

Bexley u3a Newsletter

Learn, laugh, live

March 2025

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

Reg. Charity 1044195

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

Hello Bexley members, I hope this finds you well! The days are getting longer, a bit of sun and warmth encourages us to do more.

Today I've heard from the Church that we will not have use of the Robert's Hall for our monthly talks after August this year. The Nursery is returning and has been given priority. Needless to say, we will be looking at new venues immediately.

A couple of us on the Committee attended the London Region Chair's Network Day. There is a National aim to increase the u3a membership to 500,000 by 2028. We are raising our profile. The new CEO, Ian Cassidy, addressed us. Apparently we are bigger than W.I.! The larger the organisation becomes, the more we can represent our demographic. Good quality later life has to be worked for. As members we should contribute for the benefit of other members. In Anthony Hopkins' words "Every day is a new opportunity." We're looking forward to receiving your anonymous surveys, in order to work with you to provide learning opportunities and fun. Help is definitely needed, more group leaders, committee members or teams. We need a team of volunteers, please, to provide thirsty members with tea and biscuits. At the moment there is nobody doing it. Please provide group returns. There are new members who need spare slots. Have you considered running a bite sized group, a trial session or sessions. It could be so much fun that you find yourselves continuing it! Welling and Sidcup groups attended. The seeds of joint ventures were sown.

There is a National u3a website which provides learning opportunities on line. Have you seen how the Bexley u3a website is being developed by our web gurus?

Certainly Bexley's Steam group has been out having fun. We visited the Bluebell Railway, and met *Fenchurch*, a 153 year old Terrier engine. We have visited other preserved railways and ridden vintage buses. Our monthly meeting is held at the 151 club. Mechanical/Engineering types put the world to rights!



Luigi will kindly be providing us with recipes from now on.

Please send items of interest, news and entertainment to Luigi for inclusion in the newsletter.

Stay safe and secure until we meet again.

Rosey

So for my first recipe, I thought I would make a vegetarian dish that I serve when our vegetarian friends come to dinner. It's quite easy to make and can be easily adapted to be made in an air fryer (which I'm guessing most people have) or some other alternative form of cooking medium.

Mediterranean Cobbler

Ingredients Cooking time 1.5 hours

1 aubergine (cut into ½" dice)

1pepper (cut into ½" dice)

1 courgette (cut into ½" dice)

1 red onion cut in slices

4/5 mushrooms cut in halves

2 cloves of garlic sliced

1 tin of chopped tomatoes

Olive oil

Mixed herbs.

Salt and pepper

The first part of this recipe is very simple, combine all the vegetables and garlic drizzle with some olive oil and season with salt and pepper place into a suitable roasting tray, cook for 45 minutes in a hot oven, 200°C, gas mark 6, 180°C fan. 35minutes, 160°C in an air fryer.

Take out of the oven/air fryer pour over the tinned chopped tomatoes, give a good mix and return to the oven for a further 20mins. Reason the tomatoes. The cooking of the vegetables in this manner give a much rounder flavour than if you cooked them on top of the stove.

How to prepare the cobbler part:- Do this while the vegetables are cooking

Cobbler

Ingredients

250g Self raising flour

25g butter, salt for seasoning

100ml water

Rub the butter into flour, make a well in the middle and add the liquid. Draw in the flour and make a dough. Place on a floured board and roll the dough out about 2cm thick. Transfer

the Mediterranean vegetables to a suitable size pyrex dish. Place the dough on top of the vegetables, score into six pieces . Brush with some milk and return to the oven for further cooking at the same temperatures as the vegetables for about 20 mins till the dough is well risen. It should have a golden brown appearance. Check that the dough is sufficiently cooked.

This recipe is effectively an Italian pepperonata, also called a ratatouille, and soda bread. If you have too many vegetables they can be eaten cold or even reheated the next day. The other nice thing about this recipe is that you can omit the vegetables you don't like, and increase the ones you do. With this recipe you can also use the soda bread ingredients to make your own pizza, instead of the cobbler top. Pin out the dough like a pizza, add the Mediterranean vegetables on top and sprinkle some cheese and cook like a pizza. This is a great recipe for involving your grandchildren and getting them to make a vegetarian pizza, mmm enjoy.

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

13th March - Lucy Lewis - *Bomb Disposal Light the Fuse*

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*

Current Bexley U3A Groups

Alternative Book Group (v); Armchair Travellers (vs); Choir (vs); City Explorers; Creative Writing; Crochet; Decorative Arts; Family History Advanced; French Conversation (vs); French Intermediate; Gardening; 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; Self Help Art; Spanish Conversation; 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)

Executive Committee 2024 – 2025

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