sounds a bit strange but it's a terrific feel good movie and we loved it so you should give it a go!

CRIMINAL RECORD in 8 parts on Apple TV is the second series starring Cush Jumbo as DS June Lenker and Peter Capaldi as DCI Daniel Hegarty and continues the prickly chemistry between them. When a teenager is killed at a London rally they are forced into an uneasy and often antagonistic alliance. What starts as a hunt for a murderer escalates into an undercover operation to foil a far-right bomb plot in the heart of London headed by a celebrity blogger. The first series was a complete story and this one is a new narrative. It's good and wellacted and quite exciting to watch.



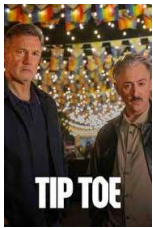


I think we've mentioned **HACKS** before but it's worth saying about it again as we've just finished watching the 5th and very last series after a total of 47 episodes. It's on Sky Atlantic and is a dark comedy drama about a stand-up comedian, Deborah Vance, played brilliantly by Jean Smart, and her comedy writer, Ava Daniels, played by Hannah Einbinder, as they navigate the dynamics of their professional and private lives. Deborah is Las Vegas based and needs to reinvent her ageing act to avoid losing her residency. Ava is a young comedy writer who is unable to find work due to an insensitive tweet and her reputation for being arrogant. When her agent sends her to work as Deborah's new head writer they slowly bond as she pushes her boss to take more risks. The writing and acting is excellent throughout and we thoroughly enjoyed the whole 5 series. Really worth watching.



DUTTON RANCH is on Paramount+ and is a 9 part spin off from the marvellous Taylor Sheridan's **YELLOWSTONE** series that starred Kevin Costner. It features his feisty daughter, Beth, played by Kelly Reilly, and her husband Rip Wheeler, played by Cole Hauser. They gamble everything on a new life in South Texas with their ward, Carter, played by Finn Little. The series also stars Annette Bening as Beulah Jackson, the owner of a rival ranch, and Ed Harris as Everett McKinney, a local vet. If you enjoyed Yellowstone then you'll love this, with many problems and happenings in the day to day lives of these ranchers. Everything seems to go wrong for this little family but their love and optimism shines through. Such good writing and excellent acting.

As we love the actress Nicola Walker we watched her new 6 part series on Disney+, which is a comedy drama called **ALICE & STEVE**. Her best friend, Steve, played by Jemaine Clement, begins dating her 26 year old daughter, Izzy. As Alice struggles to accept this betrayal, their long-standing friendship devolves into an anti-romantic comedy filled with revenge. Alice is impulsive and slightly eccentric and she takes extreme measures to try to end Steve's relationship with her daughter. Very amusing and very well acted by Nicola as always, as well as all the cast.



Then there was **TIP TOE**, a brilliant but disturbing and sometimes quite violent 5 part mini-series on Channel 4. It was written by Russell T. Davies and is about a gay man called Leo, played by Alan Cumming who owns a bar, and his next door neighbour, Clive, an electrician, played by David Morrissey, who has two sons, one of which (unknown to him) is gay. Their lives unravel as social tensions rise and simple disagreements escalate into dangerous hostility in their Manchester suburb. There are a lot of gay and trans references and it may not be everyone's taste but the acting is superb - both lead actors should receive BAFTAS! - and Elizabeth Berrington as Leo's best friend is also outstanding. Very good.

I WILL FIND YOU is an eight part series on Netflix written by Harlan Coben about a man who is wrongly imprisoned for life for killing his six year old son. Then five years into his sentence his sister-in-law visits him and shows him a photo with a boy who looks a lot like his son in the background. He is compelled to escape from prison to try to uncover the truth of whether his son is actually really alive. We watched half of the first episode and thought it was a ridiculous story, and not very well acted, so decided not to watch any more.....Any comments?



Lastly there is **INVASION OF THE PARAKEETS** on Channel 4, a documentary presented by Chris Packham about the United Kingdom's bustling population of ring-necked parakeets. He explores whether these neon green birds are beautiful additions to the UK landscape or invasive ecological threats to native wildlife. There are now over 15,000 pairs in the UK - the largest population in Europe! It was quite fascinating and Chris is as cheery, unsentimental and passionate as ever as he gathers facts, figures and anecdotes from professionals and amateurs with experience of these birds. Interesting and very nicely done.

Happy watching. Terri & Brian

What is the only day of the week (Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday) that has a one-word anagram? And what is that word?

This is not advertised by us but by u3a Head office so go onto the website below.....

If you want to join any of the trips and are interested to find a travelling companion let me know and I will try and pair you up. Adrienne

We are excited to invite you to the first *u3a getaways* trip - The Agatha Christie Story - from 14-18 September 2026. You'll join other u3a members from across the country to explore the beautiful houses and coastlines that inspired her famous mysteries.



u3a getaways is a new programme of bespoke holidays exclusively for u3a members and friends. Please share this news with your members. Find out more on the [u3a getaways website](#).

We are called "the elderly."

But that quiet label hides something most people rarely stop to consider. We are the last living witnesses of a world that no longer exists.

Look at us and you might see grey hair, slower steps, and the patience that time teaches.

But listen to our story — really listen — and you'll realize something extraordinary.

We are the only generation in human history to have lived a fully analogue childhood and a fully digital adulthood.

That's not a small thing. That's one of the most breathtaking journeys a human being has ever been asked to make. We were born in the 1940s, 50s, and early 60s, into a world still rebuilding from the rubble of World War II.

Our toys were marbles and hopscotch and card games at kitchen tables. When the streetlights flickered on, that was it — childhood adventures were over, and it was time to go home. No smartphones. No streaming. No endless scroll.

We built our memories in the real world. With scraped knees and laughter echoing down streets and friendships formed face to face.

In 1969, we sat in living rooms staring at black-and-white televisions as Neil Armstrong took humanity's first steps on the Moon. Hundreds of thousands of us stood in muddy fields at Woodstock believing — really believing — that music and community could reshape the future.

We fell in love to vinyl records spinning on turntables. We waited days, sometimes weeks, for handwritten letters to arrive. We learned patience because information didn't come instantly. Mistakes were fixed with erasers — not a delete button. Then the world transformed.

Machines that once filled entire rooms shrank to devices lighter than a paperback. We went from rotary phones and party lines to seeing the face of someone we love on the other side of the ocean — instantly, on something that fits in a pocket.

We watched the birth of the personal computer. The arrival of the internet. The smartphone. Artificial intelligence.

And through every single shift — we adapted.

Not because it was easy. Because that's what our generation does.

We also carry the weight of history in our bodies.

We grew up afraid of polio and tuberculosis. We watched science defeat them. We witnessed the discovery of the structure of DNA, the decoding of the human genome, the transformation of medicine itself. We survived pandemics across decades — and kept going.

Few generations have been asked to absorb so much change in a single lifetime.

And through all of it, certain things never changed.

We still know the joy of a cold glass of lemonade on a hot afternoon. The taste of vegetables picked straight from a garden. The value of a long conversation that unfolds slowly, without a screen interrupting it.

We have celebrated births and mourned losses. Carried the stories of friends who are gone. Watched the world become something our younger selves couldn't have imagined — and found ways to belong in it anyway.

We are not relics.

We are living bridges between two entirely different worlds.

Our memory carries something the modern world needs — proof that progress doesn't have to erase wisdom. That speed doesn't have to replace patience, kindness, or reflection.

So when someone calls us elderly, we can smile.

Because behind that word is something remarkable.

We crossed two centuries. Witnessed eight decades of transformation. Walked from handwritten letters to artificial intelligence — and never lost our sense of what actually matters.

Answer: Monday → dynamo

Dingbat answers

- income tax
- Too Stuck Up For Words
- Adding Insult To Injury
- No Two Ways About It
- Syrup
- Endless Love
- Scrambled Eggs
- 7Up Cans
- Death Valley
- Tennessee
- You Are Out Of Control
- Upside Down



There is no philosophy meeting in July but this may be of interest.....

Earlier this year we 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.

Christopher Langdon Radlett U3A Philosophy Discussion Group Leader

ARTS CORNER JULY 2026

THE BAYEUX TAPESTRY @ THE BRITISH MUSEUM

GENERAL BOOKINGS OPEN 1 JULY 2026 @ 10 AM

BOOK YOUR TICKETS NOW!



Be sure to register for a ticketing account using the link below

<https://ticketing.britishmuseum.org/account/create>

There's bound to be an online queue so give yourself the time needed.

You will be able to book for September to December 2026 while bookings for January to July 2027 will open later in the year.

For the first time since it was made nearly 1,000 years ago, the Bayeux Tapestry is returning to England.

BE PART OF THE EXCITEMENT!

FRIDA KAHLO: THE MAKING OF AN ICON @ TATE MODERN

From 25/6/26 – 3/1/27 <https://www.tate.org.uk/whats-on/tate-modern/frida-kahlo-the-making-of-an-icon>



Discover the extraordinary and fascinating story of how Frida Kahlo became one of the most influential artists of all time, a cultural phenomenon, and an internationally recognised commercial icon.

The Exhibition will showcase over 30 of Kahlo's most iconic works that introduce her 'many selves' – the dedicated wife, the intellectual, the modern artist, and the political activist. Alongside treasured garments, jewellery, photographs and memorabilia, there are over 200 works by her contemporaries and the artists she inspired from later generations, celebrating her lasting impact on those who continue to reimagine and reclaim her remarkable story.

The statement "suffering for art" was made for Frida. She suffered through illness and pain caused by a bus crash and her tumultuous marriage to Diego Rivera, a famous muralist artist and fellow political activist.

Their relationship was characterized by deep mutual admiration, frequent infidelities, passionate love, and sometimes bitter conflict. Despite their differences and periods of separation, they ultimately remarried and remained together until Kahlo's death in 1954 aged just 47.

Both artists deeply influenced each other's work and political activities, becoming iconic figures in Mexican and international culture.