

## NEWSLETTER – 4 MAY 2023

### MEETING INFORMATION

<b>Next Meeting:</b>	<b>11 May 2023</b>		
<b>Venue:</b>	<b>Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)</b>		
<b>Times:</b>	<b>2.00 pm</b>	<b>Doors Open</b>	
	<b>11 May</b>	<b>Speaker: Brian Carline</b>	<i>Days of Dolly Blue &amp; Izal</i>
<b>Future Meetings:</b>	<b>08 June</b>	<b>Speaker: Paul Barwick</b>	<i>The Spy Who Solved his own Murder</i>
	<b>13 July</b>	<b>Speaker: Charlie Haylock</b>	<i>The History of Surnames</i>
	<b>10 August</b>	<b>Speaker: Sue Ellis</b>	<i>London's Air Ambulance</i>

### BUCKHURST HILL u3a COMMITTEE

Chair	Kevin Lucas	020 8506 0206 / 07799 883100	<a href="mailto:chair@buckhillu3a.org">chair@buckhillu3a.org</a>
Vice Chair	Mary Nathan	020 8506 2203	<a href="mailto:v.chair@buckhillu3a.org">v.chair@buckhillu3a.org</a>
Vice Chair	Hilary Wrightman	07836 671582	<a href="mailto:v.chair@buckhillu3a.org">v.chair@buckhillu3a.org</a>
Treasurer	Sue Bird	020 3894 3694	<a href="mailto:treasurer@buckhillu3a.org">treasurer@buckhillu3a.org</a>
Business Secretary	Chris Embling	020 8505 6947	<a href="mailto:bussec@buckhillu3a.org">bussec@buckhillu3a.org</a>
Accessibility Officer	Hilary Wrightman	07836 671582	<a href="mailto:access@buckhillu3a.org">access@buckhillu3a.org</a>
Speaker Secretary	Ann Denwood	020 8551 0313	<a href="mailto:speakers@buckhillu3a.org">speakers@buckhillu3a.org</a>
Committee Member	Christine Slade	020 8505 1005	<a href="mailto:sladec1005@gmail.com">sladec1005@gmail.com</a>
Committee Member	Valerie Thame	020 8281 1333	<a href="mailto:valerithame@gmail.com">valerithame@gmail.com</a>
Honorary President	Anthony Young	07743 097973	<a href="mailto:community@buckhillu3a.org">community@buckhillu3a.org</a>

### OTHER CONTACTS

Group Co-ordinator	Fiona Lucas	020 8506 0206 / 07540 948222	<a href="mailto:groups@buckhillu3a.org">groups@buckhillu3a.org</a>
Hall Hire Secretary	Christine Slade	020 8505 1005	<a href="mailto:hallhire@buckhillu3a.org">hallhire@buckhillu3a.org</a>
Membership Secretary	Christine Slade	020 8505 1005	<a href="mailto:membership@buckhillu3a.org">membership@buckhillu3a.org</a>
Minutes Secretary	Cathy Tredgett	020 8506 0762 / 07961 614566	<a href="mailto:bussec@buckhillu3a.org">bussec@buckhillu3a.org</a>
Newsletter Editor	Christine Slade	020 8505 1005	<a href="mailto:newsletter@buckhillu3a.org">newsletter@buckhillu3a.org</a>
Outings Organiser	Hilary Wrightman	07836 671582	<a href="mailto:outings@buckhillu3a.org">outings@buckhillu3a.org</a>
Social Secretary	Mary Nathan	020 8506 2203	<a href="mailto:mary.faith.nathan@gmail.com">mary.faith.nathan@gmail.com</a>

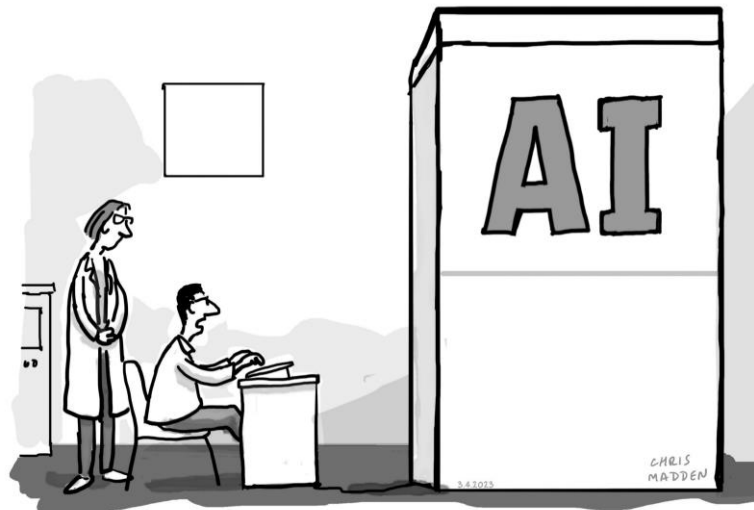
#### Contents

Newsletter	Page 1
Forthcoming Events	Page 11
Community	Page 17
Standing Notices	Page 19
Group Information	Page 20

## Welcome from the Chair

Welcome to the May 2023 edition of the Buckhurst Hill u3a Newsletter which we are again publishing earlier than usual, this time due to the various bank holidays in early May.

There have been a number of articles in the press in recent weeks regarding Artificial Intelligence (AI). Many of the stories relate to the adverse impact this technology has, whether it is generating false interviews, writing essays for students, or creating false images. With this in mind, I was amused to see this cartoon – as we all know, if you have an IT issue, restarting your computer often solves the problem – maybe for not much longer!



"We've got a problem. I've turned it on  
but I can't turn it off again."

In the November 2022 issue of "Third Age Matters" there was an article, which I am sure most of you will have seen, written by Barrie Gunther, who is a Committee Member for Epping Forest u3a.

His article was entitled "Volunteers must step up for u3a to survive" and concerns the difficulties in finding people willing to help run their charity (and we are a charity) and its activities. He also stated:

*In its "Our Vision" statement, the Third Age Trust has confirmed that members should play an active part in running the u3a movement. Yet ... many regard their local u3a simply as a provider of a range of established activity services which they have paid to join.*

Barrie reiterated the u3a ethos that it is "run by the members for the members". He also states that volunteering is central to achieving these aims, but in his experience finding volunteers is difficult as only 10% on average, of people who join their local u3a are willing to help.

In our experience at Buckhurst Hill, even this 10% figure is a bit optimistic. In our u3a there are currently only 22 people, out of a total membership (at 31<sup>st</sup> March) of 274, who run the Committee, Interest Groups, and social activities. Of this 22 there are 8 people who run 2 or more Interest Groups and 7 people who also have Committee responsibilities.

I am raising this issue because there is a school of thought beginning to emerge at u3a Head Office that Group Leaders should only run their group for 3 years. Many of our Group leaders have run their groups for a number of years, some since we were founded in 2015.

If the idea of a three-year term were to be adopted tomorrow in our u3a, we'd be left only with 8 Interest Groups and nobody to organise Outings, either local or further afield.

Several of these Group Leaders would like to relinquish their role but feel trapped as there is nobody willing to take over and so would face the prospect of their group folding. All of these are popular groups so their folding would leave a gaping hole in the activities Buckhurst Hill u3a could offer.

So, this is an urgent plea for more volunteers to come forward and offer to help run things, either by serving on the Committee or running or helping to run an Interest Group,

I would be glad to hear from you if you are interested in serving on the Committee and Fiona, our Group Coordinator, would be thrilled to know if you have an idea for an Interest Group.

\*

The next monthly meeting is on Thursday 11<sup>th</sup> May and our speaker is Brian Carline who will be giving a talk entitled; "Days of Dolly Blue and Izal" which is an amusing nostalgic look at growing up in the 40s and 50s.

My thanks to those members who arrive early and help set up the hall for our meetings, it makes such a difference. If you 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 11<sup>th</sup>.

I hope you all enjoy the Coronation celebrations, not least our own Coronation lunch on 5<sup>th</sup> May. Unfortunately, I will not be at the May monthly meeting but will leave you in the very capable hands of Hilary and Mary.

\*\*\*

## BUCKHURST HILL u3a NEWS

### Visit to The Royal Parks Nursery in Hyde Park (*Hilary Wrightman*)

Some of us were privileged to have the opportunity to visit the Royal Parks Nursery in Hyde Park.

Situated in the middle of Hyde Park, you would never know of its existence, and it is hidden from view inside locked gates.

The Nursery manager was our amazing guide who took us through all of the enormous greenhouses and explained in great detail how they manage the growth and plan the planting of three quarters of a million plants annually for the Royal Parks.

No chemicals are used at all, and all pesticides are natural. Everything possible is reused or recycled and, as the site is built on an excavated gravel pit, pumps are sunk up to 80 metres down to provide water when necessary.

It was a truly memorable visit, which was rounded off by each of us being given a standard red geranium grown specifically for outside Buckingham Palace and not available anywhere else. The colour matches the guardsmen's tunics and are planted in June ready for the Trooping of the Colour.

They are not allowed to take cuttings of these as they are grown under a special license and have to be composted at the end of every season.

We finished with a light lunch on site and managed to dodge the rain on the way home.

A wonderful and enjoyable morning.

\*\*\*

### Craft Group (*Fiona Lucas*)

In April, the Group met to make a useful little Clam Shell Pouch. These pretty pouches when closed look a bit like a Brazil Nut but when the ends are pushed, they spring open. They are excellent for storing rings and earrings or even coins when travelling. All the pouches looked very different depending on the materials chosen for the outside and the inside. But they all looked very pretty. Here is Christine demonstrating her Clam shell.



Next month, the Group will be meeting on Friday, 19<sup>th</sup> May when we shall be revisiting a Craft which we last tackled three years ago, making Iris Greetings Cards.

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



## Recipe: Three Ingredient Cooking (Hilary Wrightman)

### Pain au Chocolat Pudding

6 Pain au chocolat  
400 ml double cream  
4 eggs

1. Grease rectangular dish with butter or oil.
2. Cut each pain au chocolat into 4 and press chocolate side up tightly into dish. Cover base of dish completely.
3. Heat cream gently until it starts to bubble.
4. Whisk eggs with a fork and combine with hot cream, add eggs and whisk vigorously to combine.
5. Immediately pour over the pains and leave for 40 mins until the liquid is completely absorbed.

Preheat oven to 200°C/180°C fan and bake for 35 mins until golden and bubbly.

Serve hot and sprinkle lemon zest over top to finish.

This is also great with Auntie Sarah's Mars bar sauce:

Heat 3 chopped Mars bars with 120 ml water and ½ teaspoon instant coffee, whisk until melted and then pour.

*Of course, both of the recipes are totally fat free!!!*

Enjoy.

## Creative Yarns (Yvonne Hall & Joan Brunt)

### Crochet



We have been looking at designs by Jane Crow from a *crochet along* that is running all this year. Each month there's a new pattern.

Some group members are just working on the first pattern, and some have moved on to the next, while others are waiting to start the next new pattern. The colours are looking lovely. At the end we are going to make them up. Depending on how many we get, will depend on what they will be.

All have had a go at using different colours using the same pattern and overcoming unusual patterns. Well done, ladies.

### Photography Group (Kevin Lucas)

For our April outing a small group of keen photographers visited the Gibberd Garden in Harlow.

Sir Frederick Ernest Gibberd RA was an English architect, town planner and landscape designer. He is particularly known for his work in Harlow, the London Central Mosque in Regents Park, the Liverpool Metropolitan Cathedral and Dicot Power Station.



*Sir Frederick Gibberd*

Following his work in designing Harlow New Town, he spent the rest of his life living locally where today the garden of his home at Marsh Lane on the outskirts of the town is a mixture of formal and informal design. It contains architectural elements salvaged from his reconstruction of Coutts Bank in London and an eclectic collection of sculptures.

Although the weather was rather overcast there was plenty of opportunity to take some interesting photographs. Here is small selection of our efforts.

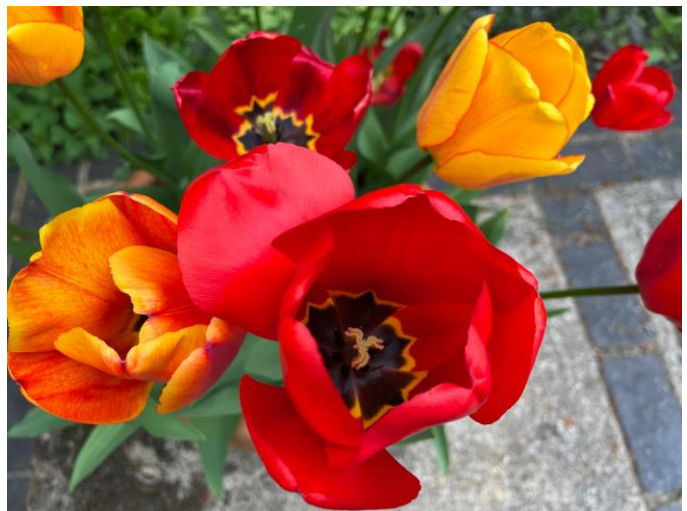


*Cathy Lee (the pillars are from Coutts Bank)*

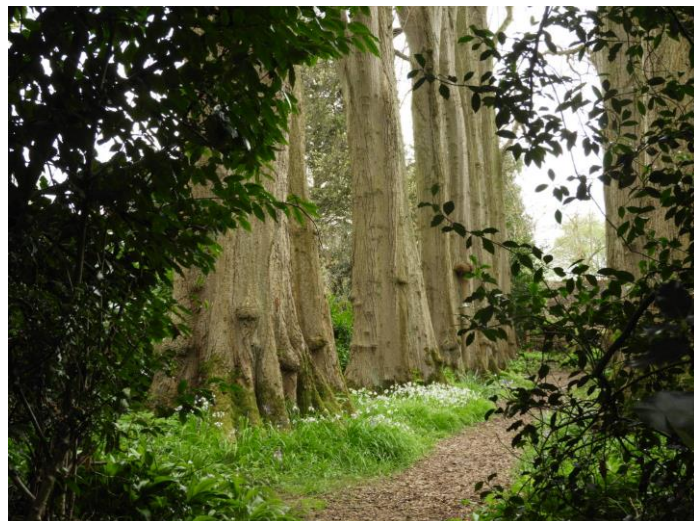




*Chris Embling*



*Janet Gray*







*Yvonne Hall*



*Kevin Lucas*

Our next outing is planned for Thursday 25<sup>th</sup> May and will be a Riverside Pub Walk. Starting at Rotherhithe and ending at St Katherine's Dock via a number of famous East End pubs – some of which we may be tempted to visit!

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.



### Paint Pouring (*Jacqueline Jacques*)

April saw some of us making tree paintings by 'drawing' on a swiped background with various widths of cut playing card while others pulled dry chains through swiped backgrounds to create more flowery designs. Some striking images emerged.



\*\*\*



### Grumpy Old Men's Club (Kevin Lucas)

Our April outing was a pub lunch at the Two Brewers, Chigwell Row. A group of twelve Grumpies enjoyed an excellent lunch and the opportunity to be grumpy!

The Two Brewers is a favourite haunt as it has the benefit of a private dining room which is ideal for a crowd of Grumpy Old Men!!



Ideas for future Grumpies' outings include a local brewery and the Postal Museum. Details of the next outing will be circulated to Group members in due course.

### Gardening Group (Joan Brunt)

Several members of the Gardening Group visited Hylands Park in Chelmsford on Thursday, 20th April. We started at the Stables which houses several artisan designers and creators of different arts and crafts. There we found an interesting 3D printing artisans' workshop and marvelled at the figures that had been created using a substrate of cornflour. The colours were vibrant, and the shapes were instantly recognisable as various little creatures from dinosaurs to frogs were on display.

Following a quick visit to the Stables shop to buy some of the cornflour items, the Group set off to visit the Pleasure Gardens. Walking around the Gardens we spotted various Spring plants just wakening up after their long Winter sleep while others were still protected from early frosts.

The Group were intrigued by one particular shrub and its unusual Spring growth and speculated about its name.



Following our tour around the Pleasure Gardens, we wandered around the One World Garden which commemorated the centenary of Scouting and was opened in July 2007 by Prince William and the Duke of York. It was interesting to see the rill which snaked around the garden and the choice of planting including a well-established Wisteria. On leaving the One World Garden we walked around the back of Hylands House before returning to the Stables for lunch from the Deli in the sunny courtyard. There was the chance to do a bit more shopping, too.



## FORTHCOMING EVENTS

Date	Event	Cost	Comments	Availability	Organiser
14 Jun	"Glitz & Glamour" Royal Lunch	£32.50	12.00 pm for 12.30 pm	SOLD OUT	Ann Denwood
8 Jul	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 – Felici Opera 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
25 Jan	The King and I	£50.00	2.30pm	SOLD OUT	Hilary Wrightman

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

\*\*\*



### Ladies Who Lunch (*Ann Denwood*)

Ladies, I very much look forward to seeing you at the forthcoming Glitz & Glamour "Royal" lunch to celebrate HM The King's Coronation Year on Wednesday, 14th June – 12.00pm for lunch @ 12.30pm – at Mulberry House Hotel.



Dig out your best sparkles & spangles and remember the FUN Dress Code: Coronets & Tiaras – Optional!



\*\*\*

### Visit to Ham House (*Roding Valley u3a*)



Roding Valley u3a have arranged a coach outing to Ham House, Richmond on Thursday 22nd June 2023 and have places available.

Ham House is a 17th-century Stuart house on the rural banks of the river Thames, containing a unique collection of cabinets and artwork. There are also extensive gardens.

The cost is £30.00 for this outing but reduces to £17.00 if you are a member of either the National Trust or the RHS (don't forget your membership card!). Departure times are 09.00am from Lidl or 09.15am from Theydon Bois Village Hall. Expected departure time from Ham House is 4.00pm. The booking deadline is Sunday 14th May.

If any members are interested in joining this visit, please contact Roding Valley u3a direct.



### Macmillan Coffee Morning (*Mary Nathan*)

A date for your diary: we will be holding our Macmillan Coffee Morning on Friday 22<sup>nd</sup> September.

Don't delay, sort today!

Stalls will include: books, jigsaw puzzles, board games, bring & buy. New Items are required for the Tombola and Raffle. Please bring donations to any monthly meeting and hand over to any Committee member or Mary Nathan.

\*\*\*

### Lunch at The Clink Restaurant (*Hilary Wrightman*)

And now for something different.

We have a unique opportunity for 15 members to have lunch at the award-winning restaurant at The Clink Restaurant inside Brixton prison on Thursday 19<sup>th</sup> October at 12.30pm. The cost of the 3-course meal is £50.00, and there are very strict regulations regarding the visit to which we have to adhere.

The delicious high-quality meals at HMP Brixton are cooked and served by the prisoners who are in training working towards their City and Guilds NVQs in Food and Beverage services, Professional Cookery and Food Hygiene.

Situated in the old governor's house dating back to 1819, the restaurant allows prisoners to learn, engage with the public and take their first steps towards a new life. All the leather upholstery and boardroom tables are made by the prisoners at HMP Frankland, and the pottery is from former Clink trainees.

In 2022 Brixton was awarded a Trip Advisor Traveller's Choice Award placing the restaurant in the top 10% worldwide.

Further menu information will be sent to us nearer the time, along with the list of regulations.

With your booking form, I will need your passport or driving licence number which you will be required to produce on the day to gain entry. We will all have to be security checked before our visit, and again on our arrival.

On the day we are not allowed to take anything into the lunch, not even a tissue! There are secure lockers where we can leave our bags etc.

It's an easy journey by underground and bus to get there.

The booking form is enclosed with this newsletter.

\*\*\*

## MEMBERS' CORNER

### A facebook account ... of a sort (Part Two of Two) (Stephen Skippen)

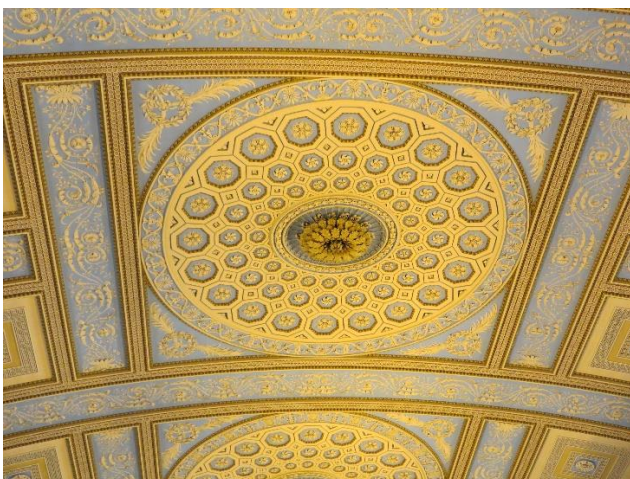
#### The year is 2013

**September** – Red Rover River Cruise along the Thames. There was no plan A or B as far as I can recall. Just do something we had never done before that didn't require a packet of Sea Legs. We boarded at Tower Pier and headed west to Westminster Pier. We hopped off there to take in the many attractions on view – us being tourists for the day.



I fancied a nose around the Houses of Parliament. Some official tried to fob me off. I can't remember why. But I was having none of it. We had our photographs taken, given our visitor passes and in we went. I had been there once before with The Newham Chamber of Commerce. However, sitting in the Public (Strangers) Gallery in the House of Commons was different from my previous visit. A glass screen had been installed, although it had not prevented two members of the Fathers 4 Justice group from throwing flour bombs (condoms packed with flour dyed purple) at Tony Blair during prime minister's question time in the chamber in 2004. Apparently, they had been sitting in front of the security screen in a reserved seating area.

Back on board, we cruised along to Greenwich with plenty to see along the riverbanks to hold our interest. We alighted there, taking in the sights as we strolled around. This area is an event of its own with so much to see. We spent some time in Greenwich Market. I keep meaning to take those old tins out of the garage and sell them there to make my fortune.



I have posted a photo of the ceiling in the Chapel of St Peter and St Paul and another of the view of Canary Wharf from this, the south side of the Thames.



We boarded the boat, returned to Tower Pier and headed to St Katherine Dock. This area features in my first novel. If I was wealthy, I would have an apartment here as did my rogue protagonist, Paul Ryan. I have posted a couple of photos: coffee time (an unusual Starbucks building, sadly, now permanently closed) and one of the East Dock. I have more to say about this location in respect of my writing, but I will leave it there for another day ... maybe.



**September** – an anniversary present for us. First, entrance to Kensington Palace: at that time the then Duke and Duchess of Cambridge resided there; prior to them Princess Margaret and Diana had also lived there.

After that we had afternoon tea at the Royal Garden Hotel. Oh yes, we have lived the high life!



**September** – and we still weren't done. I have a healthy fascination with guns, founded during my younger days in time spent at my Grandad's farm. Then, in later years I developed a desire to shoot at what I consider to be the mecca for people of my persuasion. As mecca doesn't happen to be just up the road, it seemed sensible to make an outing out of the occasion. And to that end, we booked up to stay overnight in a hotel in Yately, Hampshire. And it seemed eminently sensible to stop off on our way, but this time we had a plan. We intended to have a scout around Windsor (I worked there sometimes, in Peascod Street, back in the sixties) and then pop over the pedestrian bridge (see the Mute swans in the process) to Eton to have a snoop over there. Great idea!

See the ceramic figure: it stood in a gallery window in Eton priced at £660 – almost certainly snapped up by one of those naughty schoolboys from Eton College, also pictured.





The image of King George IV Gateway (Lancaster & York Towers) within Windsor Castle grounds will be familiar to followers of Royal events. It is situated at the top of the Long Walk where processions took place for the Queen's funeral, Harry's wedding and other occasions.



Then on to the Casa Hotel with its Marco Pierre White Restaurant fit for two hungry and weary travellers.

The next day we drove to mecca, Mecca for me being the National Shooting Centre at Bisley, in Surrey: a National Rifle Association (NRA) range in particular. And as you can see, yet another dream fulfilled. I am so easily pleased!





Well, that wasn't the end of the 2013 excursions, but enough for now. It was certainly an exceptional year for the ground we covered.


I confess, I have strayed way beyond where I had intended to go and edited out much of the facebook content. But it was good place to visit to get me started and I may use it again. I hope you stayed with me for the journey.

Please don't hesitate to write and comment or ask a question.

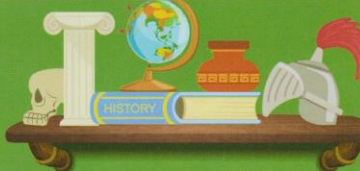
Until next time.

\*\*\*


## COMMUNITY




Essex County Council  
Libraries




**Love Your Library Day**  
A Look at the Past  
Buckhurst Hill Library  
Saturday 27<sup>th</sup> May





An illustrated talk by local historian Lynn Haseldine-Jones, delving into the area's past and that of Buckhurst Hill Library. 11am-12noon. Free of charge  
Tea and coffee available during break  
Email: [buck.library@essex.gov.uk](mailto:buck.library@essex.gov.uk)  
Spaces limited

**Come together to Love Your Library and celebrate your local and community history with Essex Libraries**



**Love Your LIBRARY Day**  
Saturday 27 May 2023

For further information visit: [libraries.essex.gov.uk/events](http://libraries.essex.gov.uk/events)

### Summer Barbecue with Entertainment (Roding Valley u3a)

#### **SUMMER BARBECUE WITH ENTERTAINMENT**

**Friday 16 June 7pm for 7.30pm start at**

**Theydon Bois Village Hall**

Yes, it's true! Eat, drink (bring-your-own), singalong, dance and be merry with our LIVE Singers!

#### **HOW TO BOOK:**

**In Person:** at the April or May meeting (if member of RV-u3a).

**By Post:** call or email Dennis Stoner. If you require confirmation, please supply your email address or enclose an SAE with your booking as tickets will not be issued.

**Cut-off date for postal bookings: Friday 9 June.**

'Tickets' are **£19.00 per person**, cheques to be made out to:

**Roding Valley u3a**

Bon Appetit!

Dennis

Your Social Events Team

'Because We're Keeping the Dream Alive'

If interested, please contact Roding Valley u3a.

\*\*\*

### Summer Outings with Buckhurst Hill Horticultural Society

There are a few places left on two summer outings being organised by the Buckhurst Hill Horticultural Society:

**Audley End** – Tuesday, 16<sup>th</sup> June.

Cost: £30.00. If you belong to English Heritage, cost only £15.00 (don't forget your membership card)

**RHS Hyde Hall** – Wednesday, 16<sup>th</sup> August

Cost £15.00.

Both outings depart Roding Valley Hall at 9.00 am. (Allow enough time to park in adjacent roads, not RVH Car Park.)

For further information, please contact Buckhurst Hill Horticultural Society.

\*\*\*

## 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 won't be collecting cards for a while as the recipients are currently inundated with them!

### 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.

### 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](mailto:membership@buckhillu3a.org) or telephone 020 8505 1005.

The **2023–2024 Membership Form** has been revised and is on our website.

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.

**Please inform me** if you want someone else to collect your membership card on your behalf.

### Newsletter (*Christine Slade*)

Articles should be sent to my account: [newsletter@buckhillu3a.org](mailto: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 on **Monday, 5<sup>th</sup> June. The closing date for inputs is Friday 2<sup>nd</sup> June.**



## GROUP INFORMATION

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