

NEWSLETTER – 6 MARCH 2023

MEETING INFORMATION

Next Meeting:	09 March		
Venue:	Roding Valley Hall		
	Station Way		
	Buckhurst Hill		
	IG9 6LN		
	(car parking is available on-site)		
Times:	2.00 pm	Doors Open	
	09 March	Speaker: Andrew Baker	<i>The Christine Keeler Scandal</i>
Future Meetings:	13 April	Speaker: Howard Slater	<i>Andre Rieu – Dutch Violinist and his Johann Strauss Orchestra</i>
	11 May	Speaker: Brian Carline	<i>Days of Dolly Blue & Izal</i>
	08 June	Speaker: Paul Barwick	<i>The Spy Who Solved his own Murder</i>

BUCKHURST HILL u3a COMMITTEE

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Committee Member	Valerie Thame	020 8281 1333	valerithame@gmail.com
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Social Secretary	Mary Nathan	020 8506 2203	mary.faith.nathan@gmail.com

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Welcome from the Chair

Welcome to the March 2023 edition of the Buckhurst Hill u3a Newsletter.

January and February can be depressing months but as we move into March things begin to look more promising. Despite the unpredictable weather the first day of Spring will soon be here.



Blooming daffodils, warmer weather, or the sun's position in the sky – how do we actually define the beginning of spring?

There are, in fact, three main definitions of the season coming from meteorology, astronomy, and phenology.

Meteorological spring is usually defined as March, April & May as meteorologists tend to divide the seasons into three whole month periods based on average monthly temperatures – so good news, it is spring already!

Astronomically, there are two occasions in the year when the length of the day and night are equal – known as the Equinoxes. The dates of these occurrences can be calculated very accurately. Spring is deemed to start at the Vernal Equinox which occurs on 20th March – so a couple of weeks to go I am afraid!

Phenology relates to the annual patterns of plants and wildlife, so the appearance of daffodils and other “spring” bulbs could be an indication that Spring has arrived. Unfortunately plant life is somewhat unreliable when it comes to deciding if Spring has arrived ... a mild winter and we see bulbs poking their heads above ground in early February which can hardly be described as Spring, especially if another “Beast from the East” or something similar is forecast!

I will leave to you to decide which definition of Spring you think most appropriate.

Membership renewals are due by the end of March, and I must remind you that if you do not renew by that date, we will be unable to contact you thereafter due to data protection regulations. So, I encourage you to renew your membership as soon as possible, and if you are planning on paying by bank transfer, please follow the reference instructions noted on the forms.

The next monthly meeting is on Thursday 9th March and our speaker is Andrew Baker who will be talking about the Christine Keeler Scandal which I am sure everyone will remember, but I am certain hearing about it in detail will make for fascinating listening.

My thanks to those members who arrived early and helped set up the hall for our February meeting – it makes such a difference. If members are able to lend a hand this month, we would be grateful if you could arrive at Roding Valley Hall at 1.15pm on the 9th.

Regrettably I am unable to be at the March meeting as I will be recovering from another operation. I hope to be fit enough to join you at the April meeting but, in the meantime, I will leave you in the capable hands of Hilary and Mary.

BUCKHURST HILL u3a NEWS

Gardening Group (*Joan Brunt*)

The Gardening Group visited the Grange Farm Centre in Chigwell and enjoyed an informative guided tour of the Meadow followed by a visit to meet the Ace Activities Gardeners and volunteers in their allotment.

Robert, the Estates Manager, spent time with us to explain some of the history of the Centre and how it had developed into its current format. We walked around the Meadow exploring the planting scheme and Robert told us about the flora and fauna that thrived there.

The Spring Walk had a nice show of Spring bulbs including: snowdrops, daffodils and cyclamen. Robert explained that alliums would replace the daffodils when they bloomed in May. The Meadow is managed so that when the grass is cut back the wildflowers would grow and provide nectar for their bees.

Following our tour we met with Sally, the Ace Activities Co-ordinator, Ace Activities gardeners and the volunteers at the allotment behind the Centre. Sally explained that the Ace Activities gardeners worked on the allotments, gardens and around the Meadow. They were working hard to prepare the raised beds and borders for planting. As the drizzle started, we moved into the large poly tunnel where they were growing some tender plants.

We were invited back to the Centre building for refreshments including a lovely Victoria sponge and bread pudding made for us by the Ace Activities Cookery members. Everyone agreed that it was a very interesting visit, and we were invited back to see the Centre in Summer when there will be more plants to see.

Recipe: Two Ingredient Cooking (*Hilary Wrightman*)

Very Easy Dough

12oz (340g) of self-raising flour, or plain flour and 1 teaspoon bicarb.
8oz (240ml) Greek Yoghurt

1. Mix in bowl until mixture comes together. Cover in cling film.
2. Put bowl in fridge to cool and then the dough can be used to make bread, bagels, cinnamon rolls etc.

This can be left in the fridge for a week before baking.

Enjoy.

Craft Group (Fiona Lucas)

In February, another large number of crafters met to have a go at making a Zentangle inspired greetings card. 'Zentangle' is a small abstract work of art created by a collection of patterns. As its name suggests, it is meant to be a very calming, mindful activity. We used this idea to create patterns drawn onto pages from an old book. The figures, accompanied by an image which we cut out, were then pasted onto a greetings card. This turned out to be a very 'marmite' craft: some loved it but others didn't find it very 'Zen' or calming at all! Still, the cards we created all looked lovely in the end and, we reminded ourselves, it's always good to experience new things!



Next month, the Group will be meeting on Friday, 17th March when we shall be making a type of Accordion Book with a closure.

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.

Visit to H Forman and Son (*Chris Embling*)

Thank you, Hilary. Thanks for organising a really splendid visit to Formans, the sole surviving smoked salmon business in London. Originating in Hackney Wick, the smokery was opened in 1905 by the current owner's great grandfather, a Russian emigré.

Thirty-nine u3a members assembled for morning coffee and were greeted by Lance Forman who explained the origins of his business, and its ultimate establishment on Fish Island as a consequence of the development of the Olympic Park.

Having been rigged out in protective clothing, which included hairnets, shoe covers and, in my case, a beard mask, we made our way down onto the factory floor where we met up with Darren Matson.

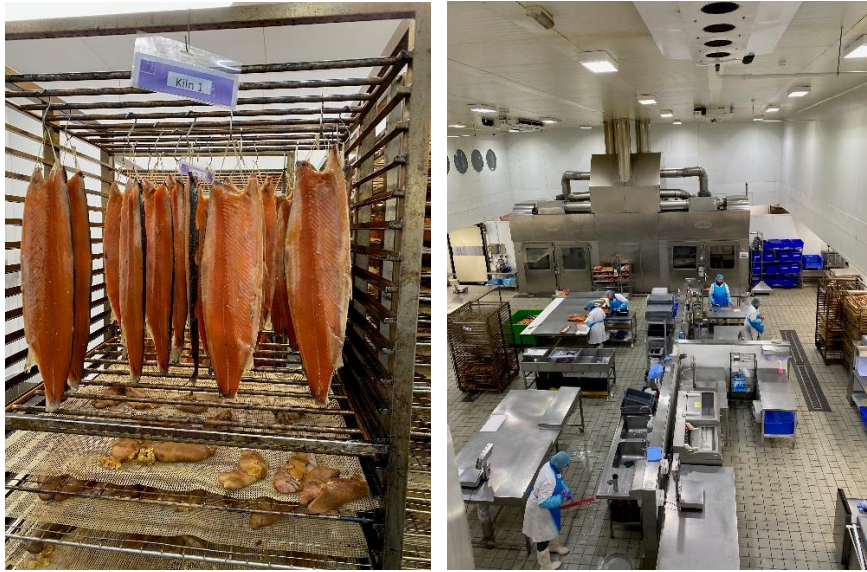


Darren holds the world speed record for the preparation of a side of smoked salmon, and to achieve this beat Gordon Ramsey into second place (apparently Gordon is a very nice man). In a very entertaining fashion Daren proceeded to demonstrate how a fresh salmon is prepared for dry curing, smoking, and finally trimmed, pin-boned and sliced for consumption.



I think we were all aghast at the speed of Daren's pin-boning! When it comes to the actual smoking of the fish, no longer do Forman burn oak chippings but use a machine which grinds down a piece of solid oak, similar to a fence post, which in turn creates smoke.

On leaving the demonstration, we were all invited to try a sample of the prepared fish, and were able to contrast the quality of this fine product against the supermarket stuff that we normally consume.



A quick circuit of the factory took us back up to the restaurant where we struggled to disrobe out of the protective gear. Then the great majority of the group stayed on for a lovely 3 course meal. And two guesses what we had for lunch!! It was great.

A great outing, and once again our thanks to the organiser.

[Spectacles for Ukraine \(Hilary Wrightman\)](#)

Dear Members

We are starting to collect any unwanted spectacles that will be sent out to the Ukraine via Aid-UK.

If you have any that you would like to get rid of, (whatever their condition) please bring them to the monthly meetings, give them to a Committee Member or drop them into me at home.

With many thanks, Hilary.

Ladies Who Lunch (Ann Denwood)



Our Red Rose Lunch at Lingvine's Italian Restaurant to celebrate Valentine's was indeed Bellissimo! Twenty-six ladies attended and enjoyed an excellent three course lunch and good service. In keeping with Valentine's, the tables were dressed with fresh red roses, red heart confetti, tea lights and chocolates. What's not to love ❤️ with a bottle of Prosecco as the main raffle prize. A selection of photos from the afternoon are printed below.



Our next get together will be on 14th June to celebrate this special Coronation Year with a Glitz & Glamour 'Royal' lunch at Mulberry House. Details will appear in the April newsletter. In the meantime, until we meet again, take care, and enjoy the Spring.

Photography Group (Kevin Lucas)

With our reliance on the weather for the majority of our outings we opted for a local forest walk for February, to be followed by coffee and cake. If it rained, we would just do coffee and cake! However, despite a gloomy weather forecast rain did not materialise, so we set off into Lords Bushes under a very grey sky.



Unfortunately, we did not get off to a great start!

It was surprising how many interesting things we found to photograph and here is a small selection.



Noel T



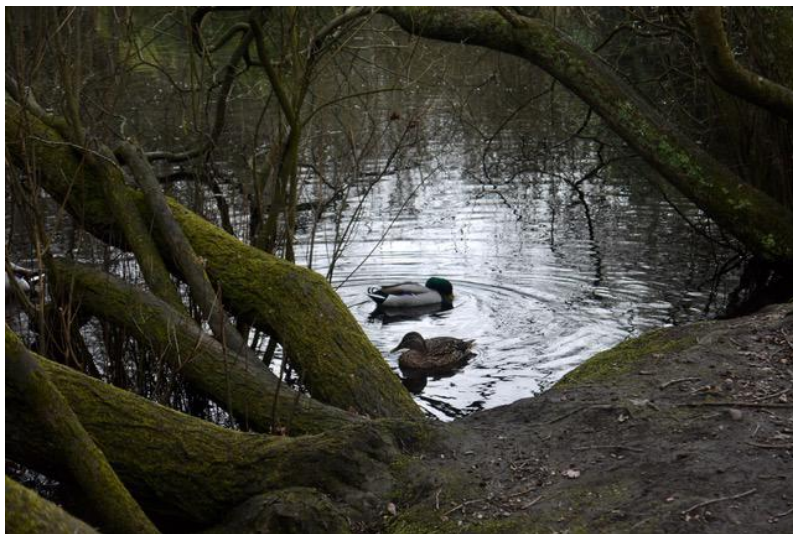
Cathy Lee



Pauline Leadley



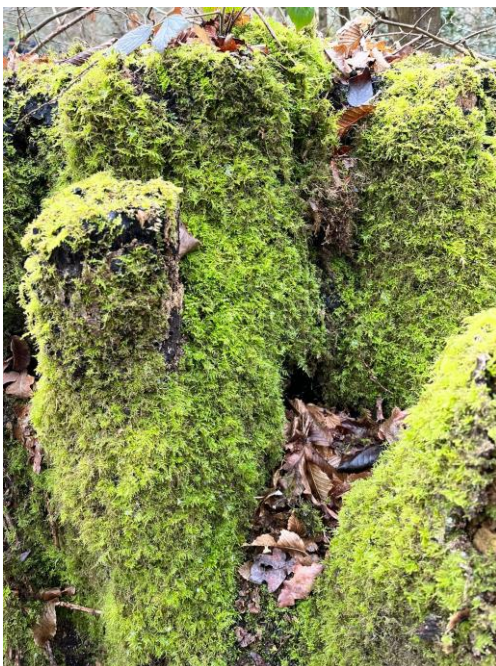
Janet Gray



Anne Harriman



Jackie Cox



Vivienne Danzey



We found a friend and eventually some blue skies.
Kevin Lucas



The group enjoying coffee and cake after the walk.

Our next outing was scheduled for 23rd March but unfortunately, I have had to postpone this and revert to setting a Photography Challenge which is open to all members of Buckhurst Hill u3a.

The subject of the challenge for March is "Food" and the closing date for submissions is Friday 31st March. Submissions should be emailed to me and a selection will be published in the April Newsletter.

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.

Please contact me for further information.

Family History Group (*Sue Meredith*)

I am happy to report that the family history group members have been very busy and continue to uncover more and more fascinating stories about their ancestors.

Every day more and more information is uploaded onto the Internet, allowing us to research further and further than we ever have been able to before.

Most of the group have now submitted DNA samples and are actively using the results in their research to uncover new cousins, many on the other side of the world.

This month the group is sharing with you two stories from Ruth and John.

(1) **Ruth Read tells the story about her newfound American Cousin**

Thanks to Sue and her encouragement I sent off my DNA sample to Ancestry.

The results showing where my families were from was more or less as I expected. However, the "matches" to my DNA were quite surprising.

I discovered that one match was a fairly close relative and I had no idea that she existed, despite a great deal of research over the years.

We exchanged email addresses and during the conversations I discovered that she lived in Maryland USA. It turned out that her home was about 30 minutes' drive from my sister.

Last May, on a visit to my sister, we finally met up and I heard the story of her father, who had been born in London, and why we knew nothing about him.

It was a wonderful afternoon, and we hope to get together again if I am able to return next year.

We still email and exchange family news regularly.



Cousin Frances with her daughter Anna



Frances, my sister Lorna, Anna, Me (Ruth Read)

(2) John Cooper tells this story – Sister a Star, Brother a Victim

One day I was looking at our “Family Photos” WhatsApp Group and one of my cousins had shared my Grandma’s photo album. Many photos were labelled but some were not, but 2 stuck out – photos of a very glamorous Lady! None of my 5 cousins, nor my sister, had a clue who she could be, but I did remember whilst a child, the frequently mentioned name of ‘Jill Manners’, but none of us knew who she was and how she fitted in to the family. Perhaps this was her? I decided to try and find out.

A search of the Web showed lots of ‘Jill Manners’ memorabilia, music sheets, signed autographs on sale on eBay – one of which actually matched one of our photos(!), a ‘Pathé News’ video clip, mention of her headlining on the 1945 Royal Variety performance, and even for sale on Amazon an MP3 of her singing, but frustratingly, no clues as to how she was connected to our family.

I decided to search the British Newspaper Archive. There were hundreds of adverts for shows she was in (mostly as Panto Principal boy), and articles about her adopting a fox cub, being marooned on a train journey, being in a car accident, and even a 2–page spread in an early Radio Mag. I did however find out that she had been married to a Harry Mills, one time band musician and then a theatrical producer, but still no clues to how she was related to us – very annoying!

As she didn’t crop up in the normal Family History sources, I decided ‘Jill Manners’ was definitely her stage name, so searched the web for Jill in all sorts of ways. It was only when I typed the exact sequence “**Jill Manners, (born)**”, that a result popped up, on a dance band discussion site, talking about a song “Between the Devil and the Deep Blue Sea” with a ‘fan’ commenting;



Music written by Jack Payne's clarinetist Harry Mills (my fiancé's great grandfather). He later married Jill Manners (born Lilian Gleim), the singer/actress.

The Breakthrough!! At last!!

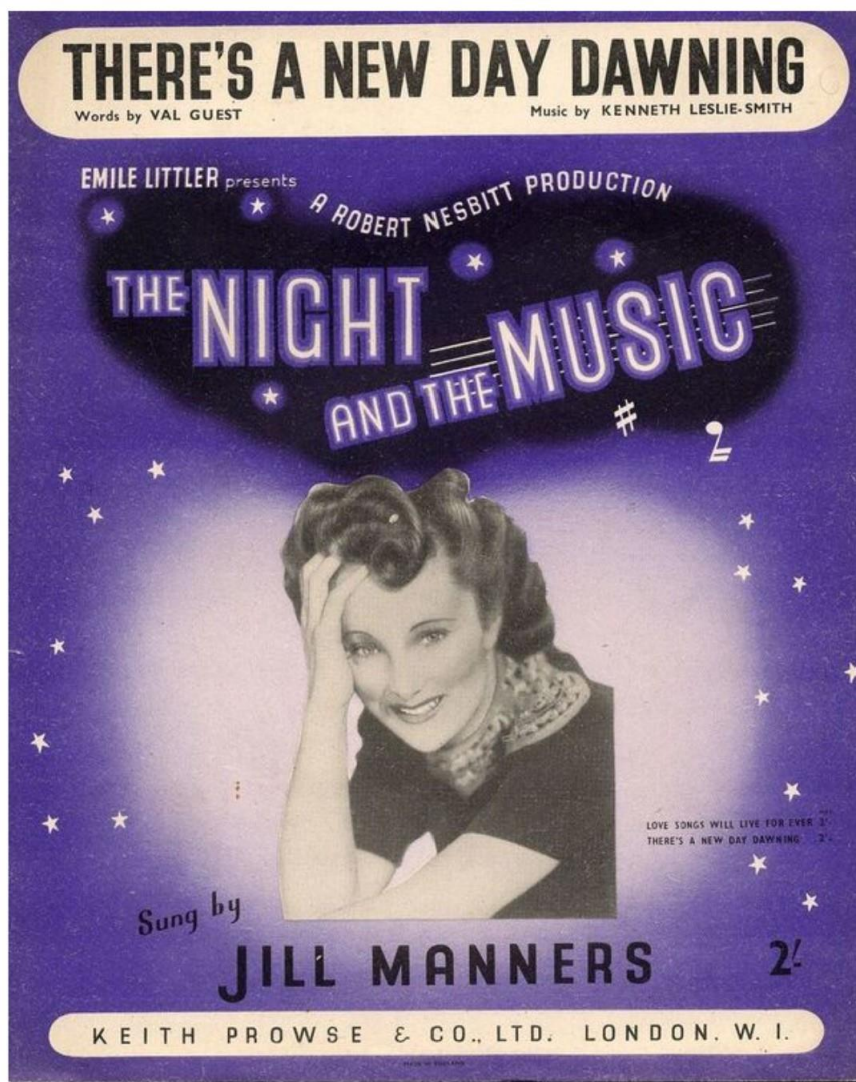
My Grandma had 11 siblings. Looking at my family tree I saw her sister Rosie had married a Henry Gleim in 1903 and had a son Valentine, and after further research, I also found their daughter ‘Lilian Mary Gleim’, the mysterious Jill Manners.

While filling in the gaps, I found the same ‘dance band fan’ (as above) with a tree on My Heritage. He promptly replied to a message to him and with lots of family information – including the fact that Jill Manners was the Great Step Aunt of his fiancé, and (I quote from his message) – “Auntie Jill continued to be theatrical, even when in the supermarket” and “Jill lived until 2000”.

1945 LONDON, Coliseum

Held in the presence of HIS MAJESTY KING GEORGE VI & HER MAJESTY QUEEN ELIZABETH

Included: Roy Mitchell, Jill Manners, The Nine Avalons, Jules Adrian, Grace Spero, Beryl Kaye, Vic Oliver, Maurice Colleano, George Doonan, Will Hay, Douglas Wakefield, Chuck O'Neil, Billy Nicholls, Peter Byrne, Michael Hunt, Billy Nelson, Roy Jeffries, Delya, Sid Field, Jerry Desmonde, Stella Moya, Denise Clifford, Wilson, Keppel & Betty, Webster Booth & Anne Ziegler, Tommy Trinder, Chappie D'Amato, Van Phillips, Reginald Burston.



Odd friendship

JILL MANNERS, who will appear in "Brooklyn Vanities" at the Plaza, West Bromwich, next week, has succeeded in bringing about an odd and interesting animal friendship.

The story begins three years ago, when, at a hunt in Hertfordshire, the fox was run to earth and killed outside its lair. The cubs were found



JILL MANNERS

inside, and **Jill** decided to take one of them to her home in Finchley and try to rear it.

THE cub, which she christened "Ricky," was given a kennel in the garden, and is now a fully-grown fox. He has never shown the slightest desire to escape, and is on the best of terms with **Jill's** peke and her two cats.

Most unusual of all, Ricky, whose forebears must have plundered the hen-runs of many a harassed farmer, eats out of the same dish as a brood of young chicks!

Jill Manners

After a number of emails, he asked "Did you know her brother Valentine was murdered by the 'Stockwell Strangler'?"

Well, I didn't, and what a horrific bit of research that led to! A serial killer who in 1986 killed between 7 and 11 senior citizens, including 84-year-old British ex-army officer Valentine Gleim, in a horrific way. The details are too disturbing for me to type up here, but can easily be found on the web, along with photos and videos etc.

I've look at my DNA and I've seen a match to a grandson of Valentine living in Canada, but I'm not sure I should contact him, in case he is unaware of the horrible end to his grandfather's life.

It is strange to think that because my mother had so many cousins, she may well not have known the full story of Jill Manners and what happened to her brother Valentine.

*

I hope you have enjoyed reading about Ruth and John's discoveries. Family History can be so fascinating and also very addictive, as my group members will testify – once you start you can't stop!

Although the Family History Group is full at the moment, if any BHU3a member is interested in either starting their family tree or is already researching, but perhaps has met the infamous 'brick wall' and would like some advice, help and support, please contact me.

[Ten Pin Bowling \(Mary Nathan\)](#)

Ten Pin Bowling in February was very enjoyable, and the top scorers were: Edna Rogers 118, Christine Chiswell 177 and Jean Pearson 103.

Very well done.

[Collection for Turkey and Syria \(Mary Nathan\)](#)

The collection at the February monthly meeting raised £140.00. Thank you for that.

[Book Club \(Mary Nathan\)](#)

March will be the last month for book sales. For what we sell, and the work that goes into doing it, it's just not worth it.

Our thanks to Rose Eckhard for her input.

[Local Visits Group \(Sue Bird\)](#)

Local Visits will start soon. For the members who have joined recently, we are a group who visit somewhere close to Buckhurst Hill for 1-2 hours. We only run this group in the warmer months as many visits are outside. We rely on members giving lifts to others which helps those members who don't drive – and this helps the environment and gives the opportunity to chat! If new members are interested, please contact me.

Paint Pouring (*Jacqueline Jacques*)

This month we tried combining two techniques – swiping with a palette knife and either rolling a marble over the paint or taking a comb through it before tilting the canvas one way or another to create an effect we were pleased with. Here are our results:



FORTHCOMING EVENTS

Date	Event	Cost	Comments	Availability	Organiser
29 Mar	National Stud at Newmarket	£55.00	Includes morning coffee and lunch	SOLD OUT	Hilary Wrightman
1 Apr	Stage Musicals Concert at St Mary's, Loughton	£9.00			Mary Nathan
27 Apr	Ain't Too Proud	£37.50		SOLD OUT	Hilary Wrightman
18 May	Tour of All England Lawn Tennis Club (Wimbledon)	£35.00	11.15am	20	Hilary Wrightman
14 Jun	"Glitz & Glamour" Royal Lunch	TBC			Ann Denwood
8 July	New Redbridge Wind Orchestra at Copped Hall	£12.00			Mary Nathan
22 Aug	We Will Rock You	£45.00		SOLD OUT	Hilary Wrightman
24 Sep	Opera Delights at Copped Hall (upstairs room)	£24.00	4.00–pm – 7.00pm		Mary Nathan
28 Sep	Brick Lane Music Hall: Diva's Show with afternoon tea	£45.00		30	Hilary Wrightman
19 Oct	Meal at The Clink Restaurant HMP Brixton	£50.00	12.30pm	15	Hilary Wrightman
16 Nov	Ely Christmas Market	TBC		50	Hilary Wrightman
18 Nov	Entertainment Evening	£17.50		70	Hilary Wrightman
7 Dec	The Beatles Christmas Show and Lunch Party	£45.00		50	Mary Nathan
7 Dec	Kew Gardens Christmas Light Show	£40.00		28/21	Hilary Wrightman
In the pipeline – awaiting confirmation					
	DSI Croydon – behind the scenes tour		Behind the scenes tour (costume and shoe providers for "Strictly")		Hilary Wrightman
	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)		Hilary Wrightman

These are dates for diaries. Some booking forms have already been issued, while others will accompany the newsletter in the coming months.

(1) Social Events (*Mary Nathan*)

The Roding Players Orchestra Concert: "Stage Musicals"



The Roding Players Orchestra are delighted to be able to hold their Spring Concert at St Mary's Church, High Road, Loughton. There are still a few tickets available.

Doors open at 6.30pm, and the concert starts at 7.00pm, ending at 9.30pm approx. Tickets are £9.00 (including refreshments during the interval).

The closing date for tickets is Monday 20th March.

(2) Visit: The Museum at Wimbledon (*Hilary Wrightman*)

Experience the history and traditions of The Championships at Wimbledon Lawn Tennis Museum. Get up close to the famous trophies, feel the fabrics of tennis fashions from the Victorian period, test your skills on the Batak wall and learn about how The Championships has developed since 1877.

With clothing and equipment donated by tennis' top stars, you're certain to see something from your favourite player.

Enjoy the new permanent, interactive gallery exploring the Open Era. Sit on the bench used by Roger Federer in the Gentlemen's Dressing Room, flick through the pages of Arthur Ashes' diary, and witness the power of Martina Navratilova. Discover the focus it takes to face your biggest rival on the most historic tennis stage, Centre Court.

We will venture on a behind-the-scenes tour and see some of the iconic areas of the courts and enjoy a guided tour to make the most of our visit.

We have 20 places only on this behind-the-scenes tour, starting at 11.15am on Thursday 18th May, which will also include a sandwich, cake and coffee/tea, in the Wingfield Cafe

The cost is £35.00 per person, and you need to make your own way there (allow up to 2 hours for the journey and wear comfy shoes!).

The booking form is enclosed with this newsletter.

(3) Concert at Copped Hall – New Redbridge Wind Orchestra (*Mary Nathan*)



Music for a Summer's Day: The New Redbridge Wind Orchestra's concert on Saturday 8th July will be held in the garden from 2.00–4.00pm. Bring your own picnic and chairs.

The booking form accompanies this newsletter.

(4) Concert at Copped Hall – Felici Opera (*Mary Nathan*)

Join Felici Opera on Sunday 24th September for an afternoon of Opera favourites. This experienced company has over 40 singers and instrumentalists, although there will be a smaller number for this performance.

This concert begins at 4.00pm, finishing around 7.00pm. This will include a glass of bubbly or non-alcoholic drink. A light Bar will also be available.

The concert will be held in the Mansion – 1st Floor Saloon or Hall. Access currently is only via a staircase. Unsuitable for wheelchair users as there is no lift.

The booking form accompanies this newsletter.

IN MEMORIAM

I'm sorry to tell you that Maureen Thomson died on 17th February. We send our love to her daughter, Emma. Our thoughts are with you and your family.

COMMUNITY

Staying Safe Online (Roding Valley u3a)

Roding Valley u3a has kindly opened up this seminar to members of Buckhurst Hill u3a. Should you wish to attend, please contact Dennis Stone, as below.

Roding Valley u3a

Staying Safe Online 2023

Wednesday 5 April at 2.00pm

Theydon Bois Village Hall

Cybercrime fraud is now our most commonly reported crime, and it continues to grow apace. Most of the perpetrators are outside UK Police jurisdiction, so our main means of protection is education on how to spot a scam, what to do if you suspect a scam, and how to avoid being a target in future.

This seminar, delivered by Gavin Saunders of Essex Police Cyber Protection and Barry Linton from Thorpe Bay u3a, was first held in 2017 and has continued to be given to u3a audiences all over the county and via Zoom around the country. It is uniquely aimed at the risks to the older generation and is given in a non-technical manner.

We will cover such topics as:

- Dangers of free Wi-Fi
- Scam emails, texts, phone calls, WhatsApp
- Bogus calling number appearing on your 'phone
- Impersonation Frauds
- Internet on-line Payments
- Romance Frauds
- Contactless Bank Card Frauds
- Passwords
- Dangers of social media

Since 2020 Barry has been an official volunteer with the Essex Police Cyber Protect team.

The seminar takes about 90 minutes, includes some video clips after which there will be ample time for an audience Q&A Session ending no later than 4.45pm.

There will be a short comfort break at 3.00pm.

Some members may have been at the 2018 session, but since then many new threats have emerged. We would encourage all newer members to attend.

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.

Milk Bottle Tops (Valerie Thame)

We no longer collect Milk Bottle Tops. Please dispose of them with your usual recycling method.

All Forms – Membership and Booking 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.

Each booking form has its own specific reference for paying-in purposes. Please use it!

Membership Renewal (*Christine Slade*)

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.

Both the 2022–2023 Membership Form (valid till 31 March) and the new 2023–2024 Membership Forms are available on our website. The **2023–2024 Membership Form** has been revised, so please don't use the 2022–2023 version with a date change!

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.

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.

I need an up-to-date home address. This is 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 early, in advance of Easter weekend, on **Maundy Thursday, 6th April**. The closing date for inputs is **Monday 3rd April**.

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
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).