

# u3a Orpington

Learn  
Laugh  
Live



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## Chairman's Message

I am writing this just before the bank holiday weekend, which appears to hold the prospect of a mini heat wave and so I hope you will all be able to make the most of it.

Speaking of making the most of it, our new Events Team are making great progress with arranging more trips for members to enjoy with visits to Greenwich Park and Brighton seaside. The June coach trip to Wisley Gardens is already sold out. The team will be meeting before the end of the month to consider ideas for more events so if you have any ideas, please let us know.

Finally, I am very pleased to report that we may soon be able to fill a gap in our interest group selection, in that former committee member is exploring setting up a Discussion Group to meet regularly to explore opinions about current affairs and any other matters that members are interested in.

Please see further details below.



## Discussion New Group

We are hoping to start a new group, if there is enough interest.

Members would take turns choosing a topic, with meetings held monthly on the 2nd Wednesday 2-4pm.

If you're keen to join or would like to know more please contact the Group Coordinator

"Discussion"



**Crofton Halls, BR6 8PR, 3.30-5.30pm. Third Tuesday of the month**  
**Doors open at 3.30pm for refreshments, until the main meeting starts at 4pm**

**Members who park at Crofton Halls when attending the GM**  
**will need to enter their car registration at reception to avoid a parking fine.**  
**Please go to our Website or click [HERE](#) for further details.**

## 16th June - Sue Flipping - Pyramids, Pink Lakes and Potholes - A road trip across Mexico's Yucatan peninsula



Sue will take you on a virtual road trip, using her personal experiences, of Yucatan with its unique landscape.

The tales of ancient Mayans, swimming in underground caverns, avoiding drug barons and sitting by one of the most Instagrammable lakes in the world.

## 21st July - Jeff Evans - They think its all over A history of sport on TV

It's been nearly 90 years since a major sporting event was first shown on British television and, boy, has TV's coverage of sport changed since those early days.

Author and historian Jeff Evans tells you all about the history of sport on TV in this lively, fully-illustrated talk, offering lots of 'I never knew that' moments and bringing back many warm memories.



## Monthly u3a Coffee Morning

On the third Thursday of the month we have a Coffee Morning at 10.30am in the

[BR6 Bakehouse Café](#)

All members are welcome

### ● Solutions to Cryptic Crossword

**Across:** 3 Tasteless, 8 Oxen, 9 Beautiful, 10 Listen, 11 Shred, 14 Rarer, 15 Rays, 16 Salsa, 18 Opus, 20 Model, 21 Party, 24 Infect, 25 Gardening, 26 Ammo, 27 Childhood.  
**Down:** 1 Foolproof, 2 Newsgroup, 4 Amen, 5 Truth, 6 Lotter, 7 Stun, 9 Beers, 11 Salty, 12 Daydreams, 13 Isolation, 17 Among, 19 Sandal, 22 Trench, 23 Sash, 24 Into.



# Events!



## Greenwich Park Picnic

The events team is pleased to say we are planning a picnic in **Greenwich Park on 9th July**.

This will be a lunchtime event with everyone welcome. No commitment is required, **just turn up on the day**.

The plan is to meet at '**Nelson's Ship in a Bottle**' sculpture, located in the National Maritime Museum gardens, from midday. This is approximately a 10 minute walk from Greenwich station.

We are also planning a seaside coach trip to **Brighton**. The date will be the **7th September**. Tickets to go on sale at the July Monthly meeting. Full details to follow next month.



## Brighton

## London Explorers

### Thursday 11th June Queen's House, Greenwich



London Explorers have organised a guided tour of Queen's House, Greenwich on Thursday, 11th June 2026 at 11.30 am. The cost of this will be £16 per person. We will catch the 09.41 am train at Petts Wood station, second carriage from front, and change at Lewisham for the DLR to Cutty Sark. There is a 15min walk to Queen's House.

### Friday 24th July Dr Johnson's House

We will have a guided tour of the house lived in by Dr Johnson while he wrote his Dictionary. The house is preserved as a time capsule of the Age of Enlightenment and is in hidden alleyways off Fleet Street. It promises to be a fascinating insight into the life and times of this giant of English literature.

We will travel up to Charing Cross and get the bus to Fleet Street, from where it is a short walk. Our tour is at 11.15 and will last about an hour. The cost will be £14 per person.

**“When a man is  
tired of London  
he is tired of  
life...”**





## Walks



All walkers join the walks at their own risk

Walks are on the 3rd Wednesday of the month, starting at 10am unless stated otherwise. New walkers are welcome to join any of the walks - but please telephone us before coming on your first walk. Please ensure that you wear suitable footwear for the walks. Note that the walk description is only a brief guide, not a complete breakdown of the walk.

### PROGRAMME FOR THE COMING MONTHS

#### Wednesday 17th June - Chelsfield

A circular walk around Chelsfield of almost 4 miles. There are a couple of gradual inclines but no stiles. Slight chance of being muddy if there's been a lot of rain previously.

Meet in the (free) car park of St Martins of Tours Church, Church Road, Chelsfield BR6 7SN.

Please only park on the gravel not the verges.

Toilets and refreshments after are available at the Five Bells in Chelsfield.

#### Wednesday 15th July - High Elms

A 3 mile walk around High Elms. There may be some rough ground and hills but no styles.

Meet at Farnborough village triangle junction with Church Road for a 3 mile walk around High Elms. Refreshments after in Farnborough village.

Public toilets available mid walk near the café in High Elms.

## London Explorers Highgate Cemetery - Report

On Wednesday 20 May a lively two dozen members, admirably led by the Group Leaders, visited the not so lively occupants of Highgate Cemetery, or rather to view their varied and often splendid grave monuments.

Highgate Cemetery opened in 1839 as arguably the best of the 'Magnificent Seven' outer London cemeteries that were encouraged by Parliament to cope with the rapidly expanding London population. The interns, or their survivors, paid serious money for plots in this privately run resting place and even more money on edifices, ranging from simple gravestones to huge mausoleums. The design of the edifices often reflected the ever changing Victorian memorial fashion.

The excellent tour of the west side of the cemetery was conducted by a cemetery volunteer who enthusiastically relayed interesting facts and stories intertwined with abundant humour. The tour took in a small selection of some of the more well known / interesting graves, including Messrs: A Litvinenko; G Panayiotou (aka George Michael), and; C Cruft (who apparently never owned a dog!)

Afterwards, members could explore the east side of the cemetery at their leisure.

Finally, I understand that our diligent u3a leaders counted everyone in, and reassuringly, everyone out again!



# Science & Technology

## Decoding Life: What Modern DNA Technology Can Do for Us

DNA technology has become a transformative force in modern science, helping us to trace our ancestors, solve crimes, uncover lost ecosystems and advance modern medicine. But how can so much information be extracted from a tiny forensic trace? And how is it possible to identify the animals, plants and micro-organisms that once lived together simply from a sample of ancient soil?



This talk explored several of today’s most powerful DNA methods and showed how scientists use them to answer questions about our past, our environment and our health.

If you would like more information about this group please contact the Group Leader

# PICKLEBALL for FUN



## New Group

This is a new pickleball group with the emphasis on having FUN, enjoyment, exercise and socialising. No league players or anyone with a “must win” mentality.

There are vacancies for new members, including beginners and those new to the game, who would like to try it.

# Wine Tasters - Cheers!

The Cheers group meets on the second Tuesday of each month at a member's house.

## We would love to find some new members

For each meeting, one of the group presents six wines chosen from a particular region or based on a specific theme, usually 3 white and 3 red. Between the whites and the reds there are snacks and some social time. The relative merits of the wines are discussed and the costs are divided up between those present at the meeting.



At the May meeting we sampled Italian wines from the Tesco range, in April wines from the French Jura region and in previous meetings wines from Sicily, Austria, Germany and more from Italy.

If you are curious and would like to try us out, why not come to one of the meetings to see what you think. It’s a relaxed, friendly way to explore new wines and you’ll be very welcome. Please contact the Group Leader in advance for more information.

## Handmade blooms from the Craft Group



## Industrial Heritage

Our next meeting will look at the up and down story of English Gin from three perspectives: social, political and production/technology.

Because our usual 'last Monday' slot coincides with a bank holiday, this month's meeting will be on Monday 1st June at 2:30 pm in the Liberal Club hall opposite Tesco.

Our meetings are open to all Orpington u3a members, we just request a small, cash contribution to the cost of hiring the hall.

For more information, or to join our mailing list (email only, I'm afraid), just ask the Group Leader.



## Philosophy Reality

Seventeenth-century upheavals in religion and science shattered old certainties, leaving many people anxious for stability and searching for reassurance about God and reality. René Descartes set out to discover what is truly real by doubting everything he could, even his own existence. This radical method led him to one certainty; **“I think, therefore I am”** which he took as proof that a thinking mind must be real and that mind and body are two different kinds of existence. He argued that the senses are often misleading and must be interpreted by the mind, for example: **“I see hats and coats in the street, but my mind tells me I see people.”**

John Locke and David Hume both argued that reality must be grounded in experience rather than in ideas supposedly built into the mind. Since no one has ever sensed an angel, the idea has no experiential basis and is therefore imaginary. Even in ordinary cases, our sense of reality depends on mental habits rather than direct perception. When one billiard ball strikes another, we see only one event followed by the next, never any necessary link between them, so our belief in causation is something the mind adds rather than something we genuinely observe in the world.



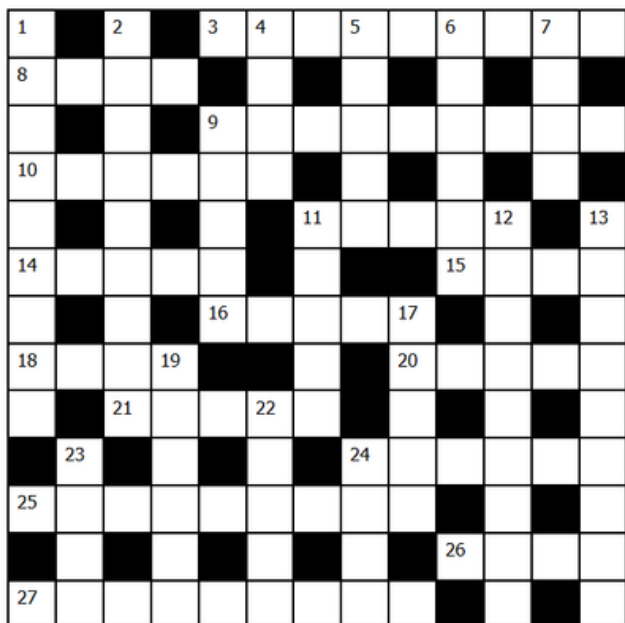
Emmanuel Kant agreed that knowledge begins with experience but argued that the mind actively shapes it through built-in structures. Space, time, and causality, he said, are not features of the external world but forms of human perception. Because our minds organise sensations in these ways, Kant concluded that we cannot know the world as it is in reality, only as it appears to us.

These ideas led to discussions about billiard-ball collisions and probabilities in physics, how individuals perceive colours differently, and the way people can hold conflicting memories of the same event. The latter

becomes even more pronounced in conditions like dementia, where a person's perceived world can diverge sharply from that of others. The experience of reality, therefore, may not be entirely independent of us, but may be filtered, interpreted, and at times reshaped by the mind itself.

To join our friendly group, please contact the Group Leader

Cryptic Crossword No. 105 - Submitted by Cryptic Crosswords 1



**Across**

- 3. Insuper tassel set differently (9)
- 8. Beef in a box entertains diners (4)
- 9. Has qualities that delight but A1 fuel mixture is dangerous (9)
- 10. Attempt to hear the silent characters (6)
- 11. In the wash, red material gets torn into tiny pieces (5)
- 14. Occurring least frequently, the leading riders always rehearse exercises religiously (5)
- 15. Heard to lift up beams (4)
- 16. In my proposal, sauce will be spicy (5)
- 18. One variety of soup will work (4)
- 20. Pose in this mode later (5)

- 21. The limits of propriety kept the pictures back at a shindig (5)
- 24. To contaminate with disease, Charlie's written in faint letters (6)
- 25. Popular pursuit of digger Nan (9)
- 26. How unusual to see missiles and projectiles appear in hammocks (4)
- 27. Perhaps a baby's bonnet for the early stages of development (9)

**Down**

- 1. Change for polo of course to be impervious to human incompetence (9)
- 2. Computing forum that its own purges destroy (9)
- 4. It is mean to change the last word (4)
- 5. Firstly the real upshot to hold is established fact (5)
- 6. To stand idly by, toiler would change (6)
- 7. Dumbfound and stupefy seeing smashed large barrels (4)
- 9. It could be Erse writing about the drinks (5)
- 11. Tasting of the sea like a sailor with an unknown quality (5)
- 12. Reveries not experienced in nightmares (9)
- 13. Rebuilt a silo into a solitary state (9)
- 17. Hiding amidst a mongrel walkers group (5)
- 19. More than a thousand also seen wearing open shoes (6)
- 22. Fish identified by an unpleasant smell after the head is removed (5)
- 23. Initially, sisters are sewing hems on a decorative ribbon (4)
- 24. No! It changes to go to the interior (4)



**Solution on page 2**



**'Golf: where optimism meets physics and loses politely'**



All smiles as u3a Orpington Golf Group members give a 'heads up' to their official golf caps.