



Upminster u3a Newsletter

"Learn, Laugh, Live"



April 2026

**We meet at
The New Windmill Hall, Upminster,
RM14 2QH
on the third Tuesday of each month.**

Useful Links

**London Region Events
Events - London Region of u3as Network**

**Upminster u3a website
<https://upminster.u3asite.uk/>**

**Upminster u3a Committee Contact
<https://upminster.u3asite.uk/contact/>**

**For future news, articles, and feedback,
please email
Barbara Smith, Newsletter Editor
uu3abarbara489@btinternet.com**

**Newsletter entries must be received by
Barbara by 6pm on the 1st of each month.
Thank you.**

**The Editor reserves the right to amend or
omit content.**

For your Diary



**Our next meeting will be
Tuesday 21 April 2026**

**Doors open at 12.30pm
**for sale of tickets
for forthcoming social event
(see page 5)****

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Future Guest Speakers at Monthly Meetings, 2026

21 April	<ol style="list-style-type: none"> 1. Steve Scruton, well-known Essex Radio DJ reflects on "Songs that Shaped our Lives" with short musical extracts of those nostalgic and memorable pieces. (Hankies at the ready for some?) 2. Violeta Patascue, who has an interest in therapy, will talk about thermal spa therapy and joint health.
19 May	<ol style="list-style-type: none"> 1. Guy Bartlett, aviation expert and lecturer, speaks on The Air Transport Auxiliary exploring the role of female pilots in World War 11. 2. Aron Lane, Community Fund Raising Officer for Havens Hospice talking about making every day count.
16 June	<ol style="list-style-type: none"> 1. The Revd. Dr Nicholas Henderson, lecturer in many historical and international issues arising from his varied life, and still a working priest, speaks entertainingly on 3 or 4 of "England's Worst Monarchs" – the choice of monarchs to be made by the audience on the day, with his help! 2. Linzi, Charity Organiser, will talk about animal rehoming.

View from the Chair

Once again, the British weather has stuck two fingers in the air, and started "summertime" with cloud, sleet showers, cold wind and any other wintry conditions you can think of! And to add insult to injury, we lost an hour's sleep. It takes me about a week to get used to the early hours since I've always been an owl not a lark.

But it is still spring. The magnolias and camellias have been beautiful. In the country parks the blackthorn is amazing, the hedgerows are all white. For the past few weeks, I was convinced I had been missold the tulips in my pots, I was sure they were coming out green - but suddenly, with last week's sunshine, they match the packet! They're called "Rococo". With them I have planted narcissi "Thalia" which I always grow, because they're fragrant - and Monty Don grows them too.



The spell of fine weather (which ended with British summer time) also meant that my roof has finally been repaired, and water will no longer run down the wall in my living room; this saga started last October. Next, to find a decorator to cover up the stains on the ceiling. No doubt I'll have to wait more months because the good ones are always booked up.

At the last monthly meeting I was talking to a new member who wasn't confident using email and, as a result, hadn't been able to book a coach trip before it sold out. When I step down from my present position, I shall be happy to restart the sessions I used to run on basic tablet/smartphone use. I'm sure we have many members who could also share their basic knowledge. After all, we are all smarter than that phone, it's just that nobody showed us how.

And that is what u3a is all about - learning, so that we can live and laugh.

Courtney Moita de Deus



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Membership Information

In March we welcomed another 7 new members and we were notified that 3 members would not be renewing. Our current membership thus now stands at 714. The new members are: Margaret McManus, Kate Jackson, Derek Fleming, Colin Green, Stephen Waterfield and Michael Sonn, and 1 member who does not want their name disclosed.

Our membership year ended on 31 March. You should have received your renewal invitation by now. If you have not please contact us membership@upminsteru3a.org.uk. You have a grace period of 6 weeks in which to renew, but it would be appreciated if you did not leave your renewal until the last minute.

Pamela Freer

Notices and Information



Uu3a Quiz Evening

On Tuesday, 3 March we held what has become an annual Fish & Chips Supper / Quiz Evening.



Members arrived promptly and were greeted with a sea of yellow serviettes and daffodils – a celebration of spring to offset all the rain we had been having recently – and were guided to their assigned tables to socialise before the food arrived.



Of course, not everyone likes fish so there was a chicken & chips option and vegetarians - bringing their own food - were only charged half price for their tickets. The meals were again provided by Hi-Tide who do themselves proud as the quantities were ample and the food succulent and still warm - not bad considering they were catering to nigh on 145 people.



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Once the remains were cleared away there was a short comfort break then, paper and pens at the ready, it was time for Andy, this year's Quizmaster, to begin.

Categories of 10 questions included General Knowledge, Art & Literature, Film & T.V., World Travel and Events from the 80's. The Food & Drink category was particularly interesting as it included 3 questions in which two bowls were provided to each table containing samples of Kellogg's Crunchy Nut Cereal, Maryland Chocolate Chip Cookies and Mars' Twix, together with cheaper versions of same, and members had to guess which bowl consisted of the 'real' ones.

Included on the tables with answer sheets was a list of 26 questions, the answers to which started with a different letter of the alphabet, with no letter repeated. Questions were numbered 1 to 26 but the answer sheet was A to Z so you had to ignore the numbers and concentrate on the alphabet for your answer sheet. Easy, eh! Not for one member - who shall remain nameless - who put them down in numerical order. So, when Andy asked Table One (the Social Committee) how many did they get right Chris (*oops*) called out "One". "No" said Andy "I know you are Table One, how many questions did you get right?" "One" was the repeated answer! Skipping to the end for a moment, surprisingly enough Table One did **not** come last and collect the consolation prize!

Midway there was another comfort break then, before the continuation of the Quiz, Andy hosted a charity "Heads and Tails" game where participants paid £1 to join in and had to guess which way his flip of a coin



was going to land by either putting their hand on their head or on their backside. The wrong guess necessitated members to sit down until just one person remained. The winner was Shirley Ward, and Andy



presented her with £10 and a box of Celebration chocolates. The balance of the monies collected - being £143 - will be donated to 'The Pulmonary Fibrosis Foundation' charity in memory of Chris Bottoms who was last year's popular Quizmaster.



And then the second half commenced. Eventually the evening came to an end with Table 9 each receiving bars of Cadbury's Chocolate as a consolation prize and Table 4 consisting of Iain Attiwell, Chris Attiwell, Moira Butcher, Susan Mayes, Linda Newton, Chris Newton, Helen Stewart and Pat Kipping winning the Quiz and each receiving boxes of Celebration chocolates. It should be mentioned that 6 out of the 8 were also on the winning table last year!



Perhaps we should make a note to split them up next year.



With thanks to Andy for an enjoyable evening and, of course, thanks to our helpers on the night - both new and regulars!

Social Committee



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Social Event - Hog Roast



As advised in last month's newsletter, our next social event will be a Hog Roast on **Tuesday 2 June**. The New Windmill Hall doors will open at 12.30 p.m., food - hog roast or a vegetarian option, plus wine and fruit juice, will be at 1pm, and from 1pm until 4pm there will be music from a D.J. This will be background at first, then, when you have finished eating, it will be turned up a notch or two, and, hog roast allowing, you'll be able to dance the afternoon away.

Tickets

These, at £17.00 per person, will be available at the April monthly meeting from **12.30 p.m.** As always they will be limited to members only, one per person plus one for another member who is unable to get to the meeting.

Social Committee

April Trivia and Quiz

Trivia

Historically in France, April 1 is called Poisson d'Avril (April Fish), and is celebrated by trying to pin a paper fish onto the back of an unsuspecting person.

There is a myth, originating from an ancient Chinese custom for the festival of Li Chun, that raw eggs can only be balanced on their end on the vernal equinox (the first day of spring).

Quiz Questions

1. Which war began on 19 April, 1775?
2. The Jewish holiday Pesach, or Passover, is traditionally celebrated in April, but what does it celebrate?
3. On 6 April, 1896 the first modern Summer Olympics began in Athens. Which of the following sports did not take place but has been a fixture of the Games ever since?
- Cycling, Fencing, Rowing, Shooting?
4. "April is the cruellest month", is the first line of which T. S. Eliot poem?
5. William Shakespeare died on 23 April, 1616, but when was he born?
6. St. George's day is on 23 April, but unlike St. David (Wales) and St. Patrick (Ireland), but like St. Andrew (Scotland), St. George never did what?
7. Born on 6 April 1483, who was the Renaissance artist who created some of the world's greatest masterpieces including 300 pictures with a Madonna theme?
8. What significant event in world history occurred on 6 April, 1917?
9. What was the name of the Polish labour union that was granted legal status on 17 April 1989, and went on to form the government two months later.
10. On 28 April 1789, Fletcher Christian led a mutiny on the Bounty, and then sailed to which South Pacific island?

Chris Slade



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Groups: News/Information/Recent Activities

Poetry Appreciation

Our pre-Easter gathering welcomed a return to the works of Dylan Thomas (1914 - 1953) a much-discussed poet within our group.

On this occasion we had the opportunity to view a clip from a programme highlighting the farms Dylan would visit during his summer holidays as a young boy from his home in Swansea. In particular, we viewed his Aunt's farm where he was inspired to write *Fern Hill*. Like James Joyce before him, Dylan Thomas was obsessed with words - with their sound and rhythm - especially with their possibilities for multiple meanings.

Born in Swansea in 1914, Dylan Thomas is famous for his acutely lyrical and emotional poetry, as well as his turbulent personal life. For most of his life he avoided becoming involved with literary groups or movements, and unlike other prominent writers of the 1930s - such as W H Auden and Stephen Spender - he had little use for socialistic ideas in his art. Thomas can also be seen as an extension into the 20th century of the general movement called 'Romanticism', particularly in his emphasis on imagination, emotion, intuition, spontaneity and organic form. He is considered to be one of the great Welsh poets of all time. Thomas is largely known for his imaginative use of language and vivid imagery in his poems. His childhood home in Swansea and The Boathouse at Laugharne where he and his wife Caitlin McNamara moved their family to live in 1949 are places of interest to visit.

In 1937 he married Caitlin Macnamara a dancer and writer, and it was an intense and turbulent marriage which produced 3 children.

There is much to be written on Dylan Thomas, however suffice to say he wrote and published numerous poetry books and in 1940 began writing a novel *Adventures In The Skin Trade*. In 1945 BBC radio broadcast his play *Under Milk Wood* set in a fictitious town : Llareggub.

For the last four years of his life, he moved between Laugharne and the United States where he went on four separate tours to read his poetry and receive the adulation of the American public. In 1953, following health ailments complicated by alcohol and drug abuse, he sadly passed away in New York; he was aged 39. He is buried in Wales alongside his wife Caitlin.

Our second choice was *The Glory Of The Garden* by Rudyard Kipling (1865-1936). Kipling was born in 1865 in Bombay where he spent the first few years. To avoid health problems, he was sent to England with his sister Beatrice to the care of a naval widow in Southsea near Portsmouth. They spent and endured 6 years there before their mother removed them after Kipling told his aunt (where he and his sister spent many happy school holidays) of the cruelty he experienced. There is a blue plaque on the Southsea house where he lived from 1871 - 1877.

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In 1882, after leaving the Services College, he rejoined his family in India and began a career as a journalist and for 5 years was assistant editor of the Civil and Literary Gazette.

In 1892 he married Caroline Balestier and they had 3 children. Sadly, their first born, Josephine, died of pneumonia in 1899 and her loss was sadly felt. In the wake of her death, he concentrated on his ***Just So Stories For Children*** published 1902.

In 1897 they moved to Rottingdean, East Sussex, and in 1902 he bought ***Batemans*** where he lived until his death in 1936. (The house and land comprising 33 acres cost him £9,300).

Kipling's notable works were short stories, children's literature, poetry, travel literature, and science fiction. Of those were ***The Jungle Book, Just So Stories, Kim, Captains Courageous, Gunga Din, Mandalay and If.*** He received the Nobel Prize for literature in 1907.

He died at Batemans in 1936.

Our Guest Poem was ***Ae Fond Kiss*** by Robert (Rabbie) Burns.

We meet again at the end of May.

Michelle Blythe

Creative Writing

The topic chosen for March Creative Writing group was 'The Trip' and as always, the stories were all very different. Some of us wrote factually about a trip that we'd been on that was memorable for all sorts of reasons and others used a play on the word 'trip'. Can you guess who the characters are in Sue Hartley's story?

THE TRIP

"Pack your bags Doll, we're going on a trip!"

"How lovely, where are we going? And don't call me doll, you know I don't like it, it's demeaning."

"Sorry" he said, with a smirk on his face, obviously not the slightest bit sorry "don't know exactly where. Somewhere hot is all I heard."

Over the next couple of days all became clear; they were going to Florida, first Disneyworld and Universal, then the beach.

Talk about dithering, she couldn't decide what to pack and what to leave behind. She needed shorts and t-shirts for the daytime together with walking sandals; long dresses for the evenings and matching stilettos but apparently the air-conditioning in American restaurants was quite cold so she would need two or three jackets as well. Then, of course, there was beachwear - bikinis, sarongs, sunhats *plural*, flipflops, sunglasses, suntan lotion. Oh, the list went on and on! But at last, she was ready, she and her two large suitcases. He only had the one small one. Typical!

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However, when they drove to the airport, sat in the lounge then boarded the plane and took their seats he sat there sulking and refused to engage in conversation. At last, she couldn't stand it anymore and asked him what was the matter with him, they were going on a fantastic holiday.

"They" he said shooting daggers at the couple sitting across the aisle "wouldn't let me bring my surfboard yet they didn't say anything about you having two cases."

"But a surfboard is so large and cumbersome, besides I'm sure they'll have plenty of surfboards for hire when we get to the beach."

"Hmm, I suppose so but they won't be as good as mine!" throwing another ignored glare. He wasn't going to give in that easily.

Needless to say, he soon got caught up in the excitement when they landed and walked out into the Florida sunshine. On the drive to the hotel, they could see palm trees waving in a gentle breeze, then they reached the resort where the Disney experience immediately began, for there to greet them was Mickey Mouse.

They had an early dinner then were soon encouraged to go off to bed, protesting they weren't the least bit sleepy whilst, I might add, yawning their heads off. "We have an early start and a long day ahead of us" they were told "and you want to be fresh and ready for that." Of course, as soon as their heads hit the pillow, they were off in dreamland.

They spent the next 10 days in a welter of highs, visiting the various Disney Kingdoms and Universal Studios, not forgetting a trip to Sea World. The times they had, going on rides, watching the Disney procession, catching a couple of shows, meeting some of their favourite characters, seeing live animals at Animal Kingdom, having a lie in one day so they could stay later for the fireworks display. Then there was the Wizarding World of Harry Potter at Universal and the killer whales and dolphins at Sea World. Oh, the times they had.

There was a slight meltdown on the first morning when she realised she had forgotten to pack her camera but he produced it from behind his back "I saw it on the top of the chest of drawers when I took my surfboard back upstairs and knew you would want it" he said, and for that received a beaming smile of thanks. If there was a complaint to be had it was that irritating song "It's a Small World" which none of them could get out of their heads, it followed them everywhere.

Eventually it was time to leave; it had been the trip of a lifetime but the holiday wasn't over yet, they still had 4 days left to relax and recuperate on the beach.

As they drove down to Daytona Beach they reminisced over various highlights of the trip and their favourites of the various characters they had met.

"Oh, it has to be Elsa from 'Frozen' or maybe Belle from 'Beauty and the Beast', I loved her dress."

"Should have guessed you'd go for the frothy ones. Me, I can't decide between Buzz Lightyear, Darth Vader or Harry Potter - they were all fantastic."

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"Typical male, they all had one thing in common, weapons - lightsabre, laser blade and magic wand."

Their squabbling stopped when they caught sight of the beautiful stretch of beach "I heard it was about 23-miles long" he said "but nothing compares to this".

"What about Southend?" she asked and they both laughed.

They spent the first day just relaxing on the beach, playing volleyball and swimming but on the next they went on a boat ride, bouncing on the waves. She didn't like it too much but he was in his element and it made him determined to somehow obtain a surfboard.

He got talking to some people on the beach, one of whom was local and had his own board which that afternoon he let him borrow and seeing how accomplished he was agreed to meet him the next day.

The water was choppier, not too much but a definite swell and whilst he was paddling out on the board she decided to go to the water's edge and watch but got distracted by looking at a beautiful shell she spotted near her feet, a smidgeon closer to the water.

As she bent down to pick it up she didn't see the bigger wave. It knocked her off her feet and as it retreated it pulled her out with it. She couldn't breathe and in the heat of the moment couldn't even remember how to swim.

"Help" she managed to splutter before she went under again.

He spotted her and utilising the surfboard managed to pull her up and holding her close steered it to shore.

"Oh Ken, you are my hero!" she said.

"And you're my doll, Babs!"

"Eww Mum, she's got the dolls KISSING! Make her stop."



Did you guess the fact that it was Ken and Barbie on holiday?

Jill Hilton



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Visits to Places of Interest

Our March visit was to the small museum at the International Heritage Centre of the Salvation Army. We were given a short guided tour then were able to wander round and read all the information panels. The exhibits mainly related to the charitable work done by the Salvation Army, rather than to the religious side of the Army, but were very interesting. The Salvationists are a non-conformist Christian group who, since their inception when the founders William and Catherine Booth broke away from the Methodist Church in 1865, have placed their emphasis on practical Christianity rather than doctrine. They are organised like an army with military-like ranks and communal accommodation for their core employees who receive extremely low salaries and wear military-style uniforms.

Most of us associate the Salvation Army with the brass bands that were a common sight in town centres in our youth and these bands still exist but are less prominent now. Today the Salvation Army is active in more than 130 countries helping people wherever they see a need. They are on the scene of disasters offering hot drinks and counselling, they run soup kitchens and shelters for the homeless, they have drug treatment programmes, food banks, cafes, women's refuges and tracing services for missing family members. They also practice total equality between men and women and have done since the movement began.

It was an inspiring visit.



Are you over 18 years old, physically inactive and interested in ageing biology? We need you!

- We need non-exerciser participants to help us uncover new insights into healthy ageing.
- Would you like to have a free body composition test and strength testing, along with uncovering your cardiorespiratory fitness through VO2max testing (available only for participants under 80 years of age)?
- Are you able to visit our central London laboratory for an hour?

Contact Noemi Cherestes for details
 N.Cherestes@westminster.ac.uk
 T: +44 (0)20 7911 5000 ext 64582

UNIVERSITY OF WESTMINSTER

Research Assistance Request

We have been asked to publicise the following request for assistance with a research project, to which you may be interested in contributing. Uu3a has no connection to this research; we are simply passing on the information to you.

Pamela Freer



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Photography Group

Historical Contrasts – Clerkenwell

Photographer names shown at the end of this article

On a beautiful spring morning, our group gathered for our Clerkenwell photo walk. This month's theme, "Historical Contrasts", was perfectly suited to exploring this interesting London neighbourhood.



Our walk began at Farringdon Station, where we captured the intriguing blend of Victorian and modern architecture. Next, we headed to Smithfield Market, focusing on the historic meat market's Victorian ironwork façades and exploring the atmospheric alleyways for urban compositions.

Charterhouse Square offered a serene contrast with its peaceful garden framed by the historic Charterhouse complex. This juxtaposition highlighted the blend of medieval and modern architecture. At St John's Gate, we experimented with angles along St John's Lane to capture the textures of brick and stone.



Our walk continued to the St John Priory Church Cloister Garden, a hidden oasis amidst the busy city. Nearby, the historic St James Church and graveyard provided opportunities for capturing both expansive views and intricate memorial details.

Finally, we photographed 15 Clerkenwell Close, a Stirling Prize-shortlisted six-storey building with a load-bearing stone façade. This building houses residential apartments with ground-floor workspace.

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The day concluded at The Holy Tavern, formerly the Jerusalem Tavern. This 1990s pub boasts a facsimile 18th-century interior, where we enjoyed its rustic charm over lunch and a drink—or two.

Photographs, courtesy of:

*Phone Booths by Barry;
Parking Space at Work Place by Ornella;
Charterhouse Square by Mike C
Old & Modern by Lorna; and
Gaslight Surveillance by Mike C.*

Peter Knight

Modern London Programme for the Year

The group has now planned a full series of walks for the coming year.

Each walk will explore:

- The architects, developers and (where relevant) the engineers involved;
- The role played by planners;
- What went wrong — design flaws, failures, controversies;
- Other buildings or projects by the same architects; and
- How each walk connects to the previous ones, building a wider picture of Modern London.

Walks take place on the **third Thursday of each month**.

If you are interested in joining any of the walks, or would like copies of the walk notes, please contact natalie@kehr.co.uk.

Natalie Kehr



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Scarborough Holiday: 22 – 26 June, 2026

I have had a cancellation for this holiday, so I now have one twin room available. I may be able to exchange it for a double but I can only sell it to two people. I have tried to get more single rooms but, despite having a waiting list for singles, the hotel is adamant that they won't give us more unless they have unsold rooms very close to the date.

If you would like to book this room for yourself and a friend or would like to know more about the holiday please contact pamelafreer@samson-freer.co.uk.

Pamela Freer

Coach Trips (2)

(1) Visit to Anglesey Abbey

27 March was our first coach outing of the year to Anglesey Abbey near Cambridge.

The coach arrived early, so by the time everyone was on board we were able to leave at 9.50 and had a good journey to Anglesey Abbey arriving just after 11am. We were welcomed by a member of the Group Booking team and everyone was given a map of the house and gardens and after having to stay in a group whilst we paid the entrance fee for those not NT Members, everyone was left to plan the day for themselves.



Because the house was small, it was a free-flow system, with very knowledgeable volunteers in each room to answer questions about any artefacts and history. The house was splendid and each room was fully furnished in the 1900s style when Lord Fairhaven became

the sole owner of the Abbey.

The grounds were laid out in various gardens and, those who wanted went on a tour of the garden led by the Head Gardener and learnt a lot about the trees and plants.

We were so fortunate with the weather considering the forecast was for a lot of rain; apart from a few spits and spots, we managed to walk round the gardens and the house then onto the Lode Mill without getting wet.

We left at 4pm and had a good journey home, and I think everyone seemed to have had an enjoyable time.

Jill Coombes



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Weekend in Stratford-upon-Avon

21 to 23 March



On Saturday 21 March, with the sun casting its warmth over us, we gathered outside Upminster Station to board the coach to Warwick, a beautiful town with many historic buildings, Warwick Castle and Lord Leicester's Hospital (one of Europe's most important medieval buildings – (photo)) being just two of the many iconic sites to visit. At about 4pm we made the short journey to Stratford Manor where we would stay for 2 nights.

The following morning we were greeted by yet another sunny day as we headed off to Stratford-upon-Avon. Here the places to visit were many and varied, for example, we could visit Shakespeare's birthplace, his schoolroom and Ann Hathaway's Cottage, magnificently

preserved buildings, offering lots to explore. The MAD Museum (the Museum of Arts and Design) is also in the high street, nestled between the many old buildings that create interest whilst wandering through the town. Some chose to take a boat trip along the River Avon to be greeted by a bevy of swans and beautiful views of the surrounding countryside. The Swan Theatre is an interesting building, as can be seen from the photo.



On Monday we made our way back home via Leamington Spa, with enough time for a short stroll around the town to see its many Regency buildings. The park was beautiful with an abundance of Spring flowers for as far as the eye could see. From there we headed to High Wycombe for our final stop, Hughenden Manor, a gentleman's residence built in 1738 and the former home of Disraeli. It is now owned by the National Trust and is a truly magnificent place with amazing architectural features throughout.

I think I speak for everyone on the trip when I say how interesting and well organised the 3 days were. Thank you Pamela.

Elizabeth Lange

STEMM

STEMM member, David Clements, led the session on "Control of London Buildings Through the Ages" based on his long experience as District Surveyor for the City of London. Recognised control dates to the 12th century, though the Great Fire of London in 1666 (*image – next page*) led to the Rebuilding London Act of 1667 in which there is the first mention of Surveyor of the District, from which David's title originates. Robert Hooke was the first such surveyor, working closely alongside Christopher Wren. The next major legislation was the 1844 Building Act, replaced by the London County Council in 1889 until 1965.

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The Great Fire of London

In 1939 the London Building Act, Section 20 provided special guidance for high buildings stipulating that 900mm (3 feet) of non-combustible material be used between floors. At this juncture David spoke briefly about the Grenfell Tower disaster in 2017 as a modern example of the concomitant effects of regulation 'oversights'. Only in 1986 were all the different regions' standards brought under one umbrella, bringing consistency across England and Wales. At that stage the Building Regulations 1984, Parts A-K were health and safety focussed. Currently these Regulation Parts extend through to Part S: the latter being the necessary infrastructure for EV charging. The approved document outlines the functional requirement of the standard to be achieved with examples of acceptable construction. Alternative solutions will be considered on their merit.

Thus, to the science and engineering of construction. In the design and construction of a building the structural forces and reactions with respect to load, shear and bending need to be considered and inspected. David's slide best depicts these.

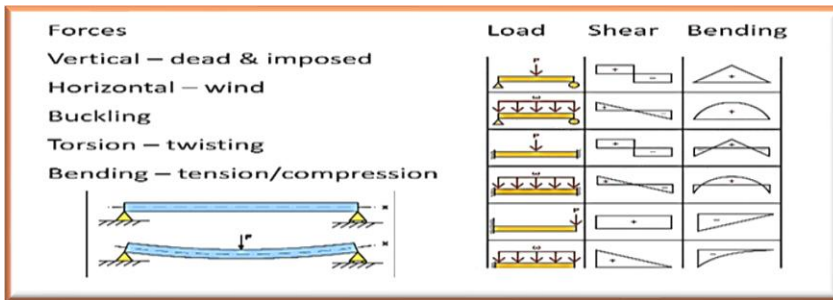
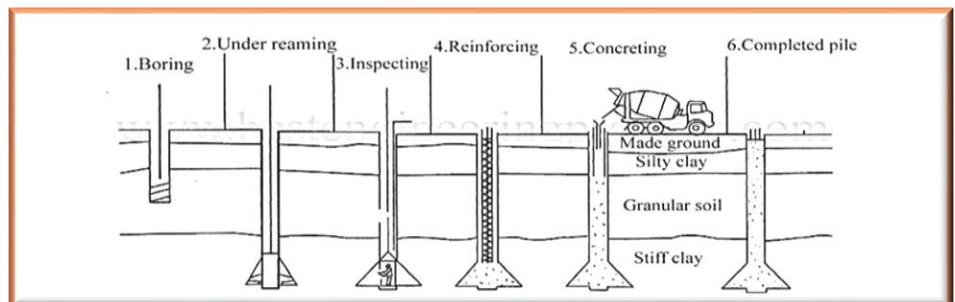


Figure 2: Structural Forces and Reactions

Arches provide compression without tension because of the capstone. Different structural materials, in particular steel, concrete and timber, offer different tensile and compressive forces necessary for columns and universal beams (horizontal). David explained how piled foundations are constructed dependent on the substrata.

Figure 3: The stages in the construction of large diameter bored piled foundations with under ream



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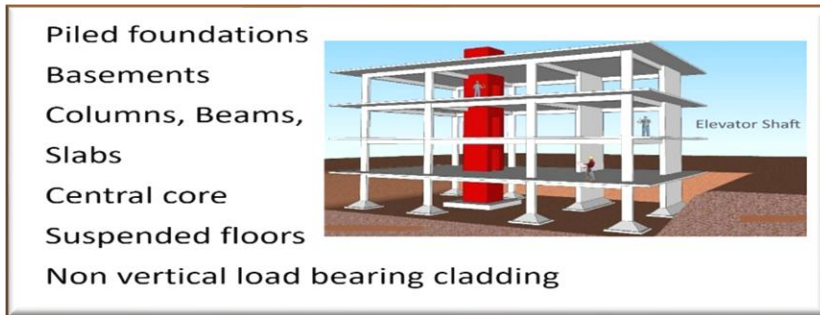


Figure 4 shows the components of the City Tower building.

In terms of the maths, engineering and technology the design and shape of the City of London buildings have become more interesting since the late 1960s. Until 1963 St Paul's Cathedral (111m) was the tallest building in London. The 1969 Commercial Union 28-storey building (118m) has all the floors hanging from the top: for this reason, its recent demolition started from the bottom. It was one of the buildings badly damaged by an IRA bomb in 1992.

In terms of regulations, the 1986 Lloyds building (95m) had over 300 waivers from the then prescriptive bylaws. Design-wise, this is an inside-out building as the stairs and lifts are positioned on the outside as opposed to forming the structural core. The names of the buildings are as interesting as their structural innovations. The Gherkin (2004 180m) has an external diagrid providing structural support, triple glazing through which the hot air rises, *but* its design is not efficient on floor space; Cannon Place in Cannon Street (2011 87m) has external lattice that is water-filled to offer fire resistance; the Walkie Talkie (2014 160m) has a curved S-façade with external blinds in order to not reflect heat and light into the neighbourhood; the Cheesegrater (2014 225m) has its service core at the rear and is stabilised by the tensioning of tie rods.

Some discussion ensued about why some buildings have a relatively short life span. In short, this is based on the years of making profit!

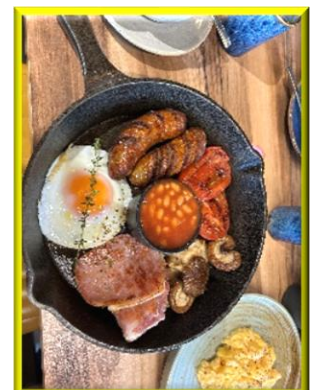
David's talk was fascinating and thoroughly enjoyed by all present. Thanks David!

Lyn Haynes

Breakfast Club



For our March breakfast club meeting we went to Sal's in Corbets Tey Road, Upminster. It is very popular and can have queues outside during weekend lunchtimes. The recent addition of an extension at the front seems to have attracted even more people enjoying their food under cover whilst watching Upminster go by. We pre-booked for breakfast and our group of 12 was sat together inside the main cafe area. Everyone enjoyed excellent food, a sample of which is provided in the photos shown here.



Brian Makepeace



Upminster u3a Newsletter

"Learn, Laugh, Live"



April 2026

Coffee Mornings



"Though April Showers may come your way" let's hope they bring you to Rooms Cafe for coffee and a chat on Tues 7 and 21 April.

Hope to see you there.

Angela McDonald

Bananagrams

If you enjoy quick-thinking wordplay and a good laugh, our monthly Bananagrams afternoon is a lovely way to spend a few hours. It's light-hearted, fast-paced, and wonderfully sociable — perfect whether you're a seasoned player or just curious to give it a try.

We'll be gathering again on Friday 24 April, from 2pm to 4pm, in the back room of The Windmill Pub (just to the left of the bar). A few of us arrive a little earlier to take advantage of the pub's great-value lunch options, so feel free to join us for that as well.



New players are always welcome. The rules are simple, and there's no pressure — someone is always on hand to explain things. You are also welcome to consult a dictionary or check on your phone if you're stumped with a particular word.

There's no cost to take part, and free parking is available. We do ask that everyone buys at least one drink to support the venue, which kindly reserves tables for us each month. And if you happen to own a Bananagrams set, bringing it along would be much appreciated.

Come for the company, stay for the wordplay — we'd love to have you with us for another relaxed and friendly afternoon. Please contact me if you would like more information. **Pauline 07962 213793**



See you soon.

Pauline Ashton



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Quiz Answers

1. The US Revolutionary War.
2. The biblical story of the Exodus, marking the liberation of the Israelites from slavery in Egypt under the leadership of Moses.
3. Rowing. It was scheduled but cancelled due to poor weather.
4. The Waste Land.
5. Nobody knows, although he was baptised on 26 April, 1564, and it was customary at the time for infants to be baptised three days after birth. So possibly on the same date as he died.
6. Visited the country of which he was patron saint.
7. Raphael.
8. The US entered WW1 in Europe.
9. Solidarity.
10. Pitcairn Island.

Chris Slade

