

Bexley u3a Newsletter

Learn, Laugh, Live

June 2025

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

Reg. Charity 1044195

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

Dear Ladies and Gentlemen,

Hooray, June has arrived and a bit of warmth. Bexley u3a members are organising lots of fun! The Steam Group were out in May, to the Romney, Hythe and Dymchurch Railway. Always a nice day out. We're out again on June 28th, to the Epping and Ongar, Railway, using the DLR and Lizzie Line, during the day.

Mary Jupp is taking her Decorative Arts group to Fulham Palace, on 4th June. Her six years as our Newsletter editor are much appreciated by us all!

Maureen Wright wishes me to remind you that at our Bexleyheath meeting on June 12th, she and her helper, Brenda Evans, will be selling the red hot coach tickets for the trip to Rye, on Thursday, 18th September. For this trip, cheque payment is preferred. Please make cheques payable to Bexley u3a. The cost is £16. Pick up time is 9.30am outside the Bexleyheath Library. If you cannot make the June meeting, please email Brenda.

Maureen will, in addition, be taking payment from More of London members who wish to go to Syon House, on 2nd July. Cash, cheques and BACS accepted. £14, please. Please keep Rye and Syon payments separate.

On 12th June, tickets will be available from Luigi for our Summer Social. £5 each. It takes place on 14th August, starting a little earlier than usual to get everything in! The event is catered, featuring a variety of cheese and accompaniments. Non alcoholic drinks will be available, but should you wish to bring your own wine, or whatever, please do! Please bring a glass, if so doing.

There will be a Quiz, with various rounds, followed by home grown singers. We don't have a Social Secretary or Social Committee, so please, I implore you to help on the day, giving your names to Liz, our Secretary.

Next month, invitations to our November AGM will be going out, with forms for nominations for next year's Committee and Officers of the club. We need more committee members to be able to achieve more. We're receptive to ideas in the meantime!

Bexley u3a Facebook page has had over two thousand visits since its rebirth in April this year. As members, please contribute to it. It's a source of news and pictures. Hopefully some new members will be generated as well!

That's been an exhausting newsletter for you and myself! Time for a lie down!!!

Keep well, everyone.

Rosey.

Bexley u3a Chair

Future Meetings at *Roberts Hall Bexleyheath* – Dates for Your Diary

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

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

14th August – Social in the Roberts Hall: Cheese Extravaganza, Quiz and Singing.

We Have Moved To The Library!

11th September- Pete Allen - British TV Detectives

9th October- Jim the "Barista," Justice is done.

13th November- AGM, followed by Jayne Stubbington and friend, from The Guide Dogs' Organisation.

18th December – Robert's Hall Christmas Social

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### Current Bexley U3A Groups

Alternative Book Group (vs); 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 Natter (vs) ; Life Story (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 and photographic evidence of your group enjoying their activities.

Many thanks. Jenny Cosser (Group Liaison)

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So what is happening in BexleyU3A that's going to be exciting. Well we will have a **coach trip to Rye in East Sussex on Thursday 18 September** and hope that as many of you as possible will join in. Rye is a quaint town with plenty of independent shops, cafes and restaurants and we shall be visiting on Market day – for those of you that like a browse around the stalls. There is also a historic church, a museum and old winding streets to explore. The coach ride is through some lovely countryside. What not to like on a day out? We intend to leave Bexleyheath (outside the library) at 9.30 am and depart from Rye at 4.30 pm.

Cost, to include driver's tip, will be £16 each. Names, your contact details and payments to be collected at the May and June monthly meetings.

Organisers for the Rye trip - Maureen Wright/Brenda Evans/ Carol Durndell.

As if that wasn't enough fun to whet your appetite for more. Rosey our Chair has resurrected the [Bexley u3a Facebook](#) page and there you can go have a look and visit and like us. We have also added a new Members welcome pack which you 'll be able to view and read through.

## Recipe of the Month Tuna Salad Nicoise

A simple easy salad to make and can be made with salmon, tinned, fresh or frozen Tuna. I have used frozen tuna from Sainsbury, allowed it to thaw then cooked it in a griddle pan. The simplicity and beauty of this dish is that all the ingredients can be prepared well ahead in the day and just brought together for the final serving.

### Ingredients for two people

Tuna or salmon 2 pieces

150g of fresh tomatoes on the vine

2tbs Olive Oil

4 tbs of good quality vinegar

2 soft hard boiled eggs (9 mins) cut in four

100g French beans cut in half boiled and cooked

Black olives 12 or as many as you like cut in thin slices

200g of new potatoes boiled and cooked allowed to go cold cut in slices or diced

Anchovy fillets (I always use the whole tin) keep the oil from the tin to dress the salad

### Method:

Combine all the ingredients except the eggs into a bowl. You may wish to tear the anchovy fillets or use a knife to chop them up if you prefer. Drizzle with the anchovy and olive oil and add the vinegar. Season with salt and pepper. Toss well. Plate the nicoise salad onto a plate. Arrange the egg around the corners and finish by placing your fish on top.



## 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 | Rosey Case       |  |  |  |
| News Letter Editor                | Rosey Case       |  |  |  |

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