

## NEWSLETTER – 5 JUNE 2023

### MEETING INFORMATION

<b>Next Meeting:</b>	<b>08 June 2023</b>		
<b>Venue:</b>	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
<b>Times:</b>	2.00 pm	Doors Open	
<b>Future Meetings:</b>	08 June	Speaker: Paul Barwick	<i>The Spy Who Solved his own Murder</i>
	13 July	Speaker: Charlie Haylock	<i>The History of Surnames</i>
	10 August	Speaker: Sue Ellis	<i>London's Air Ambulance</i>
	14 September	AGM	<i>+ Afternoon Tea</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

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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>

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## Welcome from the Chair

Welcome to the June 2023 edition of the Buckhurst Hill u3a Newsletter. June is the month of the Longest Day and Midsummer's Day, the 21<sup>st</sup> and 24<sup>th</sup> respectively. A sure sign summer is here – let's hope the weather is aware of this!

The last month has been one of bank holidays and Coronation celebrations.



"Well *somebody* should have checked!"

CartoonStock.com

Our own Coronation lunch was a great success and was enjoyed by all who attended – special thanks are due to Mary Nathan for her hard work in organising the lunch and also her many helpers on the day.



Since the last Newsletter and following my plea for volunteers to help run things I have been contacted by a few members willing to provide some assistance for which I am very grateful. However, more help is still needed so please get in touch if you feel you can help, especially with running an Interest Group.

The next monthly meeting is on Thursday 8<sup>th</sup> June and our speaker will be Paul Barwick who gave us an excellent talk last year entitled "The Mysterious Death of an MI6 Spy". The title of his next talk is "The Spy Who Solved His own Murder" which promises to be another enthralling tale!

My thanks again 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 8<sup>th</sup>.

I look forward to seeing you at the next meeting.

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Interest Group News (*Fiona Lucas*)

I am sad to report that Christina Yeung, who is the Group Leader for both **Social Bridge** and **Mahjong**, is ill in hospital at present. Social Bridge and Mahjong have been removed from the calendar until Christina is well enough to take up the reins again. We have sent our very best wishes to her and hope that she makes a speedy recovery.

The **Tai Chi** group is taking a Summer Break – its last meeting will be on Wednesday, 21<sup>st</sup> June and it will resume on Wednesday 4<sup>th</sup> October.

Please let me know if you have an idea for any other Interest Group. I can help and support you to get it up and running! Email me, Fiona Lucas at [groups@buckhillu3a.org](mailto:groups@buckhillu3a.org).

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Recipe: Three Ingredient Cooking (*Hilary Wrightman*)

Cheat's Sourdough Rolls

240 gm self-raising flour  
200 ml semi-skimmed milk  
5 tablespoons mayonnaise

Pre heat oven to 200c or 180c with fan oven.

1. Grease 2 baking sheets and line with greaseproof paper.
2. Sift the flour into the bowl and slowly add the milk, stirring constantly.
3. Add the mayonnaise and mix vigorously to get rid of any lumps.
4. The batter should be thick but runny, and when you lift the spoon out, you should be able to see elastic threads forming – this is the raising agent in the flour starting to work.
5. Drop heaped dessert spoons of the mixture on to the baking sheets, spacing them 4–5 cm apart. Use a spoon to round off the edges and neaten the top.

Bake for 30–35 minutes, or until the rolls have risen and started to brown.

Swap the trays half-way through the cooking time to ensure they are evenly cooked.

Cool on a wire rack before serving.

The rolls should keep up to 4 days in an airtight tin, or you can freeze them for up to a month.

Enjoy.

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### Craft Group (*Fiona Lucas*)

In May, our Group revisited a Craft that we last tackled over three years ago – folding Iris cards. Iris folding is a card making technique that involves layering folded paper strips across a cut out shape following a printed pattern. Usually the paper strips form a 'swirl' shape, leaving a hole in the middle, just like the iris of a camera, which is how the technique got its name.

It can be tricky to get used to the layering technique and following the pattern, but after a while everyone got the hang of it and created some lovely cards!



This month, the Group will be meeting on Friday, 16<sup>th</sup> June when we shall be tackling a useful sewing project.

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. .

### Local Visit to Gilwell Park (Yvonne Hall)

Our local visit this May was to Gilwell Park. It was a lovely day, just right for a nice walk with our guide, Zoe. With her notes, Zoe did very well, as she is very new to the job.

The earliest record of Gilwell is in 1407 called 'Gyldiefords'. In 1422, it's name changes to Gillrolfes. By the end of 1400s the name was Gilwell. In around 1736, Dick Turpin lived in a cottage next to Gilwell Green; by 1739 he was tried and executed in York.

The estate changed hands a few times. A previous owner added to the garden some balustrades (Zoe called it a fence) of the old London Bridge, which makes a nice feature facing the White House, which was restored and opened by Queen Elizabeth in 1995.

In 1919, Gilwell Park became a place for the Scouts. Places of worship of different faiths have been added to the site. There were scout and school groups adding to the site atmosphere.



Baden-Powell



Original Entrance

It has statues of Baden-Powell, his footprint and Eccles the caravan.



We ended the afternoon with a tea/coffee.



## Photography Group (Kevin Lucas)

For our May outing, a group of fifteen keen photographers enjoyed a riverside walk "East of Tower Bridge". Originally billed as a Riverside Pub Walk the route was expanded to encompass more of the Thames Path, south then north of the River.

Starting from Tower Hill tube station we crossed Tower Bridge and turned east along Butlers Wharf and followed the Thames Path to Rotherhithe passing the Angel and The Mayflower pubs. From here we took the Overground Line under the Thames (bizarre I know!) to Wapping where we continued our walk eastwards towards The Prospect of Whitby. Possibly one of the most famous pubs in London, it dates from 1543 and has a hangman's noose swinging over the river. This is a nod to Judge Jeffreys also known as the "Hanging Judge", one of the more notorious customers of the pub during the late 1600s.

We retraced our steps back toward Wapping where we stopped for an enjoyable lunch at the Captain Kidd before heading back to Tower Hill via St Katharine Docks.



*The Group*

The weather had been forecast to be sunny and clear but, in the end, turned out rather overcast. Here is a selection of photos taken by the Group.



*Geoff James*



Cheryl Macnair (with a guest appearance from Colin Macnair)



Rose Eckhard

Noel T



Sam Blitz





*Pauline Leadley*



*Stephen Harriman*





*Anne Harriman*



*Tony Bird*



*Janet Gray*



*Vivienne Danzey*



*Kevin Lucas*

Our next outing is planned for Thursday 22<sup>nd</sup> June and will be a circular walk around Hainault Forest Country Park, starting at, and more importantly finishing at, The Two Brewers, Chigwell Row.

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.

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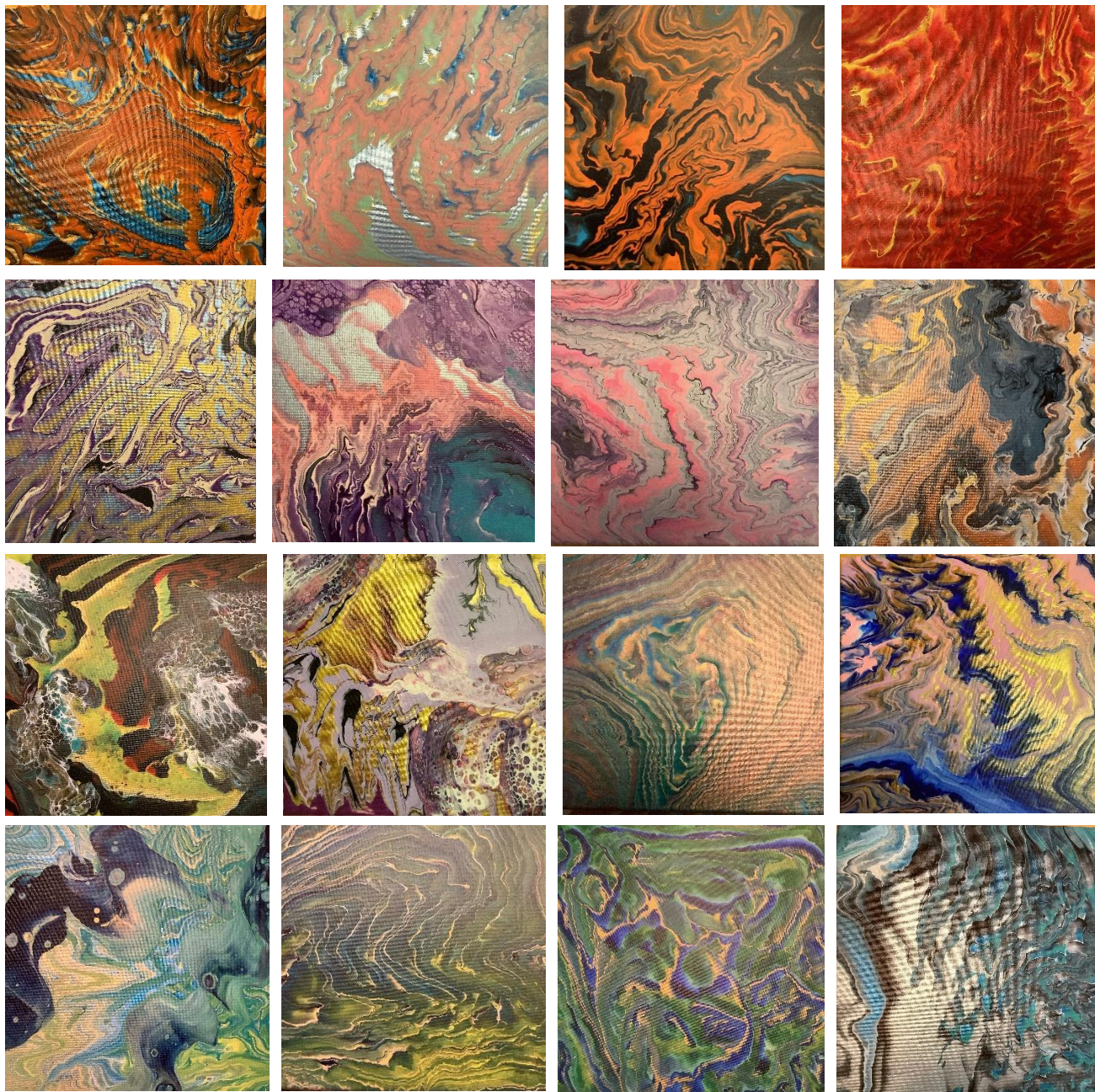


## Paint Pouring (*Jacqueline Jacques*)

This month we used a 'Split cup' to pour five colours onto the canvas, all at once.



These are the results.



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### Ten Pin Bowling (Mary Nathan)

At last month's 10-Pin Bowling, I was the only one to go over the 100 with 104!

### History Group (Peter Spencer)

#### Incompetent Hangmen

In 1719 Richard Arnett was appointed London's hangman after the previous one had himself been hanged for stealing. Late for his first job the impatient crowd threw him into a horse pond. The three condemned men were returned to Newgate prison.

The following year he arrived so drunk that he first tried to hang a catholic priest who had come to administer the last rites. The platform then collapsed, and three officials fell ten feet on top of the prisoners.

In later years he hanged two notorious criminals, Jack Sheppard and Jonathan Wilde, but took so long with his preparations that Wilde's gang of pick pockets were able to relieve many of the spectators of their watches and wallets.

In 1810 there were 222 capital crimes in England.

### Coronation Lunch (Mary Nathan)

The Coronation Party was everything I wanted it to be. A great band and good food helped to make it a great day, and from the emails etc you all enjoyed it as well.



\*

The downside: having said *"leave the flags on the table as they don't belong to the u3a and they need to be returned"*, it would seem not everybody heard me. I took 36 flags to the hall to use on the tables but went home with 5!!! I won't "name and shame" but if you wanted flags for an event all you had to do was ask and I would have been happy to lend them to you, but now the Coronation is over, I would like the flags back, please. You can leave them at the monthly meeting on the 8<sup>th</sup> June, or leave them at my home.

Also, does anybody have or know where 2 blue tablecloths went? They are also missing.

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## FORTHCOMING EVENTS (*BH-u3a*)

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
23 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	£47.50		30	Hilary Wrightman
19 Oct	Meal at The Clink Restaurant HMP Brixton	£50.00	12.30pm	SOLD OUT	Hilary Wrightman
30 Oct	Goldsmiths' Hall	£15.00	12.30pm	20	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
12 Jan	New Year Celebrations with Scott "Elvis"	TBC			Mary Nathan
25 Jan	The King and I	£50.00	2.30pm	SOLD OUT	Hilary Wrightman
23 Mar	Sister Act	£45.00		15	Hilary Wrightman

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

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(1) [Opera Delights – Felici Opera at Copped Hall \(Mary Nathan\)](#)



The last day to book for this event on 24<sup>th</sup> September is on Friday, 9<sup>th</sup> June.

(2) [Brick Lane Music Hall \(Hilary Wrightman\)](#)



Join us for an outing to Brick Lane Music Hall for a matinée performance on Thursday 28<sup>th</sup> September from 2.00 pm to 5.00 pm of “Divas” – a celebration of glamour and music to honour Judy Garland, Barbara Streisand and Shirley Bassey, to name a few.

The cost will be £47.50 per person, which includes Full Afternoon Cream Tea served during the interval.

(3) [Visit to Goldsmiths’ Hall \(Hilary Wrightman\)](#)



We are very fortunate in being able to visit The Goldsmiths’ Hall in the City of London. We have been given a slot at 12.30pm on 30<sup>th</sup> October. (If there are a lot of members wanting to go but all the tickets have been allocated, I will apply for further tickets but for another day (most likely to be next year).)

The Hall is not open to the public, except when guided tours of the Hall are arranged. The tours last approximately one hour. The ticket is non-transferable and non-refundable, and the cost goes to the Goldsmiths’ charity.

We also have the opportunity of visiting beforehand or after the tour The Goldsmith’s Hall Garden, which is opposite the Hall. The garden houses the famous symbol relating to the Worshipful Company of Goldsmiths. The leopard’s head hallmark literally means “marked at Goldsmith’s Hall” and has been used to verify the purity of silver since the early 14<sup>th</sup> Century. The garden is on the site of the church and churchyard of St John Zachary, recorded from at least the 12<sup>th</sup> Century. The land was acquired in 1339, to build the earliest recorded Livery Hall.

We are having morning coffee and cake **at 11.00am** at the Lord Raglan Pub, St Martin’s le-Grand, Holborn, which is a few minutes’ walk from the Hall.

The booking form accompanies this newsletter.



#### (4) Theatre Visit – Sister Act (Hilary Wrightman)



We have been offered 15 tickets to see Sister Act at the Dominion Theatre starring Beverley Knight on Wednesday 27th March 2024 at 14.30pm.

Disco diva Deloris's life takes a surprising turn when she witnesses a murder. Placed under protective custody, she is hidden in the one place she shouldn't be found – a convent.

Encouraged to help the struggling choir, she helps her fellow sisters find their true voices as she unexpectedly rediscovers her own.

This heavenly musical is joyous and uplifting in equal measures. "Brace yourselves Sisters for this sparkling celebration of Friendship, Sisterhood and Music".

The booking form accompanies this newsletter. Booking deadline: **Tuesday 20<sup>th</sup> June.**

#### (5) Possible Visit to Maastricht in 2024 (Hilary Wrightman)



I am exploring the possibility of arranging a tour to Maastricht in July 2024 to see Andre Rieu in concert in the square in his hometown.

The dates aren't released until late September, so I am unable to quote exact dates and prices at present.

A 3-night stay in a 4-star hotel on a bed and breakfast basis, including travel by Eurostar, all coach travel and basic tickets to the concert will be approximately between £1000-£1200 per person. (this is taking 2023 prices and adding a bit extra for price rises). It may be possible to make monthly stage payments once deposits have been paid.

If you are interested in this trip, please could you let me know on [outings@buckhillu3a.org](mailto:outings@buckhillu3a.org). As soon as any further information is available, I will contact you.

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### Other u3a Visits (*Wanstead & Woodford u3a*)

Wanstead and Woodford u3a have given us the opportunity to join them on these visits:

**19<sup>th</sup> July – Battle and Hastings** This trip starts first at Battle (with entrance to Battle Abbey included), with time to explore and have lunch then on to Hastings for tea. Departure time from Hastings is 5.00pm, with the journey expected to take about an hour and a half (traffic depending). Cost £30.00.

**6<sup>th</sup> September – Fishbourne Palace and Hayling Island** This trip starts at Hayling Island with free time to explore and have lunch, then on to Fishbourne. Fishbourne is the largest and oldest Roman villa unearthed in Europe. Departure from Fishbourne is 5.00pm, with the journey expected to take about 2 hours (traffic depending). Cost £34.00 includes entrance fees.

#### **11<sup>th</sup> October – Highgrove and Tetbury**

Garden tours have been arranged for 12.00 and 12.30pm. Leaving Highgrove at 1.45pm for Tetbury with the option of lunch and tea there. Departure time from Tetbury is 5.00pm, with the journey expected to take about two and a half hours (traffic depending). Cost: £42.00.

ID is required for this visit to Highgrove: either Passport, Driving Licence or Utility Bill.

**Departure point** for all these visits is **9.00 am** at the **Sir James Hawkey Hall**, Broomhill Road, Woodford Green, Essex, IG8 0BG. Parking is possible either on local roads or in the adjacent car park (RingGo No 7110 – (Sir James Hawkey Hall Car Park 18)).

If you would like to attend any of these visits, please send your cheque, payable to **Wanstead and Woodford U3A**

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### IN MEMORIAM

#### Condolences (*Mary Nathan*)

Sending condolences to Marion Shepherd whose husband passed away on Thursday 1<sup>st</sup> June.

Our love and our thoughts are with you.

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## MEMBERS' CORNER

### *The day before ... (Stephen Skippen)*

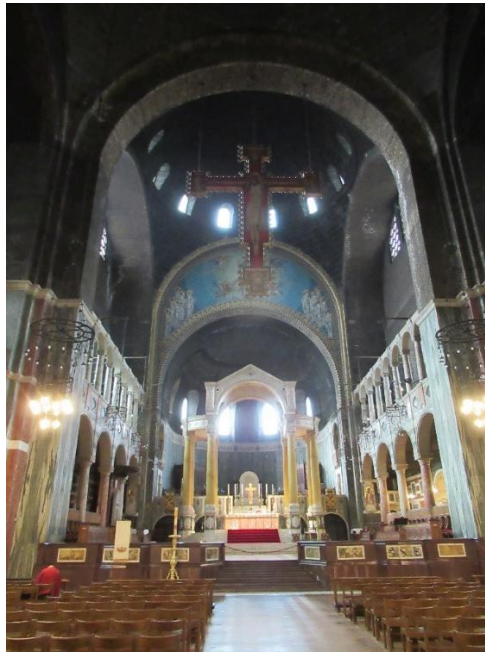
Friday at six, a murky morning before the Big Event. I'm at Buck Hill. I jump on a ride – I'm heading uptown. Now it's seven and I'm through Admiralty Arch. I look round ... I'm the lone ranger on The Mall. It won't last long. It doesn't last long, a hundred yards in, a marshal, who has tattoos on his neck, which is as thick as my thigh, unhitches the metal corral, hefts it up and open and politely (truly) directs me off the grid.



I stop to say Hi to the gals (who the hell was he, they wonder as no doubt does the lady I solicit to take the photograph).



On the hoof in Whitehall, I chew the cud with a Met sheriff. I give the gun toting Met gunmen in Downing Street a miss. And the Met doormen at Westminster Abbey don't look too accommodating either, so I don't climb over the gate. I ramble on and rest up in the Cathedral (pic). The next staging post is Vic station – homeward bound for chuck at ten-thirty, ready for the hoedown in Roding Valley Hall at one.



Had a Good Day – hope you did too. Friday 5<sup>th</sup> May 2023.

Any questions/comments please do not hesitate to write.

[stephenskippenwriter@yahoo.com](mailto:stephenskippenwriter@yahoo.com)

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## 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 issued on **Monday, 10<sup>th</sup> July**. The closing date for inputs is **Wednesday 28<sup>th</sup> June** (much earlier than usual).



## GROUP INFORMATION

GROUP	MEETING DAY
Book Club	Monthly on 2 <sup>nd</sup> Monday 10.00 – 12.00 am
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
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 (restarting October)
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).