

Bexley u3a Newsletter

Learn, laugh, live

April 2025

<https://www.bexleyu3a.org.uk>

Reg. Charity 1044195

National Office <https://www.u3a.org.uk>



Ahoy there, shipmates! This month's website picture shows the ever popular More of London group, about to enjoy a very informative guided tour of the best bits of The Greenwich Maritime Museum. Maureen found us yet another wonderful place to visit. Apologies to those members I chopped off at the end. We need a club official photographer!

Eleven anonymous surveys were received. With regard to the summer social, those that replied were happy to pay more for catered food. Several replies suggested a quiz. So, there will be a quiz and music; cheese and non alcoholic drinks will be available. Those of you who wish to bring your own wine and glasses are free to do so.

Our August 14th social will be our last regular meeting at the Roberts Hall, as the Nursery will be using it again from September. We can return there for our Christmas do, however, on 18th December, we want to keep a toe in the door.

Fear not! We don't have to return to the freezing Church! Luigi has signed us up to use two connecting rooms, (Dickens and Chaucer) above the central library in Bexleyheath. They have a lift, audiovisual capabilities, air conditioning or heating and refreshments. The capacity is one hundred, however, strictly monitored. Latecomers may have to find a good book to read.

A newish member, Sue Harvey, has very kindly joined Maureen in the kitchen, providing tea or coffee and a biscuit to parched members. Thank you, ladies. We have a new art group as well. Thank you for volunteering!

Please approach the Committee members with any event ideas you may wish to organise. Does anyone fancy ten pin bowling? My email is on the newsletter.

Keep well everyone!

Rosey.

Future Meetings at Roberts Hall Bexleyheath – Dates for Your Diary

10th April - Chris Truran - *First forensics and the Tottenham Outrage*

8th May - Paul Beard - *Insight into Dr Barnardos History and work with Children*

12th June - John Pearson - *Blessed are the Cheesemakers*

10th July - Gwen Jones - *Pearly Queen of Greenwich*

14th August – Social in the Roberts Hall, *details to follow*

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Current Bexley U3A Groups

Alternative Book Group (v); Armchair Travellers (vs); Art4All (vs); Choir (vs); Creative Writing; Crochet; Decorative Arts; Family History Advanced; French Conversation (vs); French Intermediate; Italian (vs) Jazz appreciation (vs); Knit and Knatter (vs) ; Life Story (vs); Listening to Music (vs); Micropubs (vs); More of London; Photoshop Etcetera (vs); Play Reading(vs); Poetry Reading; Rummikub; Scrabble; Spanish Intermediate{vs}; Steam Trains (vs); Strollers(vs) Table Top Games (vs); Tea Cake and Chat (vs).

If you are interested in any of the above groups, please contact me by email .

I will get back to you with details of the group or groups that interest you.

If you are a Group Leader please keep me informed of any alterations to times of meetings, change of leadership details, vacancies etc.

Many thanks. Jenny Cosser (Group Liaison)

**Please show your support for Doreen Trudgill who is the group leader for Tea Cake and Chat. She has space for 10 people at her home and it would be a shame if she was to withdraw her kind offer of hosting due to lack of numbers. This is a good first meeting for newer members to join and get to know each other. If you would be interested in this group please send your details to Jenny Cosser who will your pass on your details on to Doreen.**

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## **Recipe of the month**

Hi everyone. I hope some of you had a go at making the Mediterranean Cobbler last month. I'm hoping to get you all cooking and preparing some of the easy recipes I'm going to be giving you in the next newsletters. If you make the recipes take a picture and send it in. We will publish it in the online version of the newsletter.

You may ask what makes me qualified to write recipes. For those of you who don't know, my background is Professional Cookery of which I was a lecturer and manager for over 27 years at Seltec, Lewisham College and Newham College.

Some of my students have gone on to work for Gordon Ramsey, Angela Hartnett and at various restaurants like the Savoy, OXO Tower to name a few. Those of you who watched Five Star Kitchen on Channel 4 and Netflix a chef's competition was won by Dominic Taylor. A former student of mine. This is my daughter's favourite dessert.

### **Tiramisu**

#### Ingredients

300g Mascarpone cheese/ Soft white cheese e.g. Philadelphia

300ml of Double cream

50-100ml of Kahlua or Tia Maria

1 packet of Savoyard Biscuits

About 2 cups of instant black coffee

#### Equipment

A dish which should be able to hold two lots of Savoyard biscuits 8/9" long, 2/3" deep.

Three medium size bowls

Method:- First whisk the double cream to a soft riband in one bowl. This where if you drag the whisk through and it leaves soft peaks.

Mix the mascarpone in the second bowl with a little icing sugar for some sweetness not a lot. You can even leave it out if you prefer to have your cream slightly sweetened instead. Then gentle mix the cream and mascarpone cheese together.

In your third bowl, put your instant black coffee in mixed with your alcohol. Using your dish 8/9" dish, soak the biscuits one at a time and start to fill the bottom of your dish.

When you have covered the bottom of the dish, take half of your whipped cream and cheese and cover the swollen biscuits. Then start again by laying the next lot of biscuits on the top of the mascarpone cheese and cream.

When you cover the first layer of cream and cheese with the second amount of biscuits then place the remaining cream mixture on top.

Chill for a minimum of 1 hour. This will firm up the Tiramisu. To finish sprinkle with either cocoa powder/grated chocolate or any other topping that you may wish just before you serve it.

This is a versatile recipe where you can change the type of alcohol if you want to, even the biscuits for trifle sponges wherever your imagination takes you.

### **Executive Committee 2024 – 2025**

|                                   |                  |  |  |
|-----------------------------------|------------------|--|--|
| Chair                             | Rosey Case       |  |  |
| Vice Chair                        | <b>VACANCY</b>   |  |  |
| Secretary                         | Liz Salter       |  |  |
| Treasurer                         | Luigi Lipparelli |  |  |
| Membership                        | <b>VACANCY</b>   |  |  |
| Group Liaison                     | Jenny Cosser     |  |  |
| E-mail & IT                       | Luigi Lipparelli |  |  |
| Speaker's Secretary               | Lesley Draper    |  |  |
| Database                          | Luigi Lipparelli |  |  |
| Meet & Greet                      | Jackie & Sandra  |  |  |
| Non Committee - London Region Rep | <b>VACANCY</b>   |  |  |
| News Letter Editor                | Mary Jupp        |  |  |

Please let Liz know of personal events e.g. significant birthdays, anniversaries, condolences, etc. so that she can send cards