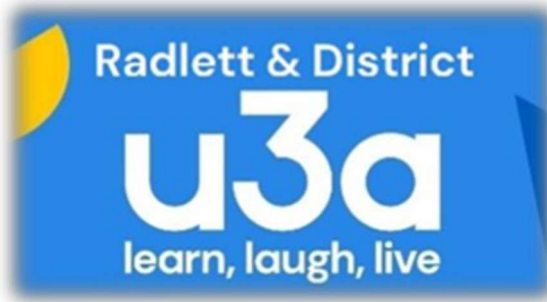




NEWSLETTER SEPTEMBER 2026

IMPORTANT CHANGES TO PARKING PAYMENTS

Parking Eye, the company responsible for the parking at our monthly meetings, have renegotiated their contract with the Metropolitan Bushey.

This means that we will no longer be able to register our cars on the tablets and pay £1 for our morning's parking.

From our September meeting onward we will have 2 options for paying for our parking:

- 1) The method recommended by the Met is to **pay on leaving** – i.e after our meeting. This will typically cost £2 for up to 3 hours. You will need to use their machines. There are 2 which take credit card payments and 1 for cash payments.
- 2) You can download the Evology Parking App using location 803694 and **pay on arrival**. Please note that your parking begins the moment you enter the car park until the moment you leave. If you leave after the time you pay for you will get a ticket.

Obviously option 1 will result in queues at the end of the meeting and option 2 may not be suitable for all.

At our September meeting the Met will have extra staff to help with the parking payments and we will have our own members available to help you download the app.



NEW NEW NEW Watercolour class

Many of you have asked for an art group, so we are delivering. This will be held on a Monday morning 10.30 to 12.30 in Radlett. No previous experience necessary and all materials provided. Just come and have a go and see if you are the next famous watercolourist.

Bette alfabelle.t21@btinternet.com



ALSO NEW Scrabble Group

We had a second very successful scrabble group meeting, which has taken off very well. We are happy to have a few more people, therefore please use the signup sheet at the monthly meeting or contact me at ros.jackson505@gmail.com if you wish to join. Our next meeting is at the Red Lion pub in Radlett on Friday 18th September from 10am until 12 noon. **Rosalind Jackson**

CHICAGO BRIDGE MONDAY AFTERNOONS

Monday afternoon Chicago Bridge has gone from strength to strength. The next season of Monday afternoon Chicago Bridge starts again on **September 7th and finishes on December 14th** with a Hanukkah/Christmas party. We now have a wonderful group of people of all standards. It's a delight to see everybody playing together in such a warm friendly atmosphere. We are a very friendly group, some good players, some not so good and others just progressing. Regardless of what level you're at there's place for you. You don't need to bring a partner as I can always team you up with somebody of a similar standard and I'm always on hand to help anybody that feels stuck with either bidding or playing. We meet in the Vision Hall in Christchurch on Watling Street where there is free parking. The cost is £40 for the entire season, which equates to just £3 per session to include tea, coffee and biscuits. Come along and make new friends. It's a fun afternoon with some lovely people. We have the opportunity of using a larger room at the Vision Hall in Radlett Church and can therefore add two more tables allowing for eight new members to join. Just drop me an email or give me a call if you'd like any further information., Looking forward to meeting new people.

Marilyn. (07775) 744785 or email me. Marilyn@yellowgrass.co.uk

Longer walks by Fiona

Hot day in Richmond Park.

8 Mile walk Richmond to Wimbledon.



Philosophy Group - Next meeting 2.00 PM on Thursday 17th September in the Vision Hall,

Most people are dismayed or even horrified by the wars in Ukraine, the Middle east and in Africa. These conflicts appear to be brutal and never ending.

Schopenhauer (1788-1860), in trying to explain why violence and injustice are rife on every side, pointed out that in the animal kingdom, animals live by hunting down and devouring other creatures, so that everyday thousands of animals are being torn to pieces or eaten alive.

He thought the human world was the same. Throughout the whole of time, we are alive we are slaves of our desires, no sooner satisfying one than another takes its place, so that we are perpetually in an unsatisfied state, and our very existence itself is a source of suffering. Is Schopenhauer justified in

reaching this conclusion? Is there any similarity with Buddhist beliefs?

Do his views help to explain the current situations of conflict? Apologies for the rescheduling!

Christopher Langdon Radlett U3A Philosophy Discussion Group Leader

Cooking for one

Another successful meeting yesterday evening when, reflecting the continuing warm summer, we had Gazpacho; followed by Salmon Hollandaise, charlotte potatoes and a green salad – all washed down with a white Côtes Du Rhône Réserve 2024 from Famille Perrin.

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

- **Thursday 17th September** – Chicken thighs with figs and honey; followed by bananas with Mars Bar baked à la picnic BBQ, possibly with a touch of cream.
- **Tuesday 17th November** – Griddled Bavette steak served with Dauphinoise potatoes and tossed salad; followed by a yet-to-be-determined crumble and custard. Until next time. Best Wishes **Chris**

History lovers,



Our next meeting will be on Thursday 10th September at 2.30pm at our usual venue Vision Hall, Christ Church, Watling Street, Radlett WD7 7JJ. We have a very special meeting on a very important topic. We have the Deputy Lord Lieutenant of Hertfordshire, Mr Akhtar Zaman giving us a presentation on The History of Islam. This will be a non-political talk on a subject, most of us know little about but it is so important in today's news and current affairs. Those who were present at the meeting of our Religion s of the World group will know how accomplished a speaker is Mr Zaman. Should be a fascinating presentation.

Could I ask all those who regularly assist in the setting up of the hall and preparing and clearing up of the

refreshments to help as usual. It is much appreciated with the large numbers who are now attending our meetings.

I am now preparing our programme for next year. If any of our members have a presentation they would like to give, either a full 45-minute programme or maybe a 15-minute presentation sharing a meeting with maybe 3 or 4 other participants that would be great.

Please let me know also if you would be prepared to take part in a formal debate on a historical topic (to be decided), I have one or two who would consider speaking, please give it some thought.

Depending on our finances we may have to re-introduce a small charge again but if we don't we almost certainly will for October. Looking forward to seeing you at the meeting. **Stephen and Harvey**

Music appreciation

Following our August break, the group next meets on **Monday 28 September 2.30 pm** at St. John's Church in Gills Hill Lane. Please **NOTE this is the FOURTH Monday** of the month.

Tony Clayden presents ' Some Scandinavian Composers and Their Music.'

Tony writes: Although Edvard Hagerup Grieg undoubtedly holds pride of place in the whole canon of music from the four Scandinavian nations, there are several other composers whose lives and works are – unfortunately – far less familiar to the music-loving public. I propose to talk briefly about several of these and play examples of their pieces, in the first half of the programme. After the interval, I will concentrate on Grieg and play an extended selection of excerpts of his many works, both orchestral and instrumental.

Please bring £3 for Hall-hire and refreshments plus your U3A Membership lanyard. I promise there will be some Neilson!

Edward Cross. Edx2017@outlook.com

Advanced French Conversation Group We are a small and friendly group who meet on the second Wednesday of the month simply to speak in French about any topic we like. No preparation just a friendly chat. Regards, **Aïda**

Snooker group

New players welcome. 2nd and 4th Thursday of month 6.15 pm at Radlett Member's Club, Watling Street. **Bernard Groden**

Quiz Group. Our next quiz group will be on Tuesday 6th October at 14:00 in the upstairs room at Radlett Library, Aldenham Avenue. If you like to attend, please email oliver@cahn.co.uk and bring the exact amount of cash being £4 per person. As always, the judges' decision is final !!

Reading Books is a Novel Idea.

At our August Book Club Meeting we discussed our latest book *The Correspondent* by Virginia Evans. Of the 10 members, 7 had read the book, with one person having just started it. Five would recommend it. Overall, it was considered well written and a good read, with plenty of different avenues to the story. Some found it slow or tedious at the beginning, but felt it came together well towards the end. One person guessed the ending, including the secret. The DNA testing and the connections between the characters were particularly interesting. The book raised interesting questions about family relationships and truth, and how different relationships might have changed the outcome. The unsent letter was discussed, particularly the fact that its intended recipient was unclear until near the end. The letter-writing format prompted a lively discussion, bringing back memories of having pen friends when we were younger, what eventually happened to those friendships, and how they influenced our feelings about letter writing. Opinions on the format itself were mixed: some found the different letters confusing and felt they interrupted the flow, while others felt it suited Sybil, who lived much of her life through them. It was noted that letters can allow people to say things they might not express face-to-face. Sybil was seen as having no filter but being ultimately lovable. Her fear of going blind and losing the ability to read and write was particularly evocative. The group also discussed how tone, emotion and feeling can sometimes communicate more than words themselves. It was generally agreed that this was not a holiday read, but it certainly provided plenty of discussion and was enjoyed by many. Other recommended Books.

The Oligarch's daughter by Joseph Finder.

Mad Mabel by Sally Hepworth.

The Second Sleep by Robert Harris.

Untold Stories by Alan Bennett.

Someone Else's Shoes by JoJo Moyes.

We All live Here by Jo Jo Moyes.

Letters of note by Shaun Usher.

Secrets by Lesley Pearse.

On Mystic Lake by Kristen Hannah.

Meet me in Paris by Kristin Harmel.

The Protest by Rob Rinder.

The Personal Librarian by Marie Benedict.

Theo of Golden by Alan Levi.

Every Wild Soul by Katherine Johnson.

Where the Lost Wander by Amy Harmon.

A girl called Sampson by Amy Harmon.

Our next book will be *White Mulberry* by Rosa Kwon Easton.

"A beautiful and deeply researched novel...If you loved *Pachinko*, you'll love *White Mulberry*."

Lisa See, New York Times bestselling author of *The Island of Sea Women*

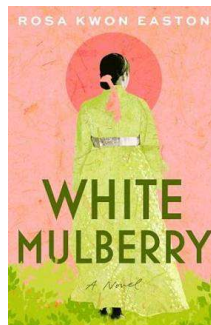
Inspired by the life of Easton's grandmother, *White Mulberry* is a rich, deeply moving portrait of a young Korean woman in 1930s Japan who is torn between two worlds and must reclaim her true identity to provide a future for her family.

1928, Japan-occupied Korea. Eleven-year-old Miyoung has dreams too big for her tiny farming village near Pyongyang: to become a teacher, to avoid an arranged marriage, to write her own future. When she is offered the chance to live with her older sister in Japan and continue her education, she is elated, even though it means leaving her sick mother behind.

The next meeting for our members will be on Thursday 3rd September 10am to 12 noon. **Sharon Strong.**

Canasta group is taking off after a slow start, and we now have a group of regulars who are gaining confidence and enjoy the game. There is room for a few more players so if you would like to join us on the first and third Wednesday of the month at The Red Lion, 2-4 pm, please put your name on Bette's list at the next monthly meeting or contact

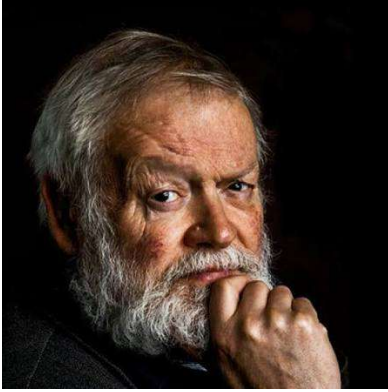
Sylvia 07941 094285 or Gill 07375 947822.



Poetry Group

We continue to meet at 10:15 on the first Wednesday of the month. At our August meeting we looked at the poetry of the Irish poet Michael Longley (1939 – 2025). His poetry is lovely, marked by quiet observation of the natural world, great technique and deeply felt emotion and lovely to listen to. We even managed to listen to some of his original recordings. Poems we looked at were: The Ice Cream Man; Remembering Carrigskeewaun; The Quilt; Ceasefire and Elegy for Fats Waller.

A particular favourite was 'An Amish Rug'. Michael Longley brought the rug back from America and placed it on his bedroom floor.



*As if a one-room schoolhouse were all we knew
And our clothes were black, our underclothes black,
Marriage a horse and buggy going to church
And the children silhouettes in a snowy field,
I bring you this patchwork like a smallholding
Where I served as the hired boy behind the harrow,
Its threads the colour of cantaloupe and cherry
Securing bay hales, corn cobs, tobacco leaves.
You may hang it on the wall, a cathedral window,
Or lay it out on the floor beside our bed
So that whenever we undress for sleep or love
We shall step over it as over a flowerbed.* 1998

Our next meeting will be Wednesday 7th October when we hope to read the first part of the Odyssey.

Gardening group 1

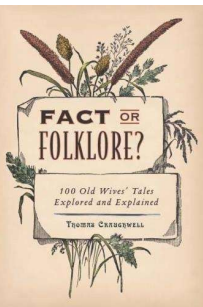
At the last meeting Adrienne reminded us that Radlett and District U3A have been growing from strength to strength for 14 years.

Gardening Group 1 have been meeting for over 12 years too. As A group we have worked together to form a very friendly, social, helpful and supportive group. Over the years every time we visit our members gardens we can always see the changes and development. All the gardening tips and advice is never gone to waste. We have shared different types of gardening and plants. We have visited lots of gardens too and not forgetting the teas that we have had in the gardens at home and away. This year's weather is most challenging. We have still managed share ways of coping with the plants. We are now going to look at more drought resistant plants as weather man have told us it's going to be hotter next year. We are looking at how and what we are doing to combat the heat around the house. Hence as from now we will be the **GARDENING AND HOME GROUP** In the near future we will share things that we have done with gardening and the home. Now looking forward to the next era of our group. **Fiona Smeethe**



Remarkable Women

I hope everyone had a good summer and are cooling down a bit now! Our next meeting will be on Monday September 14th at 3.15 pm as usual when we will start the new term up in Himalayas, hearing about the amazing achievements of Lhakpa Sherpa (born 1973) a Nepali Sherpa mountaineer. In 2000, she became the first Nepali woman to climb and descend Everest successfully. Her record-breaking 10th climb was on May 12th 2022. She has climbed Mount Everest 11 times, the most by any woman in the world, and is now in the Guinness Book of Records. Our session will be illustrated by the impressive Netflix documentary 'Mountain Queen.' This will be at my house as usual. More details nearer the time. **Carmel Byers.**



I would like to start a column on the Radlett Newsletter every month called '**Hints and Old Wives' Tales**'

Whilst talking to some of our members recently, I realised that we all had useful hints and ideas in our heads, gathered over many years, which would maybe benefit some people.

I would like to start off this month with a hint (old wives' tale) from Joan Altman, wife of Peter who knows everything about everything!

Joan suffered from terrible cramps in her legs in the middle of the night, and has discovered that if she puts a bar of soap in the bed, the cramps miraculously stopped.

Peter is very sceptical and his eyebrows raised highly into his forehead when told I was putting this info out for all to see. Please let Joan or me know whether it works for you.

Please pass on to me at junemarks@btinternet.com any hints that you can give which would be a help to us in our daily life.

I will print one hint every month, or even two if I get inundated.

June Marks

AI in Medicine – Dr Stephanie Westwood. – talk for Science and Technology group

Dr Westwood is the Chief Scientific Officer at Cognite, an independent healthcare strategy and communications agency based in London, Zug (Switzerland), and Boston. As such, she has an interest in science communication, in particular in relation to AI. In this talk she spoke about the use of AI in medicine, and the enormous numbers of people in the audience was a testament to the importance of this topic.

AI can carry out many tasks that are helpful to doctors, including interpreting scan results, making diagnoses without the intervention of medical personnel, finding new drugs for various illnesses, including repurposing existing drugs for new conditions. **Peter Altman**

Tai-Chi for beginners

Our beginners class of Chen style Tai-chi is progressing well and led by Elliot Jacobson, Hertfordshire Branch Head and Disciple of Grand Master Chen Xiawang. We meet at the Radlett Village Institute, 413 Watling Street, WD7 7JG on Wednesday morning, 9.45-10.45 a.m. There are places available, all welcome. **Avril Shindler**



OUTING TO DENBIES VINEYARD

Last Thursday morning was the first time in months we saw thick clouds in the sky and suddenly the heavens opened and it was pouring. Our coach was waiting at its usual place in Radlett and all 34 of us climbed aboard for our journey to Denbies Vineyard next to Box Hill and Dorking in Surrey. Due to the weather, the M25 was solid much of the way and



we crawled along for over an hour. Suddenly it stopped raining, the clouds disappeared and as we arrived at our destination the sun came out and we all had a great day at the vineyard in glorious weather.



Soon after we arrived, for about an hour we were taken on a Land Train and driven up and down the beautiful rolling hills amongst the vines where all types of grapes grew in abundance. The views were fabulous. Our driver, Simon, regularly stopped the train and with great humour explained how and why the different types of grapes are grown. It was most informative and very interesting. We then headed back for lunch in the Conservatory Restaurant.



After lunch, we were taken into the cinema to watch a very interesting film about the history of Denbies and detailed information relating to the making of their wines. Finally, to finish off our fabulous day, we all indulged in wine tasting.

Yet another successful outing organized by the Events Committee. **Stephen Gold**

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:

CATS: Thursday 3rd September

Contact: Vivien Summers events@radlett3a.org.uk 01923 856728

SINATRA: Thursday 24th September

Contact: Joan Altman joanaltman3a@outlook.com 01923 404920

THE STANDARD OF LIVING: Thursday 15th October

Contact: Joan Altman joanaltman3a@outlook.com 01923 404920

SING-ALONG-A-GARETH: Saturday 21st November

Contact: Vivien Summers events@radlett3a.org.uk 01923 856728

THE FOLLOWING EVENTS ALL HAVE AVAILABILITY:

NEW NEW NEW



RHS WISLEY, SURREY. WISLEY GLOW

TUESDAY 24th NOVEMBER £29 LEAVE RADLETT 3pm

DISCOVER AN ENHANCED ROUTE THROUGH RHS GARDEN WISLEY, PACKED FULL OF EXTRAORDINARY NEW LIGHT AND SOUND DISPLAYS SET AGAINST DRAMATICALLY LIT LANDSCAPES.

EXPERIENCE THE SPARKLE OF THE SEASON! AS TWILIGHT FALLS, RHS GARDEN WISLEY IS TRANSFORMED INTO A WORLD OF MAGICAL WINTER WONDERS

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



**THE FESTIVE SEASON WILL SOON BE HERE
JOIN US FOR OUR CHRISTMAS LUNCH AT
THE BLUE CHECK RESTAURANT**

144 HIGH STREET BUSHEY, WD23 3DH

TUESDAY DECEMBER 1ST 2026 12.15pm for 12.30pm £34

Contact: Vivien Summers events@radlett3a.org.uk 01923 856728



NEW YEAR'S DAY PROM AT THE BARBICAN CENTRE

JANUARY 1ST 2027 LEAVE RADLETT 11am £58.50

Begin the new year in unforgettable style with the New Year's Day Proms - a rousing celebration of classical favourites, uplifting anthems, and beloved operatic gems.

Contact: Joan Altman joanaltman3a@outlook.com 01923 404920

SAVE THE DATE

SINGING IN THE RAIN – MILTON KEYNES - Wednesday 24th March

MUSICAL TOUR OF WESTMINSTER ABBEY WITH THE PURCELL SINGERS - Saturday 17th April

A good salad for another possible heatwave and easy – from the Recipe exchange group

Blood orange and Burrata salad

Two Oranges (peeled and sliced)

One Blood orange (peeled and sliced)

Handful of Pistachios and cashew nuts roasted.

One bag of mixed salad leaves (I use the M&S Rosa Verde salad)

Optional a sprinkle of Sumac and Dukkah.

Handful of Basil leaves.

Sprinkle of Basil oil.

Ground black pepper.

Arrange slices of the different orange types on the mixed salad leaves and fresh basil . Cut open the Burrata and spread out, sprinkle over the remaining ingredients. Adjust seasoning to taste. **Stephanie**



OUR NEXT MEETING – TUESDAY 8TH SEPTEMBER 10 AM at the Metropolitan

Stories and secrets from 20 years as a Headteacher

Robert Lobatto has been a Head for 20 years. Having studied History at Oxford, he has spent 35 years in London schools, ranging from the inner city to the leafy suburbs.

He has worked both with those in great need and with some of the most recognisable families in the country.

He shares memorable stories from the Head's study, and what he has learnt about young people, grown-ups and community along the way.

The Joy of a Good Declutter. From Banksy



There comes a time in most of our lives when we look around our homes and realise that we have accumulated rather more possessions than we actually need.

It starts innocently enough. A drawer full of cables. A cupboard containing three sets of dinner plates. A garage where the floor has not been seen for years. And then there is that mysterious box marked "IMPORTANT", which has not been opened since Tony Blair was Prime Minister.

The first question to ask is: *Why do I want to declutter?*

Perhaps it is to make life easier, prepare for downsizing, simplify our surroundings or identify treasured possessions you would like to pass on to family. Having a clear goal makes decisions easier.

Two simple tests can help:

"Have I used this in the last six months?" and. "If I saw this in a shop today, would I buy it?"

If the answer to the second question is "No, but it belonged to my mother", you may have wandered into the territory of sentimental clutter.

Some sentimental items deserve a permanent place in our homes. The trick is recognising that one treasured keepsake often preserves a memory just as well as twenty-seven of them.

And beware of the phrase: *"It might come in useful one day."*

It might indeed. But if you have been waiting twenty-five years for that day to arrive, perhaps it has missed its train.

The secret is not to tackle the entire house at once. Start small. One drawer. One shelf. One cupboard.

Gather a few bags or boxes and label them: *KEEP – DONATE – SELL – RECYCLE/BIN*



The kitchen is often a good place to start. Duplicate utensils, unused gadgets and long-forgotten herbs and spices can occupy astonishing amounts of space. Hall cupboards, spare rooms, garages and garden sheds are other fertile hunting grounds.

One decluttering method I particularly like is the "box experiment". Place uncertain items into clearly marked boxes and seal them. If you genuinely need something over the next few months, retrieve it. Anything still boxed up afterwards has effectively made the decision for you.

Before disposing of everything, consider whether items might benefit someone else. Valuable items can be sold through eBay, Vinted or local community groups.

Decluttering doesn't have to end with a trip to the tip. Many unwanted items are simply waiting for a second life elsewhere.





There is a surprising pleasure in passing useful things on. Organisations such as Freecycle and Freecycle help connect people who need things with people who no longer do. The British Red Cross, Oxfam, Rennie Grove Peace Hospice Care and many other local charity shops welcome good-quality donations. One person's clutter really can become another person's treasure.



For sentimental possessions, try the photograph trick. Take a picture before passing the item on. You keep the memory without needing to keep the object itself.

Ultimately, decluttering is not about creating a show home worthy of a glossy magazine. It is about making your home easier and more enjoyable to live in.

And perhaps there is another benefit. The less time we spend managing our possessions, the more time we have for the people, activities and interests that enrich our lives. That's something many of us have discovered through Radlett U3A.

One drawer today.

A Tea-riffic Thank You! From Jacquie On Friday 31st July, Radlett u3a treated all those wonderful members who voluntarily run our many groups to a delicious afternoon tea as a small thank you for everything they do. There are so many groups, outings, events and even holidays on offer that the only problem is finding enough hours in the day – and preferably a few extra days in the week! Every time I think I've found my perfect timetable, another fascinating group appears.

Our 'thank you tea' certainly didn't disappoint. We began in true traditional style with dainty sandwiches, yes, with the crusts cut off, just as they should be. Then came warm scones with jam and cream. (Jam first, naturally – let's not start that debate!) There were also delicious cakes, pastel de nata (those irresistible posh custard tarts), juicy grapes and plenty of tea, coffee and water to wash it all down.

The whole afternoon had been beautifully prepared by Adrienne and Bette, who somehow managed to make everything look effortless. A huge thank you to both of them for all their hard work and attention to detail. It was a delightful afternoon, enjoyed by everyone.

As we chatted, laughed and sampled "just one more" cake, it was a reminder of what makes Radlett U3A so special. Yes, we come to learn, but we stay because of the friendships, the fun and the sense of belonging.

An afternoon like this made all those hours spent organising and running U3A groups feel thoroughly appreciated. And, with tea, scones and cake involved, we'd happily volunteer all over again! **(Jacquie has thanked Bette & me but the whole committee was involved)**

FABULOUS GROUP LEADERS THANK-YOU TEA

On a warm and sunny afternoon at the end of July, 60 of us had been invited to share in a sumptuous tea as a thankyou for everyone's hard work. Yes – it was warm in every sense of the word but there was plenty of fresh air coming into Vision Hall. As I walked in I admired the artistic table settings – beautifully folded colourful serviettes in glasses and excellent flower arrangements on each table, marvellously arranged by Bette (one of her many fortes).

I felt I was immediately amongst 1 big happy family – plus several friends and others to get to know better. There was definitely the Radlett U3A buzz. After a brief introduction by Adrienne – Chair Lady Supremo – each of us was asked to very briefly describe the group which we led. There was much laughter at the some of the more humorous and witty comments! Then we tucked into a most delicious tea of carefully prepared assorted sandwiches – all made and arranged on the platters by Adrienne. These were followed by delicious scones which had been bought by Marion Curzon – she also whipped all the cream! Reception pastries and unlimited tea and coffee served by several committee members who always help so willingly. Various other Committee members had worked hard to set up Vision Hall with tables and chairs and to take everything down again. Everyone mixed and chatted and it was good to get to know some Group Leaders I hadn't previously met.

After a vote of thanks, in particular to Adrienne and to Bette, we all left, coming away with a happy and light heart, already looking forward to next year's thankyou tea!

All I can say is – we have one of, if not the best, U3A's around and the Group Leaders all work very hard. I must encourage you, as a member, to think about becoming a Group Leader or going on to the Events Committee, or setting up a new original group, or a second group where the first one has a waiting list. You will not only find it very rewarding but could also be taking over from someone who has done the job for many many years and needs a break. And – the bonus is – you will get to enjoy a wonderful tea next summer! **Diana Lobatto**

Comments from our members

Thank you, Adrienne for this note but it is we who owe you all the thanks.

What is even better than the turnout of group leaders were those who couldn't make it and who add even more alternative groups to join.... Philosophy, evening book group reading Shakespeare to mention just 3. Groups do come and go but there really is something for everyone. You especially and your team have a lot to be very proud of. Best regards. Alison

Just another thank you to you and all the committee and Rugs for a really wonderful tea this afternoon.

I think it was the best one yet and each year it has been great. 🍵

Loved the venue it seemed more intimate and definitely much cooler Sharon

The tea and food put on for us all was an amazing thank you for all who help to make the U3A continue to be a great group to belong to. Without people volunteering their time to make things work we would not have such a successful U3A. This all takes a lot of organising and should anyone else have any new ideas please step up and let us know. The groups also need the support of the members to attend these groups, or they will cease to be so have a look at the groups on offer, find something you enjoy and come along and be counted to add to the success we already have. Thank you Bob Bassey

Thank you for a lovely afternoon. It was very enjoyable and the tables looked lovely. The food and company were just perfect.

Thanks to you and all your committee for all the exceptional work you do throughout the year. June 💖

Thank you so much to you both - and your helpers - for the lovely tea you gave us on Friday. The room looked so pretty, and the eats were delicious and much appreciated. It was also nice to be able to put faces to more names and hear the enthusiasm of the leaders for their groups. It's you who should get the accolades, you do so much to keep us busy and entertained. Warm regards. Gill

Apologies for my lateness but I want to thank you for putting on that lovely volunteers tea yesterday which was so well received. It was so friendly and chatty and so nice to be able to connect to different people in an easy and relaxed manner. Well done again for your wonderful organisational skills. Enjoy your weekend. Best wishes. Helen

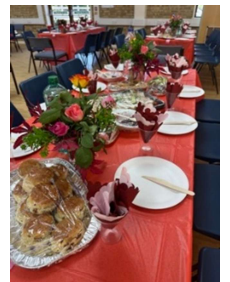
It was a really lovely afternoon and everyone I spoke to were so grateful.

We're so lucky to have you as our chairman as you put so much effort into making sure that everyone is appreciated. Thank you Sue

Thank you. what would we do without our u3a..such lovely people..xx Vivienne

It was a very convivial and pleasant occasion. Many thanks Warmest regards Edward

Thank you and all your supporters for the lovely tea. Fiona



I just want to say a heartfelt thanks to you ,all the committee and in fact everyone in u3a. I walked into the room, which looked lovely, and felt the warmth, friendliness and welcome. I really do feel blessed to belong. Only complaint is not enough of you want to play canasta. Sylvia xxx

There was a lovely atmosphere this afternoon and a super tea. A team is only as good as its captain! Take care Best wishes Sandra xx



I want to thank you and the committee for firstly being a marvellous group of people, most of whom have become personal friends, who have given us a reason to enjoy our late life. Without U3A I really don't think most of us would have had a chance to feel useful or had a reason to look forward to meeting new friends, or having a decent stimulating future to enjoy!

I am so happy to have had this chance to be stimulated mentally, and to have met lovely people who feel the same. Through your dedicated chairmanship, we are absolutely the luckiest group of people to have enjoyed our wonderful Radlett U3A, and gained new knowledge and new friends. Many, many thanks Carole Constad

To you, Adrienne, and all the committee for a lovely afternoon tea.

So nice to get together with people we don't know and chat with them.

Thank you for all you do to keep Radlett u3a the best there is. Warmest wishes. Joan and Peter xx

Just want to thank you for this afternoon

As I didn't get to see you at the end to thank you u want to say that the afternoon was so enjoyable and I could see how much work you had put into it to make it a success

You really are a star. Wanted to let you know how much it's all appreciated. love from Hannah xx

It was a truly lovely friendly social event that typified u3a in every way.

Have a restful weekend - you deserve it. Lotsa love. Sandy xx



DINGBATS

Pot00000000	Mail Male	G ^p G	Polmomice
01	02	03	04
GOOD	Lang4uage	Od0o0m0	ACRIML
05	06	07	08
revirdtaes	_ondon _aris	plans plasn plsna	nafish nafish
09	10	11	12

IMPONDERABLES. From Ursula

- 1) Why buy designer jeans at some exorbitant price to have them full of holes with your knees sticking out?
- 2) Why do children/teenagers sit on bus seats reserved for old/disabled people?
- 3) Why does work expand to fill the available time?
- 4) Why do all my bills come in the same week, just after I have paid the last lot?
- 5) Why do my appliances, household items break down in threes, just after I had the last lot fixed?
- 6) Why, when I have succeeded in getting a fly out of my room, does another (or maybe the same one) come in?
- 7) Tattoos - don't ask!
- 8) Why, why, why, I give up. I

THE ECLIPSE - Jane

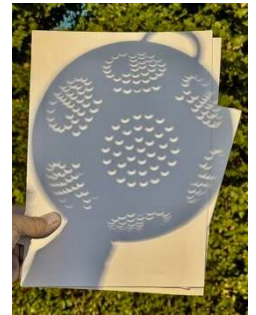
On a balmy summer's evening, on Wednesday 12 August 2026, a group of about 20 gathered in the hamlet of Kemprow, to witness approximately 91% of the Sun covered by the Moon.

At the monthly meeting the day before, Gary Harding announced that he was setting up his telescope – one of the neatest, most compact telescopes I've seen – on a grassy mound, facing west, to watch.

For most of us, this will be the last time we will see an eclipse, as the next one of comparable magnitude visible from the UK will be in 2081. However, we were delighted that members' grandchildren came along, with their parents.

Gary had brought along special eclipse glasses, and we gazed through them during the evening, and also looked through colanders, cereal boxes and at Gary's iPad, which showed the eclipse being transmitted from his telescope.

It was a very social, jolly atmosphere, and one for which we thank Gary enormously for instigating.



Yet another great outing.....a smaller than usual coach to Sadlers Wells theatre for the long awaited rehash of Matthew Bourne's ballet Carman. Many of us had seen it before (through u3a) but this was a new version. It was a very powerful, energetic production of the Bizet opera, with amazing, dramatic choreography both provocative and sexy. Bourne's modern interpretation gives the familiar story a fresh edge, though its darker tone may not appeal to everyone. Overall, it is an exciting and memorable adaptation that challenges traditional expectations of ballet. **Adrienne**

Thanks again Events' team

TV critics Terri and Brian with their picks for the month.always interesting and I watch lots of their recommendations

MS.X on Disney+ is a darkly comic six-part series from New Zealand about a good person going bad. Stay at home Mum Mia Bennett, played by Melissa George, teams up with a high school friend called Oscar, an inexperienced private investigator, to scare her cheating husband. When the scheme accidentally turns homicidal Mia and her unlikely partner-in-crime are dragged into a gritty criminal underworld. She gets trapped navigating drug cartels and local law enforcement and evolves from a housewife with basic paramedic training to an unexpected criminal mastermind. It's gritty and quite funny as she moves further from her old life and closer to the truth about her husband's secrets. Quite a good ending and it seems there may be a further series.



Then there is a good 8-part series on Sky called **FIVE STAR WEEKEND** stars Jennifer Garner as Hollis Shaw, a famed cook, influencer and bestselling author, who loses her husband and is unable to move forward. The death exposes the cracks in her picture-perfect life - her strained marriage and her complicated relationship with her daughter. To try to overcome her grief she arranges a weekend away at her house in Nantucket with three friends from different stages of her life and an also a surprise fifth star. The five friends unwind and spill secrets over the

weekend and then her daughter, Caroline, a medical student who doesn't think her mother is responding correctly to her grief, also turns up. Add to the island her first love, Jack, played by the very handsome Timothy Olyphant, and the stage is set for a weekend of emotional support, drinking, sex talk and many revelations from all. It makes a change to have a story that doesn't require one of them to be murdered!



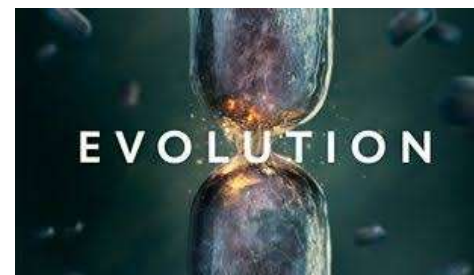
The second series of **UNDECLARED WAR** on Channel 4 in six parts follows the first one that aired in 2022 starring Simon Pegg as Danny Patrick, which was set at GCHQ and was all about a cyber attack that was being investigated. It was quite good, but this second series is terrific and gripping and so well acted by Simon who is now the Director of Operations, and also by Sian Brooke (of Blue Lights fame) as Barbara, his colleague and wife. It's all quite complicated showing the fallout from the previous cyber-attacks and they discover there is a mole inside GCHQ who must have been working with the Russian Federal Security service to facilitate the attack. This series is not so much a cyber thriller, as it is built around personal and political arenas with very sharp dialogue.

An eight-part series on Disney+ called **FURIOUS** is about a female police officer called Alice Black, played by Emmy Rossum. Her fellow cop boyfriend had been drunk & violent against her and put her in hospital with injuries and when she reports it her colleagues shun her. So she leaves the police force and joins the FBI and gets involved with a case about a female killer. Together with Danny, the only friend she still had with the police department, and also Nora, the FBI female head of the sex crimes unit, Alice notices similarities with an old case and as clues accrue the detectives discover a sex trafficking ring implicating the great and the good helping themselves to young girls for years. They realise they are on the hunt for a female serial killer, but against all her instincts she begins to develop a bond with her quarry. There are quite harrowing scenes, but it doesn't linger too much on the murders and there is little gore, and we thought it was good.



We watched the 4th crime series of **Van der Valk** on ITV, and each episode is two hours long. Although the cases are rather complicated and a bit convoluted, we're enjoying it mainly because of the good and natural acting and the rapport between the main characters. Marc Warren plays Piet Van der Valk, a clever and street-smart rather grumpy police detective in Amsterdam, Maimie McCoy is Lucienne Hassell his sidekick who puts up with him and obviously likes him, the very handsome Azan Ahmed is Eddie Suleman their sergeant and Darrell D'Silva is Kendrick Davie, a quirky forensic pathologist. The action is not too violent, which makes a nice change, and is set in and around Amsterdam, where the views are absolutely stunning.

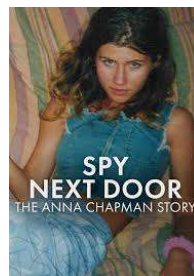
We have watched four of the five episodes of **EVOLUTION** on BBC presented brilliantly by Chris Packham. It explores four billion years of earth's history through the evolutionary lineages of five iconic animals. We've seen about the elephant, the ostrich, the dolphin and the horse, and Chris has the passion for his subject and the ability to share his knowledge as accessibly as possible. It shows how many billions of years ago a single cell organism called Luca mutated into cells that eventually became fungi and some became multicellular life forms that kept growing in size and complexity. They eventually became tiny aquatic worms, then worms with limbs and finally dinosaurs and mammals. It's just amazing how with the help and knowledge of fossils all this information has been discovered. A wondrous series.





MY BRILLIANT CAREER on Netflix is an Australian Period drama in 6 parts. It stars a lovely actress called Philippa Northeast who plays Sybylla Melvyn, who at 17 aspires to a career as an author. She narrates her journey in the 1900s from a life on the land with her impoverished loving family towards artistic fulfilment and financial independence by way of a string of matchmaking attempts and marriage proposals. Sybylla is passionate about her writing and has a wild spirit, and she is sent to her very rich grandmother, played by Anna Chancellor, so that she can marry well and save her family from their money troubles. Her main love interest Harry Beacham, a Chinese Australian, who is the richest man in the district is played by Christopher Chung, one of the main stars of *Slow Horses*. She's an independent and interesting character and we enjoyed it.

And lastly there's **THE SPY NEXT DOOR: THE ANNA CHAPMAN STORY** on Channel 4, which is a 2-part documentary about the true story of a beautiful and glamorous Russian girl who infiltrated UK society and the corridors of power in the USA. She was supposedly selling real estate to wealthy Russians and was arrested in New York City in 2010 as part of a major FBI operation targeting Russian spies. She had lived in London for a time and met and briefly married Alex Chapman but then moved to the USA and mixed with and slept with some of the top Wall Street financial people who had influence in political circles. Former intelligence staff paint a picture of a young spy who managed to blend in with a crowd of freelancers on laptops in the local Starbucks, whilst sending sensitive data to her handlers. The documentary ends with showing the demise - often in Britain - of the many Russians who had disagreed with the Putin regime, and also some British citizens who had fallen foul with the Russians. Some fell out of top floor windows, some were poisoned, as with Alexander Litvinenko, and there was Boris Berezovsky who was found dead at home in Ascot. Anna Chapman is now back in Russia. A fascinating true story.



Happy watching Terri & Brian

ARTS CORNER u3a SEPTEMBER 2026 NEWSLETTER. From *Sandy Cohen*

TRENT PARK HOUSE OF SECRETS IN COCKFOSTERS



For general information see: <https://trentparkhouse.org.uk/>
The Museum does not have parking close by but they have 3 Blue Badge disabled parking spaces at the museum entrance that need to be booked in advance once you have booked and paid for your entry tickets online. Book a disabled parking space via access@trentparkhouse.org.uk



The nearest parking is about a 10-15 minute plus walk depending on your mobility. They have a shuttle bus 3 times an hour from near Oakwood Station.

HOURS: Tuesday – Sunday 10.00 am – 5.00 pm

COST: £14/adult ticket. Carers ticket is free. Art Pass 50% discount from 1st September.

ACCESS: fully accessible on two floors with lift – ground and basement. No folding stools were available when we went but there is some seating.

FOOD: there is a cafe at the Museum with both inside and outside seating.

This is a great new addition to the museum scene and to knowledge of WW2 secret activities, featuring a substantial quantity of beautiful original furnishings that have been loaned by Houghton Hall in Norfolk where Sybil Sassoon, Sir Phillip's sister became the 5th Marquess of Cholmondeley.

The ground floor state rooms are stunningly refurbished based on original photographs while the basement area has been reproduced virtually as it was in the 1940s.

Trent Park was originally part of King George III's estate, the first house being constructed in the 1780s. In the 1890s the house was rebuilt in the Victorian style before an extensive refurbishment by Sir Philip Sassoon in the 1920s, transforming it into a luxury weekend retreat for hosting his fashionable and famous guests at elegant parties. Phillip died in June 1939 after which the house was requisitioned by the British Government and Trent Park House and grounds were transformed into a state-of-the-art surveillance centre listening in to the private conversations of senior WW2 German POWs.

"Secret listeners", often Jewish German-speaking refugees housed in the basement complex reported back valuable information that undoubtedly shorted the war.

We would highly recommend a trip to see this Museum and also, of course, to eat at their café especially delightful outside on a warm summer's day.

TWO ROOMS BY JEWISH MUSEUM LONDON @ JW3

See <https://jewishmuseum.org.uk/whats-on/two-rooms/>

341-351 Finchley Road London NW3 6ET Hours: Sun - Thurs, 10am - 7pm Closed 31 August 2026.

Entry is FREE but you can make a voluntary donation if you wish.

Expect security searches of your bags and person. Following the closure of JML in Camden Town Two Rooms is the JML's interim space while they plan to re-open a museum in London by 2030.

It is literally housed in two rooms on the top floor of this modern Jewish Community Centre.

Room One is titled **The Tree of Life: Stories from the JML Collection** showing some wonderful artifacts of Jewish life in Britain linking them to major Jewish festivals, events and cultural icons such as Bloom's restaurants and Kossoff's bakery.

Room Two houses a fascinating temporary exhibition called **Legacy: The Story of the Jewish Family who founded J Lyons and fed Britain.**

I would say that while small this exhibition is also perfectly formed and well worth a visit. We spent more than an hour in these two rooms! The J Lyons room brought back nostalgic childhood memories of going to their Corner House in Coventry Street with my maternal grandmother. I always ordered egg and chips followed by lemon meringue pie – a real treat.

My husband and I went on a Sunday when you can park for free on the red line (without a Blue Badge) immediately outside JW3.

There is easy access with lifts to all floors including the Kosher café and outside beach area (really) on the lower ground floor.

Camden Arts Centre with free entry is right opposite JW3 on the other side of the Finchley Road and has a good café with both inside and outside garden seating. Another arts feast if you have time perhaps.



SOUND OF MUSIC SALZBURG Opens 20 September 2026

Do you still love the film The Sound of Music and would you go to Salzburg to see this new museum?

Of course, it's also the birthplace of Wolfgang Amadeus Mozart.

The real Von Trapp family circa 1937

A new and unique exhibition is being created in the historic grounds of Hellbrunn Palace. The buildings at the entrance to the park — the old coach house, the hunters' and zookeepers' lodge — are currently being renovated and will become a new location of the Salzburg Museum. The exhibition, called "Sound of Music Salzburg," will look not only at the Hollywood film "The Sound of Music" as a cultural and tourist phenomenon, but will also reflect on the real history of the von Trapp family. The nearby gazebo — an original filming location and well-known landmark — will act as the final highlight of the museum tour.



Dingbat answers

1. Potatoes
2. Postman
3. Ping Pong
4. Mother In Law
5. Good Looking
6. Foreign Language
7. Dominoes
8. Criminal
9. Backseat Driver
10. Tale Of Two Cities
11. Change Of Plans
12. Tuna Fish

My Ice Cream Is Melting

My ice cream is melting
this hot sunny day.
I'm licking it quick but
it's dribbling away.

My ice cream is melting.
It's starting to drip
all over my fingers,
my chin, and my lip.

My ice cream is melting.
I can't make it stop.
It's hitting the ground with
a splash and a plop.



My ice cream has melted
and turned into ooze.
It was on a cone but
it's now on my shoes.

— Kenn Nesbitt

**It's so annoying when
you want to break off
a little square of
chocolate and it snaps
wrong, so you have to
eat the other eight
squares.**



For your information.....

From u3a general office.....

Take learning on tour

Make learning and laughter the centre of your next trip with u3a getaways. Each trip combines opportunities to learn about specific topics with meeting other u3a members. Join us from 12 October for Appreciating Shakespeare and explore the life and legacy of history's most famous playwright in the town he was born, Stratford-upon-Avon.

Looking forward, you can discover the festive treats of Yorkshire in November, learn about aviation heritage in March 2027, explore Dartmoor Zoo in April and experience expert-led wine tasting in May. **Find out more on the u3a getaways website**

1. U3a Podcast.

Written and produced with u3a members, the monthly u3a podcast can be accessed on all podcast platforms. The August episode is about the u3a Festival hosted in York, featuring interviews with Johnny Ball who opened the event, a member who plays in a steel band and a member who was a builder and had a career change into shoe design. Coming up in September is an interview with the Editor of u3a Matters magazine, discussing why gardening is so popular and going behind the scenes of the annual Jane Austen festival in Bath. More information about the podcast and how to listen is [available on the u3a website](#).

2. Part 2 of the AI Presentation is being held on 21st September. The details for registration are below.

AI - what's all the fuss about? Part. 2

The East of England Region - AI event, Monday 21st September 2026, 10am – 12pm

Copy and Paste this link to register:-

https://www.eventbrite.com/e/ai-whats-all-the-fuss-about-part-2-tickets-1995438270583?aff=oddtcreator&keep_tld=true

The [AI team](#) and members of the region will help you improve your AI Literacy.