

Bexley u3a Newsletter

Learn, laugh, live

May 2025

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

Reg. Charity 1044195

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

Dear Lovely Members,

Somewhere in the Universe, Bexley u3a members are having fun, but I have no photographic evidence this month. If you have said evidence, please send it to my Gmail address.

There are signs of Spring arriving. We can dare to leave the house without the risk of acquiring hypothermia!

Our August Social Quiz will involve teams. There will be a maximum of ten people per table, but your team doesn't have to be that big. Please think up a name for your team. It will be needed to identify your question sheets between rounds. Tickets will be available soon.

Start thinking about the AGM in November. Could you bring your talents to a committee position, or know someone who would be absolutely brilliant?

Following Doug's retirement as Membership Secretary at the end of March, and having held various committee positions over sixteen years, other members wished to express their thanks to him. Sharon Hull passed on this message from Carole Hunt.

Douglas West. On behalf of more than a few u3a Bexley members I would like to convey thanks to Douglas West who I understand is no longer a member of the Bexley Committee. Doug gave unstinting and patient service for many years whilst dealing with finance and membership issues and deserves, at the very least, a thanks for his loyalty. I wish him and his family well in the future and will be joined in these wishes I am sure by my own groups and those others who have worked with him to ensure the continued success of u3a Bexley.

Thank you, Doug.

Keep well, everyone.

Rosey.

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

8th May - Paul Beard - *Insight into Dr Barnardo's 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: Cheese Extravaganza, Quiz and Singing.

We Have Moved To The Library!

11th September- Pete Allen - British TV Detectives

9th October- Jim the Barrister, K.C

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

18th December – Robert's Hall Christmas Social

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 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)

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 - Maureen Wright/Brenda Evans/ Carol Durndell.

As if that wasn't enough fun to wet 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 – Frangipane Plum Tart

So I thought that having given two recipes, all well and good but no photos. So for this month's recipe there is a photo of the finished item.

Recipe:- 1x ready made short pastry

For the almond filling

175g/6oz butter

175g/6oz caster sugar

4 free-range eggs

175g/6oz ground almonds

30g/1oz plain flour

For the decoration

- 8 ripe plums, halved and stoned
- 4 tbsp blackberry jam
- 15g/½oz flaked almonds
- 150g Ground Almonds



Method

Preheat the oven to 190C/170C Fan/Gas 5. Heat a heavy, flat baking tray so when you put it in the oven the tray helps to better cook the bottom. No soggy bottoms here Paul!

Roll the pastry out on a floured surface and use it to line a 28cm/11in flan tin. Prick the base of the pastry using a fork then chill the pastry for 10 minutes.

Chef's tip let it overhang the edges. This something most chefs do to then ensure the pastry is flush to the mould after you cut it.

Line the pastry case with parchment paper and fill with ceramic baking beans or uncooked rice. I use pasta shapes myself. Place in the preheated oven and bake blind for about 15

minutes, or until the pastry is set and pale brown. Remove the beans and paper and return to the oven for about 10-12 minutes until the base is cooked.

Chef's tip. Make the parchment paper slightly larger and put a two inch fold in the middle. This will help you when you remove the blind baking ceramic beans or other mediums you may use

For the filling, put the butter and sugar in a food mixer and beat till light and fluffy. Add the eggs slowly then mix in the ground almonds and flour. Some people may also use almond essence for extra flavour. If you are using a food processor you can put all the ingredients in and pulse them together.

Spread a thin layer of blackcurrant jam over the base of the pastry and spoon the almond mixture on top. Lay the plums evenly over the top of the frangipane. Then sprinkle the raw almonds. Bake for 30-40 minutes, until the filling is set. Remove from the oven and leave to cool.

For the decoration, brush the top with some apricot jam or similar. I used homemade lime marmalade. Leave the water icing till you are ready to serve it. Just mix some icing sugar with a very small amount of water till it appears runny. Then use a teaspoon just to drizzle it over freehand.

Executive Committee 2024 – 2025

Chair	Rosey Case		
Vice Chair	VACANCY		
Secretary	Liz Salter		
Treasurer	Luigi Lipparelli		
Membership	VACANCY		
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