

NEWSLETTER – 9 JANUARY 2023

MEETING INFORMATION

Next Meeting:	12 January 2023		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	2.00 pm	Doors Open	
	2.30 pm	Speaker: Roy Tyzack	<i>A Story on Every Street Corner</i>
Future Meetings:	09 February	Speaker: Richard Cohen	<i>Churchill's Legacy</i>
	09 March	Speaker: Andrew Baker	<i>The Christine Keeler Scandal</i>
	13 April	Speaker: Sally Lawrence	<i>Continuity Capers</i>

BUCKHURST HILL u3a COMMITTEE

Chair	Kevin Lucas	020 8506 0206 / 07799 883100	chair@buckhillu3a.org
Vice Chair	Mary Nathan	020 8506 2203	v.chair@buckhillu3a.org
Vice Chair	Hilary Wrightman	07836 671582	v.chair@buckhillu3a.org
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Honorary President	Anthony Young	07743 097973	community@buckhillu3a.org

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Membership Secretary	Christine Slade	020 8505 1005	membership@buckhillu3a.org
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Welcome from the Chair

Happy New Year and welcome to the first edition in 2023 of the Buckhurst Hill u3a Newsletter.



I hope everyone managed to enjoy the festive season, stayed well and was able to spend time with family and friends.

Our December meeting was a Christmas Afternoon Tea, and I must thank everyone who worked so hard to get everything organised. I know from the comments on the day and the emails we have received that it was very much enjoyed by the attendees. The collection held for Save the Children raised £109.14. Please see Chris Embling's article on page 4.

In the absence of any Covid restrictions pre-Christmas celebrations were enthusiastically enjoyed by several Interest Groups, four of which frequented the Two Brewers at Chigwell Row during the two weeks before Christmas! Even the arrival of the snow did not deter these groups!

As we enter 2023, I am pleased to report that our membership numbers are recovering to pre-pandemic levels. We have a full programme of speakers booked for the year thanks to the hard work of Ann Denwood our Speaker Secretary. We have a number of theatre outings organised as well as an outing to the National Stud at Newmarket in March. There is a planned return to Ely Cathedral and Christmas Market for later in the year and other outings are being actively investigated.

Last month I reported on the problems being encountered with our website. These issues appear to have been resolved although the occasional glitch may still occur.

If you visit our website, you will find that most of the content is back to normal. Work is continuing to identify and replace any missing content. We have also taken this opportunity to undertake some housekeeping. We are reducing the number of old reports, photographs, and Newsletters previously displayed as well as updating various documents throughout the site. If you are unable to find what you are looking for, please use the message links to either the relevant Group Leader or Committee member.

We monitor the functioning of the website but if you encounter any difficulties, please let Fiona or myself know.

Members will be aware that I am currently in my fourth year as Chair. Normally I should only have been allowed to stay in the role for three years, but as there was no one willing to take over the role we had to change our constitution, with the approval of the Charity Commission, to enable me to stay on for one further year.

The approved change to our constitution, however, does mean I am prohibited from remaining on the Committee after our next AGM which will be held in September. This is therefore a plea for someone to come forward and join the Committee now, with a view to taking on the role later in the year.

Please give this your consideration. I will help in any way I can to prepare you for taking on the role. We must have a Chair!

The next monthly meeting is on Thursday 12th January and will see a welcome return visit from Roy Tyzak. Roy is a retired former Police Detective based in London's East End and will be delivering a talk entitled "A Story on Every Street Corner" which I anticipate will keep everyone enthralled.

Finally, a further plea ... at each monthly meeting we have to move the chairs from the stage to set up the hall and then return them at the end. This is hard work which could be made far less so with the help of a few more pairs of hands. If you feel able to help with this task, please let one of the Committee know and arrive at Roding Valley Hall at 1.30pm on the 12th.

Ideally, we would like to set up a rota of "chair helpers".

Unfortunately, I am unable to attend the January meeting as I will be recuperating from an operation, but you will be in Mary's very capable hands. I look forward to seeing you at our February meeting.

BUCKHURST HILL u3a NEWS

Craft Group (*Fiona Lucas*)

Sadly, the Craft Group were unable to meet during December, foiled by the snow! The car park at the Bowls Club was declared unsafe, so we shall have to wait until next December to make our little snowy pinecone elves!

This month, the Group will be meeting on Friday, 20th January when we shall be making a felt mouse which could serve either as a pin cushion or paperweight.

Unfortunately, our friendly Group is full at present, and we are operating a waiting list. If you are interested in finding out more about the Craft Group, please look at the Buckhurst Hill u3a website.

Christmas Meeting (*Chris Embling*)

8th December 2022 was our last meeting of the year and was celebrated by the Christmas Afternoon Tea. A capacity crowd all enjoyed an entertaining time starting with a glass of bubbly, followed by a seasonal quiz, and then a feast of sandwiches, minced pies, and hot drinks.



A lot of you dressed in Christmas finery which added to the merriment, and congratulations must be expressed to Rose Eckhard who spent all afternoon wearing a chimney pot on her head (with Santa's feet stuck on the top), and some of us want to know if she drove home with it still on her head

Thanks also to Kevin who compiled the quiz, which had a good variety of Christmassy questions, and congrats to the team which excelled. But I wouldn't mind betting that no one answered correctly the question relating to the average consumption of minced pies. Who would have thought that in Britain we consume on average 27 pies per head of population!

I think it safe to say a merry time was had by all.

Mamma Mia at the Prince Regent (*Mary Nathan*)

The Mamma Mia Shows and Lunch Parties last December were enjoyed by all., so much so that, as requested, I have a booking for next December (see page 16 for more information).

Christmas Baubles (*Mary Nathan*)

Do you have any Christmas baubles you no longer want? If so, please give them to Mary. They can be any size or colour.

Photography Group (Kevin Lucas)

A group of eighteen photographers braved the snow to enjoy an excellent Christmas lunch on 15th December at the Two Brewers, Chigwell Row.



The weather plays an important part in our group activities, bad weather usually means we have to cancel outings, but the recent heavy snow inspired a number of members to get out and about to take some spectacular photographs.

Here is a small selection.



David Dooks



Yvonne Hall



Chris Embling: The Isle of Wight



Noel T



Geoff James



Kevin Lucas

Our outings will recommence on 26th January with a visit to the Photography Centre at the V&A Museum.

To join the Photography Group, no special expertise or equipment is normally required and members with no interest in photography are welcome to join us purely for the outings. We have visited some very interesting locations in London.

Bridge Club (*Marilyn Bloor*)

A wonderful end to an enjoyable year was our Christmas party held at our leaders' home, Christina and William.



They have both given us so much of their time, guiding us through the rules and how to play bridge in a way that has been easy to understand. We are very fortunate to be members of this very friendly Bridge Club. Long may we exist.

Jazz Appreciation (*Roy Thorogood*) *This is a joint Group hosted by Roding Valley to which Buckhurst Hill members are warmly invited.*

The aim of the group is to tell the history of jazz through the lives and music of the pioneers who created this American Art Form. We have moved on through Ragtime and New Orleans and now my presentation has reached the Birth of the Big Bands.

At our meeting on the shortest day of the year, 21st December, I started to tell the live story of that Jazz Giant, Edward Kennedy Ellington, one of the best known and enduring Big Bands of the 20th Century. His compositions are still played today. He was born to a middle-class family. He composed over 1000 melodies. He was a pianist, composer, and band leader whose career spanned over 50 years. Unlike many big bands many of his musicians stayed with the band, as they knew that the Ellington band would give them a good living, with a steady income. He began his compositions with a Ragtime piece called Soda Fountain Rag, as he had worked in a Soda Fountain Café. His big break came with the opening of The Cotton Club. The rest as they say is musical history.

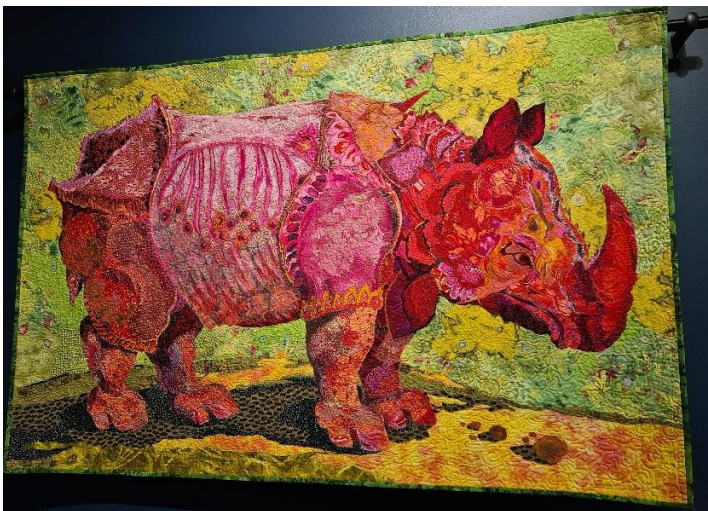
One of his most important arrangers was Billy Strayhorn. At our next meeting on Wednesday 18th January at 2.30pm, I will be playing a selection of The Duke's compositions. Then moving on to my Chapter called 'Along Came Swing'. We will also be continuing our life story and listening to the music of The Duke. I have vacancies for anyone who would like to join us and listen to some swinging music.

Creative Yarns (Yvonne Hall and Joan Brunt)

For our first Creative Yarn outing, we decided to go to the Fashion and Textile Museum to see Kaffe Fassett: The Power of Pattern. We met on Buckhurst Hill platform and changed at Stratford for the Jubilee line to London Bridge then a 10-minute walk. As we were early, we had a nice coffee.



We had a nice welcome pointing us in the right direction, where there was a short film explaining the exhibition. We explored Fassett's world with some of his own original artworks as well as works inspired by him from international quilters and makers.





These works are stunning. We then ended up in the gift shop and left to get lunch as there is no food or drink permitted in the Museum.

We all had a great time.

History Group (*Peter Spencer*)

The Lunar Society

Three hundred years ago, some clever, active and energetic men who became friends were the harbingers of the Industrial Revolution in the United Kingdom. In those dark days, social gatherings were determined by the light of the moon, so these men decided to hold long meetings in Birmingham on Mondays nearest the full moon. They were a group of self-made men: scientists, businessmen, inventors and radicals. They all helped to advance human knowledge and make the future as we know it.

The oldest principal lunar man was John Whitehurst, a clockmaker who was born in 1713 and the youngest, Samuel Galton, a Quaker whose network included merchants, bankers and manufacturers and he became a member of the Royal Society. He died in 1832. These romantic visionaries included Josiah Wedgwood, Erasmus Darwin, James Watt and Joseph Priestley who was a clergyman, an experimental chemist who discovered oxygen and a political radical, as was James Keir, a chemist and Thomas Day. Dr William Small was a professor of natural philosophy and mathematics who was noted for his care for the poor. William Withering was also an experimental chemist, Richard Edgeworth a natural educator.

This small group of friends was at the leading edge of every movement at the time in science, the new factory system, the arts and agriculture. They thought that science could give men almost unlimited powers by studying the formation of the Earth and the origin and evolution of life and promoting political reform. When they had passed, the roads had been improved and the canal system covered most of the country. The mines, including those in Cornwall, had new steam engines and the era of the steam train was about to begin.

Paint Pouring and Book Club (*Jacqueline Jacques*)

Because I had a nasty cold I had, reluctantly, to cancel the remaining December Paint Pouring Sessions. There was a reduced turnout in the early part of the month because of conflicting festive commitments but those who made it were able to produce some excellent chain pulled paintings.



I think we've cracked it!

Joan and Julie decided to print coasters from painted bubble wrap instead.



Both Book Club and Paint Pouring had lovely Christmas lunches at The Two Brewers, Chigwell Row in their cosy Event Room.

Mah Jong (Pauline Dunton)

We all enjoyed our festive December Mah Jong meeting. The rules of the game are beginning to make sense – it certainly gets those grey brain cells working.



Christina laid on a lovely Christmas afternoon tea, which we all contributed to. Delicious.

We are all looking forward to meeting up again in 2023 and will certainly be following the u3a motto of:

LEARN-LAUGH-LIVE

Recipe: Three Ingredient Cooking (Hilary Wrightman)

A recipe for a cold January day.

Cauliflower Soup

1 medium onion sliced thinly
3 tablespoons olive oil
1 large very fresh cauliflower broken into florets
5½ cups water (divided into 4½ cups and ½ cup)

1. Warm olive oil in heavy bottomed pan.
2. Sweat onions in olive oil over low heat for 15 minutes without browning.
3. Add cauliflower, ½ cup water, and a pinch of salt.
4. Raise heat slightly, cover pot tightly and stew for 15/18 minutes until tender.
5. Add 4½ cups hot water, bring to slow simmer and cook for further 20 minutes.
6. Purée until smooth and let stand for 20 minutes (it should thicken slightly).
7. Add ½ cup hot water and reheat.
8. Serve with a drizzle of extra virgin olive oil and ground pepper, if desired.

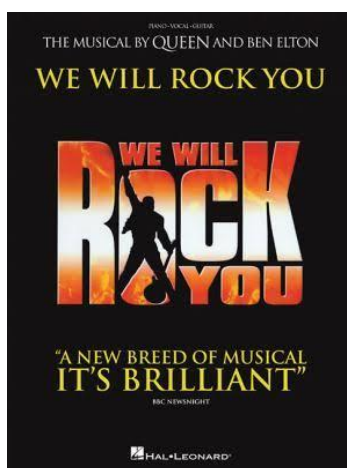
Enjoy.

FORTHCOMING EVENTS

Forthcoming Outings (*Hilary Wrightman*)

2023				
8 Feb	Forman's Smoked Salmon Curers			SOLD OUT
23 Feb	Oklahoma		7.30pm performance	SOLD OUT
29 Mar	Newmarket Stud	£55.00	Includes morning coffee and lunch	places available
26 Apr	Ain't Too Proud – <i>Story of The Temptations</i>		2.30 pm (matinée)	SOLD OUT
18 May	Tour of All England Lawn Tennis Club (Wimbledon)		11.15am (full details in February newsletter)	30 places available
21 Aug	We Will Rock You	£45.00	7.30 pm	15 seats available
28 Sep	Brick Lane Music Hall: Diva's Show with afternoon tea	£45.00		20 tickets reserved
30 Oct	Goldsmiths' Hall Visit, 12.30pm			20 places available
16 Nov	Ely Christmas Market			
In the pipeline – awaiting confirmation				
	DSI Croydon – behind the scenes tour		Behind the scenes tour (costume and shoe providers for "Strictly")	
	Angels Costumiers – behind the scenes		Behind the scenes tour (the largest privately owned collection of costume for film, theatre and television anywhere in the world)	

We Will Rock You – The Musical (*Hilary Wrightman*)



21 years since it all began, the world's favourite rock theatrical returns home. The worldwide smash hit *We Will Rock You* by Queen and Ben Elton returns to London for a 12-week run at the London Coliseum.

Featuring 24 of Queen's best loved hits, including *We Are the Champions*, *Bohemian Rhapsody*, and *Don't Stop Me Now*, this show promises to be a great night out.

I have 15 tickets for Monday 21st August in the stalls for the 7.30 pm performance. Don't delay or you'll miss this opportunity. The deadline for booking is Tuesday 31st January.

The booking form is enclosed with this newsletter.

Ladies Who Lunch (*Ann Denwood*)

Red Rose Lunch

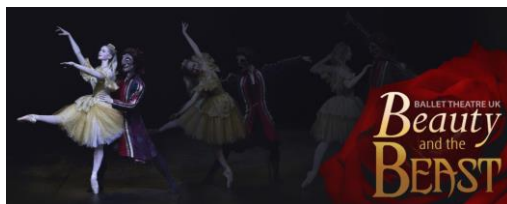


Ladies, I'm pleased to confirm that our next lunch will be on **Friday 10th February 2023**. This is a 3-course set menu lunch (choose on the day) and will be followed by our usual raffle which will have a Valentine's theme of Roses, Prosecco & Chocolates. What's not to Love! ❤️ I look forward to seeing you.

The booking form is enclosed with this newsletter.

Social Events (*Mary Nathan*)

Beauty and the Beast Ballet



Members who have booked and paid to go to the Kenneth More Theatre in February to see this ballet, please get your tickets from Mary at the monthly meeting on 12th January.

Coronation Party



On **Friday 5th May** we will be holding a Celebration Party for King Charles III Coronation. Only 70 tickets are available, so don't delay. The closing date is 20th April unless sold out before.

The booking form is enclosed with this newsletter.

Beatles Lunch and Party at the Prince Regent

I have 50 places on hold for this year's event on **Thursday 7th December**, so put the date in your diary.

IN MEMORIAM

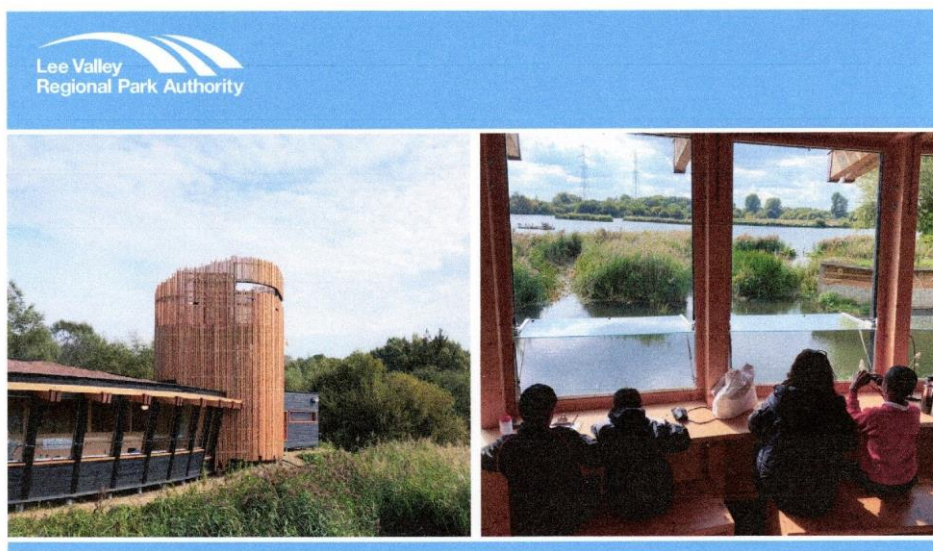
Condolences (*Mary Nathan*)

Sending condolences to Maureen Norgate whose husband passed away in December. We also send condolences to Peggy Fox whose husband, Ken, passed away on 5th January.

Our love and our thoughts are with you both.

COMMUNITY

Lee Valley Regional Park – Volunteers Sought



Love wildlife? Want to Volunteer? We need you!

Lee Valley Regional Park has opened a visitor centre and bird hide called the Wildlife Discovery Centre within River Lee Country Park in Essex.

This state of the art building, which is open to the public, provides useful information and stunning views of the local wildlife. The building has a Discovery Room, viewing tower with lift and the Bittern Hide. The centre is run with the help of a dedicated team of volunteers and is open every day from 10:00 to 16:00.

We are looking for volunteers who would like to help provide information to visitors so that they can make the most out of their visit.

Our volunteers work in pairs so you are never on your own, you will be given a uniform and training so that you know how the building works, local information and wildlife facts. This role is a great chance to meet new people and support us in encouraging visitors to learn more about the surrounding area as well as the 26 mile long park.

Interested in finding out more?

Contact us on
volunteers@leevalleypark.org.uk
or 03000 030 612

Bringing you
LV Lee Valley
For nature, sport and discovery

STANDING NOTICES

Tell Mary (*Mary Nathan*)

I report and send a card to members who are unwell, in hospital or to the family on the passing of a loved one. So please tell me if you want to share sad or happy news. We want to hear about it. Phone Mary on: 020 8506 2203. If I don't pick up, please leave your name and number and I'll call you back.

Congratulations and Best Wishes (*Mary Nathan*)

On a brighter note, we can send best wishes to members who wish their friends to rejoice on their special birthday or wedding anniversary.

'Phone me on the above number and tell me your name, date and age of your birthday, and names, date and number of years of your marriage. This will be put in the newsletter. If you don't want us to know, don't 'phone me!

Charity Collections

Greetings Cards (*Hilary Wrightman*)

I'm collecting greeting cards (including birthday and Christmas). They are being used by a local special needs group for making pennants and decorations.

They can be brought to our monthly meeting or dropped in to me at home.

Stamps (*Sylvia Medhurst*)

Reminder: **please leave a half-inch border around the stamps to help protect their perforated edges** – stamps without this border are unusable and should be discarded.

Membership Renewal (*Christine Slade*)

Please send hard copies only – scanned copies are not accepted.

For those paying by bank transfer – your Membership Card will not be issued until I have received your completed and signed Membership Form. If you need a hard copy of the Membership Form, please either email me at membership@buckhillu3a.org or telephone 020 8505 1005. This Membership Form is available on our website.

Please don't forget to include a Stamped Self-Addressed Envelope with your Membership Form, otherwise your Membership Card will be retained for collection at the monthly meeting.

The 2023–2024 Membership Form will be issued with the February newsletter. It has been revised, so please don't use the current version with a date change!

Members' Contact Details (*Christine Slade*)

Have you moved, or do you have a new email address or 'phone number? Please let me know your new contact details.

In particular, I need an up-to-date home address. This is particularly important because communications from the Third Age Trust such as "Third Age Matters" are sent by post and home addresses in particular need to be current, even though we ourselves contact members predominantly via email.

Newsletter (*Christine Slade*)

Articles should be sent to my account: newsletter@buckhillu3a.org or hard copy can be sent to: Miss C Slade, 18 Scotland Road, Buckhurst Hill, IG9 5NR. Our next newsletter will be issued on **Monday 6th February**. The closing date for inputs is **Thursday 2nd February**.

Forms (*Christine Slade*)

Please send hard copies only – scanned copies are not accepted. We will provide on request copies of all forms in hard copy, but we require members to submit all forms in hard copy.

GROUP INFORMATION

GROUP	MEETING DAY
Book Club	Monthly on 2 nd Monday 10.00 – 12.00 am
Bridge (Social)	Weekly, each Wednesday 10.00 am – 12.30 pm
Coffee Morning	Monthly on 3 rd Thursday 10.30 am – 12.00 noon
Craft	Monthly on 3 rd Friday 1.00 pm – 4.00 pm
Creative Yarns	Monthly, usually 2 nd Wednesday, 10.00 am
Cribbage	Monthly, on a Thursday evening, as arranged
Family History	Monthly on 2 nd Saturday 10.30 am – 12.30 pm
Forest Walks	1 st and 3 rd Mondays at 10.00 am
Gardening Group	Monthly on 3 rd Thursday
Grumpy Old Men's Club	As arranged
History	Monthly on 2 nd Tuesday 2.30 pm
Italian: Beginners & Intermediate (shared)	Alternate Wednesdays 2.00 pm – 4.00 pm
Jazz Appreciation (Roding Valley)	Monthly on 3 rd Wednesday 2.30 pm
Ladies Who Lunch	As arranged
Local Visits	As arranged
Lunch Club 1	Alternate months 2 nd Tuesday
Lunch Club 2	Alternate months 2 nd Monday
Mahjong	First Monday, monthly 2.00 pm
Outings	As arranged
Paint Pouring	Monthly: 1 st or 3 rd Tuesday or 1 st or 3 rd Wednesday, or 1 st Friday, 2.00 pm
Photography	Monthly usually 4 th Thursday
Play Reading	Monthly on 1 st Thursday 2.00 pm
Rummikub	Monthly on 2 nd Monday 2.30 pm
Science Group (Roding Valley)	Monthly 1 st Tuesday
Scrabble 1	Monthly on 2 nd Wednesday 2.00 pm
Scrabble 2	Last Friday of the month 2.00 pm
Sunday Club	Monthly on 4 th Sunday 2.30–4.30 pm
Tai Chi	1 st and 3 rd Wednesday each month 10.00 am
Ten Pin Bowling	Monthly on 1 st Tuesday (unless school holidays)
Theatre Outings (Local)	As arranged
Theatre Outings (West End)	As arranged

VISITORS

Visitors/potential new members will be allowed to attend the Monthly Meeting TWICE ONLY (free of charge).