u3a
learn, laugh, live

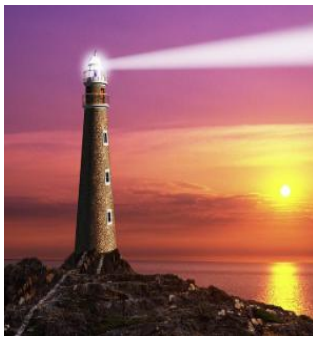
Leigh Estuary

Welcome to the Sept. 2026 Edition of our Newsflash

Special General Meeting

The **Special General Meeting** will now take place at 2.30pm on the 1st September before the Speaker's Meeting (doors open at 2pm) to vote on a new constitution document (already circulated to all members). Voting shall be by a show of hands.

Speakers Meeting



Sentinels of the Sea - a talk by Mark Lewis

Mark will tell us all about "The Amazing History Of Lighthouses" A general introduction to "pharology" - the study of lighthouses and other navigational aids, giving an outline from the prototype - the Pharos of Alexandria, through the evolving history of their construction, methods of illumination, operation and maintenance, the lives of the keepers, including some of the extraordinary heroic stories associated with them.

Group News

The following Groups all have vacancies:

* **Just Sew** * **Capital Walkers** * **Petanque** (1 space Thurs)
  Philosophy 2 (1 space - next mtg. - 8th Sept at Gemma's Café 10.30)
* **Photography**
* **Silver Screen** * **Table Tennis** (Wednesdays)

New Group Leader wanted for Playreading 2. If you are interested, please contact the Groups Co-ordinator as below

Rummikub group has now been cancelled due to lack of members.

Friday Improv group has been put on hold for the time being while Tony prioritises looking after his wife who is unwell.

Days Out by Coach Group still has seats available for 22nd September during Colchester Heritage week. Also for Ightham Moat, a National Trust Medieval Manor on 13th October and Ely Cathedral Xmas market on 17th November. Contact Valerie Lewis for details on 07958 543718.

Maritime Group has room for one more member. Last month's meeting's presentations included the SS Zealandic of 1911 and her work as a decoy, the Queen Mary and her art,

Thames Ironworks; the myriad of facts about Coastal Essex, and the logistics of building HMS Queen Elizabeth in 6 different shipyards. The one fact wonder was on famous sinkings. We heard about the sinking of the trawler MV Gaul and the conspiracies that surround it; the tug Turmoil and the attempted rescue of the Flying Enterprise; the bravery and incompetence involved in the sinking of the Costa Concordia; the bravery of the SS Jervis Bay in attacking the Admiral Scheer; the tragedy of the Lancastria and the USS Arizona's demise at Pearl Harbour.

Details for the above Groups and their Leaders can be found on the Leigh Estuary u3a website under the Groups section or by contacting the Groups Co-Ordinator, Barry Freshwater at barryu3a@outlook.com.

Group Leaders If you have any Group spaces or Group news that you would like to share with the LEu3a members, please contact Trish at: leu3anewsflash@gmail.com

Scam Watch

Essex Police have issued urgent warnings regarding rising scam trends, highlighting AI voice-cloning phone tricks and deceptive delivery text messages designed to steal personal and financial data.

Current Scam Alerts

- **AI Voice Cloning:** Fraudsters use brief clips of audio from social media posts to clone a loved one's voice, leaving convincing voicemails or voice notes to trick family and friends into sending money.
- **Fake Delivery Texts:** Fraudulent text messages claim a package missed delivery or requires unpaid postage, steering users to look-alike websites to harvest banking details.
- **Fake Retail and Freebie Emails**: Phishing messages offering free appliances, high-end groceries, or massive sweepstakes prizes that harvest your data or charge a "delivery fee".
- **Retail Voucher Phishing:** Emails mimicking popular brands offer free rewards or vouchers, leading users to fake survey sites requesting sensitive information.
- **Impersonation Texts/Emails:** Fake alerts from banks, utility providers, or government agencies claiming a payment failed or a fine is due to trick you into clicking malicious links.

Let's be careful out there!!

Member's Contribution

LONDON VISITS 2 goes to V&A EAST by Richard Lytheer

At the end of July, a dozen of Lorna Reeves' London Visits 2 group jumped on a train to West Ham, then Stratford. Destination -- the newly opened V&A East in the Olympic Park. The latest outpost of the V&A opened in April this year & has two close venues – the Museum and the Storehouse. The V&A East Museum is a striking, ultra-modern building with five floors (though I only visited three, so I could do more exploring on my next, as yet unscheduled, visit). Floor three has a gallery which affords panoramic views across the park to the East End & the City. Almost worth visiting just for this. Inside there was an eclectic mix of thought-provoking exhibits. I'm sure every one of us had their favourites, from extravagant dresses & stylish shoes to a lady's corset (near which, I, of course, averted my eyes). Or an amazing dance video of Desh (find it on You-Tube). Or the site's first major exhibition – 'The Music is Black'.



Group members at the Museum


Storehouse racking & walkways

Some of us then walked past Copper Box (where I watched 2012 Olympic Handball event) to the V&A East Storehouse. One minor challenge was to operate the lockers where we had to leave our bags – but after some false starts we were set. We were aware that this depository of 'spare' exhibits has over 250,000 objects – but we were in-no-way expecting what we encountered. A vast warehouse with vertical racking & suspended walkways allowing close access to a treasure trove. All linked to an online-catalogue with details of the objects.

Once over the shock of walking on a glass floor, the first objects that registered with me were two electric guitars (Paul Stanley of Kiss & PJ Harvey).! Higher, was a reconstruction of a flat from, the now-demolished, Robin Hood Gardens Estate (which some of you may remember from an illustrated talk on that subject a main meeting a few years ago). But the absolute highlight of the day for our lucky foursome was the chance to join an 'Object Discovery' session (anyone can ask to do this). The purpose is to allow/encourage visitors to have a close encounter with an item that is not currently on display. Hands were washed & we were ushered away from the public areas. Doors were unlocked & relocked, & our guide took us to a table covered by tissue paper. We had no clue what was underneath until the covering was removed to reveal an 18th century Samurai helmet. **WOW!!** Up close & personal -- and we all got to handle it (very carefully & with some trepidation, I must say).


Stanley (l), PJ Harvey (r)


Samurai helmet, iron & leather

This was one of the best days I have done with a u3a group. Our thanks to Lorna for another great trip. And I'm sure that some of us are hoping to repeat the experience soon.

If you would like to write a few words on a topic close to your heart, have an anecdote from a group meeting or something you think readers would be interested in, please do get in touch. Would you consider becoming a regular contributor to a section? Email: leu3anewsflash@gmail.com

Quiz

Thanks once again to our Quiz setter, Shirley Eastwood, who sends in a quiz for us every month. Shirley does an excellent job and I would like to thank her on your behalf.

1. What do Sandie Shaw and the runner Zola Budd have in common?
2. Horseshoe, fruit and pipistrelle are what type of creature?
3. What does DVD stand for?
4. In which British newspaper was the first crossword puzzle published ?
5. Which fruit has its seeds on the outside?
6. What colour mane and tail would a palomino horse have?
7. What was the supermarket Iceland's previous name?
8. Who designed the Sagrada Família in Barcelona?
9. How many medals did England win in the Commonwealth Games this month, 91, 101,110?
10. Where were the games held this year,
11. What is the TV programme with David Mitchell as a puzzle solving detective called?
12. Which British spaceman spent 6 months on the European Space Station in 2015?
13. Who wrote Northanger Abbey and Mansfield Park?
14. Which country are England currently competing against in Test Cricket?
15. Which school will Prince George attend this September ?
16. Maasdam cheese is a product of which European country?
17. How many "Toy Story " films have there been?
18. What was St. Luke's profession?
19. George Osborne is the chair of which British institution?
20. Where in Southend can you see an exhibition "Kiss me Quick" a love letter to Southend?

September's Pause for Thought

- All the months are crude experiments, out of which the perfect September is made - Virginia Woolf
- Wine is the divine juice of September - Voltaire
- September tries its best to have us forget summer - Bernard Williams
- Ah, September! You are the doorway to the season that awakens my soul - Peggy Toney Horton
- Let's strive to be better in September! - Charmaine J. Forde
- Happily we bask in the warm September sun, which illuminates all creatures - Henry David Thoreau
- September is the other January - Gretchen Rubin
- I love September, especially when we're in it - Willie Stargell
- It was September, and there was a crackly feeling to the air - Carolyn Parkhurst
- Come September, children return to school, grownups to work, and the brain to the head - Roger Rosenblatt
- September! I never tire of turning it over in my mind. It has warmth, depth, and colour. It glows like old amber - Patience Strong
- We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost - Henry Rollins
- It must be September, July sun has disappeared - Charmaine J. Forde
- And then the sun took a step back, the leaves lulled themselves to sleep, and autumn awakened - Raquel Franco
- September showed up right on schedule, and lasted a whole month - Jenny Wingfield
- I used to love September, but now it just rhymes with remember - Dominic Riccitello
- Nostalgia—that's the autumn, dreaming through September. Just a million lovely things I will remember - Jacqueline Kennedy Onassis
- September is the month of maturity; the heaped basket and the garnered sheaf - Patience Strong
- September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn -Rowland E. Robinson
- "It was a lovely afternoon—such an afternoon as only September can produce when summer has stolen back for one more day of dream and glamour - L.M. Montgomery
- September is dressing herself in showy dahlias and splendid marigolds and starry zinnias - Olive Wendell Holmes
- Rest your eyes well before September because with all its colours, autumn is coming to visit them! - Mehmet Murat Ildan

Quiz Answers

1. They both preferred to perform without shoes
2. Bats
3. Digital Versatile Disc
4. The Sunday Express in 1924
5. Strawberry
6. White or cream
7. Bejam
8. Antonio Gaudi
9. 110
10. Glasgow
11. Ludwig
12. Tim Peake
13. Jane Austen
14. Pakistan
15. Eton
16. The Netherlands
17. 5
18. A doctor
19. The British Museum
20. Southend Central Museum



Boy with toy boat by Ian Flack



Mine's bigger than yours – Steve Tetchner

Photos courtesy of our Photography Group

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