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NEWSLETTER SEPTEMBER 2026

EDITOR'S CORNER



Contact me, Phil Joiner at ww3aphil@gmail.com. Articles or comments for next month to be received by 19th September.

I am pleased to report that I have been advised of the details of 2 new committee members in posts we have been trying to fill for some time. Virginia Bernard has become Membership Secretary and Dinah Calderbank has taken on the role of Technical Support. Ron Prince will be delighted that hopefully he won't have to be hopping on stage and off at Monthly meetings to adjust the sound and/or vision! Full committee details on page 6.

Ros Hay has done a superb job as Membership Secretary over many years and can finally put her feet up!

A MESSAGE FROM THE CHAIR- A Quick Reminder About Emails

Thank you to all our group convenors for the important role they play in making our group activities so successful. Just a quick reminder when sending group emails: please check that members are happy for their emails to be shared. To help protect everyone's privacy please use BCC when emailing the whole group, so that members' email addresses are not visible to others. Thank you for helping us protect members' personal information. Your support is greatly appreciated. Jan Martin

VOLUNTEERS NEEDED

Could you help to serve tea and coffee at our monthly meetings? We are looking for a few more members to join our existing group so that no one needs to help every month. If you can help, even occasionally, please contact Val Lord - email address: lordval99@btinternet.com Your support would be greatly appreciated.

Free digital skills training for older people and disabled adults

- Need help with your emails?
- Want to book a GP appointment online, or do your shopping online?
- Need to know how to avoid digital scams?

Visit abilitynet.org.uk/BTDigitalSkills to book

Or call 0300 180 0028

Editor: I have checked this and as they are a charity, I am told it is a free service. Please check for yourself.

Gratitude makes everyone happy

SEPTEMBER SPEAKER



On Tuesday 1st September
at 10.30 a.m.
(Doors open at 9.45 a.m.)

At: The Memorial Hall,
South Woodford, 209 High Rd E18.

Speaker John Whiting

Subject: The History of Taxation

John was a tax partner with PwC for 25 years before retiring early and taking on various government tax roles, including the Office of Tax Simplification; he's a past president of the Chartered Institute of Taxation. Taxes have been around almost as long as civilization but why do we have them? Taxes have started wars and revolutions; so which ones have a chequered history? Why did some work and others get discarded? A lighthearted tour with answers to questions such as why is 6 April the start of the tax year!



HAVE YOUR SAY. IDEAS FOR FUTURE TRIPS

We are always looking for interesting and enjoyable outings for our members and would love to hear of any suggestions you may have for any future days out. Whether it's a local attraction, a garden visit, historical building or river cruise, we would welcome all ideas.

Please send your suggestions to me Lystillwell@hotmail.co.uk together with any detail you think may be helpful. Whilst we cannot guarantee that every suggestion will be arranged, all ideas will certainly be considered.

I look forward to hearing from you and helping to create a programme of trips that reflects the interests of our members. Lynne Stillwell



SINGING FOR FUN

The next time we meet will be 11th September. This is because our pianist is away on holiday on the 4th. Our new venue is South Woodford Methodist Church Derby Road, South Woodford from 12.30 until 2.30 p.m.

Please remember you are paying for 4 sessions, so that is £16. Dates: 11th September, 2nd October, 6th November, 4th December. If you are interested in joining us please contact Val Lord on 07806093533. Or email lordval99@btinternet.com

Generosity multiplies joy

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WWU3A NEWS



TO OUR NEW MEMBERS

Anita August, Adrienne Burrows
Lynne Edwards, Elaine Maddock
Jenny Whale Alan Weatherley

CURRENT GROUP VACANCIES

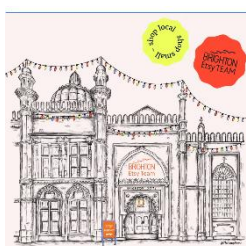
Boules	Bridge	Canasta and Cards
Current Affairs	Enjoying Opera	History
French	Ten Pin Bowling	Trains, Boats and Planes



MAMA MIA

Janet Taylor writes: I will be distributing your tickets for Mamma Mia at the next meeting. Will you please make arrangements to come and collect them. Also will the last remaining members who

have not yet paid please do so, if not your ticket will be allocated to the next person on the cancellation list, many thanks



Christmas Market

ETSY CHRISTMAS MARKET AT THE BRIGHTON DOME

AND CHRISTMAS SHOPPING DAY ON SATURDAY 5th DECEMBER

Join us for a festive day out to Brighton and visit the Etsy Christmas Market at the Brighton Dome. The Etsy market is a wonderful opportunity to browse unique, handmade gifts and decorations leaving the rest of the day for Christmas shopping or simply enjoying all Brighton has to offer at this time of the year. For those that fancy something a little different, the Royal Pavilion will be beautifully decorated ready for Christmas and can be visited during the day. So hopefully something for everyone!

The coach will leave Hawkey Hall on Saturday December 5th at 8.30a.m. and will be leaving Brighton at 5.30p.m. The cost of the trip will be £26.00 We will be taking bookings at the next meeting. Look forward to seeing you there! Lynne & Sandra



BUCKHURST HILL, RODING VALLEY, WANSTEAD AND WOODFORD SHARED QUIZ

We will be having a summer break and will return on the 18th September. It will still be at Roding Valley Village Hall at 2.00 p.m. Only £2.00 - pay at the door. You must book beforehand. Contact Val Lord - lordval99@btinternet.com

MORE WWU3A NEWS



BACK BY POPULAR DEMAND TRIP TO CHENIES MANOR HOUSE-BUCKINGHAMSHIRE WEDNESDAY 9th SEPTEMBER

We have had several requests for a return visit to the stunning Chenies Manor House. Nestled in the picturesque village of Chenies the Manor House is one of England's finest surviving Tudor Manor

Houses dating back to 1460. The Grade 1 listed building has a fascinating history stretching back more than 800 years and has connections with some of the most significant figures of the Tudor period.

Our visit will include the following: Tea/Coffee biscuits on arrival and an introductory talk. Tour of the house in small groups by knowledgeable guides, followed by a light lunch of sandwiches, after which there will be time to explore the beautiful gardens, maze and church. Total cost of the day out £49.00.

The coach will leave at 11.00a.m. from Hawkey Hall and leave Chenies at approximately 4.00pm. If you would like to come along we will be taking bookings at the September meeting. Lynne Stilwell



GARDENERS AHoy!

Sandra Reekie writes: We are holding a "seed swap" at our September and October monthly meetings. Please collect the seeds from your flower heads as they die off and at the end of the summer, pop them in an old envelope or two, write the name of the plant on the envelope and bring them along to the meeting to swap with others. A lovely way to increase the variety of plants in your garden.

Remember to collect your spring flower seeds as they die off next Spring and we will have another swap next year. Whether you have a garden, window box or a tree pit, it's a good and pocket-friendly way to blossom and bloom.

LONDON REGION

WALKS AND GALLERY VISITS SEPTEMBER/OCTOBER 2026

London Region announces the next full programme of walks and gallery visits for September/October. All events are £10, no refunds.

The programme can be found on the [events page](#) of the website. The sessions for September/October will launch on Thursday 20th August from 10.00 a.m. All of our walks/gallery visits have proved very popular and been fully booked almost as soon as advertised. So don't delay book up on launch day.

There will of course be waiting lists for each session.

Please remember that the London Region events team cannot book or reserve places on your behalf Website <https://lru3a.u3asite.uk/>

MORE WWU3A NEWS



FILM GROUP NEWS SEPTEMBER 2026

Angela Barnes writes: As I have no film review this month, I would like to take an opportunity to reflect on the year of our last year. As a long retired teacher, I still think in school academic years, so the year of film group runs from September to July. We had some technical problems at our meeting in September 2025 when we were not able to access the sound for the film I had chosen. Instead we started 'My House in Umbria' starring Maggie Smith and we finished the rest of the film in October!

We continued with Robot and Frank in November, The Christmas Miracle of Jonathan Toomey in December. Strictly Ballroom, an over the top Australian, early Baz Luhrman musical brightened a dull January afternoon. February was a freezing afternoon without a functioning central heating boiler, but we managed with some heaters, and wrapped in our coats and scarves and had an enjoyable time with Thelma and Louise.

March entertained us with the original The Devil Wears Prada. Midnight in Paris was a fairy tale of a time slip in the life in a twenty first century young American journalist aspiring to be a literary writer. Our May film The Windermere Children was an emotional piece which followed the story of a group Polish children and young people brought from the concentration camps at the end of the war to begin a new life in the UK.

June was Cinema Paradiso and may have been the favourite of the year of many of the group. It was real cinematic story telling. We finished the year with the family film with What we did on our Summer Holiday. Clever script, talented actors and the children just stole the story!

We will meet again on 9th September. Our rent at the Salvation Army Hall has been increased and so we may have to make a small increase in our fees to cover expenses. If we have at least 25 members signing up at beginning of term we can keep the charge at £4 a month - £16 a term Come along to the September general meeting on Tuesday 1st



Redbridge U3A are organising a Quiz event to be held at Oak Lane Reform Synagogue, Oaks Lane, Newbury Park, Ilford IG2 7PL, on Sunday 11th October Doors open at 2.30pm for a 3.00pm start (Ending approx.5.30pm). Cost is £18 per person and will include fresh bridge rolls, mini bagels, cakes, tea/coffee/water.

Open to members, non-members, friends, and families. Table bookings are available for individuals or groups. Each table seats a maximum of 10 guests. If you are attending with a group, please book together where possible to help us arrange seating. To book contact Elaine Mitchell at elainemitchell217@gmail.com / 07976 524488 You can pay by: Bank transfer - Redbridge Dist U3A. Sort Code: 60-50-09 with the reference "surname "quiz Account No: 83190481 or by cheque made payable to Redbridge and District u3a and sent to Elaine Mitchell, 2 Lamerton Road, Ilford, Essex IG6 2EQ Once booked and paid for the cost is non-refundable.

Good things are easily destroyed but not easily created

POSITIVE THINKING



ARTIFICIAL INTELLIGENCE: THE GOOD, AND THE BAD

(Article from A1 Independent Journalist}

Artificial intelligence, has moved rapidly from being something associated mainly with science fiction to becoming part of everyday life. It can write letters, answer questions, recognise images, translate languages, help doctors, analyse large amounts of information and even create music and pictures.

Some people see AI as one of the most important technological advances in history. Others worry that it could take people's jobs, spread misinformation and eventually become difficult for humans to control. The reality is likely to be somewhere between these extremes. AI offers enormous opportunities, but it also brings genuine risks that should not be ignored.

One of AI's greatest strengths is its ability to process enormous amounts of information extremely quickly. A computer can examine thousands or even millions of pieces of information in a fraction of the time it would take a person. This can be particularly valuable in medicine. AI can assist Doctors by examining scans and identifying patterns that might otherwise be missed. It can also help researchers analyse medical data and search for potential new treatments.

AI can also make everyday life easier. People can use it to translate languages, plan holidays, understand complicated subjects, write correspondence, organise information or obtain help with computer problems. Someone with little knowledge of computers can now create an image, or analyse information

The biggest concern for many people is employment. AI can perform tasks that previously required human workers. However, history suggests that new technology does not necessarily mean mass unemployment. Previous technological revolutions destroyed some jobs while creating others. The difficulty is that AI may change the workplace unusually quickly, leaving some workers struggling to acquire the skills needed for new occupations. Another serious problem is misinformation. AI can produce convincing but completely false information. There is also the problem of AI making mistakes.

Privacy is a concern. AI systems can process huge quantities of personal information. AI systems learn from data produced by humans. If that data contains prejudices or inequalities, an AI system can reproduce or even reinforce them.

The most important question is therefore not "Is AI good or bad?" and how do we make sure that the benefits of AI are greater than the harm it can cause?" The answer will depend less on the technology itself, but on the decisions made by governments, businesses and individuals.



Roding Valley U3A are giving a talk on Tuesday 25th August at 1.30 p.m. at Theydon Bois Village Hall titled 'Discovering ChatGPT' This talk will tell us what it is, what it does and how it can help in everyday life. Come along and see how AI can be useful, practical and fun. To book a place email rvu3a@hotmail.com

Wisdom is knowing what to ignore

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CARTOON CAPERS

Remember when appliances had zero 'Smart features', and they just worked. (Forever)



We didn't Google how to fix things. We stared at it until we figured it out... or broke it worse.



SOMETIMES YOU MEET SOMEONE AND YOU KNOW FROM THE FIRST MOMENT THAT YOU WANT TO SPEND YOUR WHOLE LIFE WITHOUT THEM.

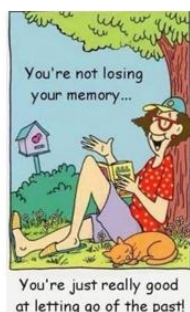
Sometimes I just want to be a Panda



So I could eat & sleep all day and still be cute

At the rate we're going, they're going to cancel shampoo so bald people don't get offended.

I DON'T THINK WE GET SMARTER WITH AGE. I THINK WE JUST RUN OUT OF STUPID THINGS TO DO!



KEEP SMILING

Never ask someone 'How are you' in a Doctor's waiting room.
The shovel was a ground-breaking invention.
I used to play piano by ear. Now I use my hands.
I have a fear of speed bumps, but I'm slowly getting over it.
I named my dog "Five Miles" so I can say I walk Five Miles every day.
I became a gardener because I wanted to put down roots. .
I lost my job at the orange juice factory—I couldn't concentrate.
I don't play hide-and-seek with mountains—they always peak.
The fish was great at piano because it knew all the scales.
The broom got promoted because it swept the competition.
I got a job at the bakery because I was on a roll.
The dentist and the manicurist fought tooth and nail.
I don't trust people who do acupuncture—they're back stabbers.
The musician got locked out, so he had to find the right key.

COFFEE, ANYONE?

A customer walks into a coffee shop. She asks the barista, "How much for a cup of coffee?" The barista points to the menu and says, £3.75 and refills are free." The customer responds, "Thanks. I'll have a refill."



George proudly announced he'd found a café with a brilliant loyalty scheme." Buy nine coffees and the tenth is free. How many coffees have you had? asked his wife. Thirty-six. So you've earned four free coffees? No. Why not? I keep forgetting the card. The waitress recognised him immediately. Morning, George. Forgotten your loyalty card again? You've actually qualified for seven free coffees by now. George beamed. She added, "Unfortunately, we've changed

the scheme. What do I need now? Our app. George looked puzzled. My what? Our app. I've got an apple. No, an app. I don't eat apples with coffee. His wife buried her face in her hands. The waitress sighed. I'll tell you what.. I'll download the app for you and add another coffee. George left delighted. Outside he whispered, I think she's taken a shine to me. His wife replied, No, George. She just wants to stop explaining apps every Thursday.



Grandad proudly told his grandchildren. When I was your age, a large cup of coffee cost less than ten pence. His grandson looked amazed. What was it made from? Coffee. His granddaughter asked, Did cafés have Wi-Fi? No. So what did people do while drinking coffee? We talked. To strangers? Sometimes. Both children looked horrified. Grandad continued. If you wanted to meet your friends, you arranged a time. What if they were late? You waited. You couldn't track them? No. You couldn't text them? No. Just then the waitress arrived. Would anyone like another coffee? Grandad replied, Yes, please. His grandson asked, Can I have hot chocolate? His granddaughter asked, Can I have a milkshake with oats? Grandad looked at the bill when it arrived. The bill was more than a monthly wage for him back in the days. He sighed. I wish we'd all had water!

And finallyThe coffee filed a police report—it got mugged.

The only normal people are the ones you don't know very well