

NEWSLETTER – 10 JULY 2023

MEETING INFORMATION

Next Meeting:	13 July 2023		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	2.00 pm	Doors Open	
	13 July	Speaker: Charlie Haylock	<i>The History of Surnames</i>
Future Meetings:	10 August	Speaker: Sue Ellis	<i>London's Air Ambulance</i>
	14 September	AGM	<i>+ Afternoon Tea</i>
	12 October	Speaker: Steve Scruton (& Ian Wyatt)	<i>Dreams Can Come True – Creation of Pirate Radio in the 1960s</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
Treasurer	Sue Bird	020 3894 3694	treasurer@buckhillu3a.org
Business Secretary	Chris Embling	020 8505 6947	bussec@buckhillu3a.org
Accessibility Officer	Hilary Wrightman	07836 671582	access@buckhillu3a.org
Speaker Secretary	Ann Denwood	020 8551 0313	speakers@buckhillu3a.org
Committee Member	Christine Slade	020 8505 1005	sladec1005@gmail.com
Committee Member	Valerie Thame	020 8281 1333	valerithame@gmail.com
Honorary President	Anthony Young	07743 097973	community@buckhillu3a.org

OTHER CONTACTS

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

Contents	
Newsletter	Page 1
Forthcoming Events	Page 17
Community	Page 20
Standing Notices	Page 22
Group Information	Page 23

Welcome from the Chair

Welcome to the July 2023 edition of the Buckhurst Hill u3a Newsletter. I am writing this earlier than usual as Fiona and I will be away on a much delayed and rearranged holiday.

The latest Ashes series is underway with Australia leading the series 1-0 for both the men and women's game. The second and third tests will take place before our next monthly meeting so hopefully there is time for England to recover. Wimbledon starts on 3rd July and people have been complaining about the weather being too hot. Summer is definitely here!

Glastonbury took place and according to newspaper reports was a "triumph for older artists, with the best-received performances being given by the over-70s". Over the weekend there were performances by Cat Stevens, 75, Debbie Harry, 77, Candi Staton, 83, and Chrissie Hynde, 71, names I suspect many of you will find very familiar!

The highlight was Elton John, 76, on Sunday evening when an estimated 7.6 million people tuned in to the BBC to see his (supposedly) last ever UK live performance. Fifty-four years after he released his first album, Empty Sky in June 1969, he set a new record for a Glastonbury audience, not a bad career!



The next monthly meeting is on Thursday 13th July and our speaker will see the long-awaited return of Charlie Haylock. Charlie will be giving his talk "The History of Surnames" which was originally scheduled in 2020 before our lives were turned upside down by the pandemic.

You will recently have received the form for the nomination of Officers and Committee members ahead of our AGM which will be held on 14th September. I have on a number of occasions issued a plea to members for volunteers to join the Committee and I am repeating that plea now. If you think you might be interested in taking on a role or helping in some other way, please get in touch with myself or any other member of the Committee.

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 14th.

I will not be at the next meeting but will leave you in the very capable hands of Mary.

Craft Group (*Fiona Lucas*)

In June, twenty-six Crafters met to complete a sewing task. We made a Smart phone holder in the shape of a chicken. These holders are so useful. They can support your phones and tablets when you would usually be trying to balance them whilst reading a recipe when cooking or holding a video call or even whilst charging.

The day of our meeting was very hot and so after the general melee that always takes place when we have to choose our fabric, it was lovely to sit and chat over a gentle bit of straight line sewing – nothing too complicated! We were all pleased with our little brood of chickens! We shall be making more at a later date to sell at the Macmillan Coffee Morning to raise funds.



The Group will next be meeting on Friday 21st July when we shall be making a beaded greetings card.

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.

Gardening Group (*Joan Brunt*)

Our May visit was a trip to Jacqueline and Peter Wilkins' beautiful garden. The front garden was stocked with a lovely selection of perennial flowers, including peonies and candy irises. The back garden had lots of interesting features including a fish pond, summer house, greenhouse and a compost area, everything a gardener could need to grow a range of plants. Following a tour of the garden, the Group enjoyed a cuppa and biscuits and a chat. Thank you to Jacqueline and Peter for an enjoyable and informative visit.





For our June visit a small group visited the Ongar Garden Centre for a light lunch and some gardening retail therapy. The Garden Centre has a wide variety of plants to choose from plus other gardening related items and gift ideas.

Recipe: Three Ingredient Cooking (*Hilary Wrightman*)

Mackerel Fishcakes

1 kg Potatoes, peeled and diced
 300gm Frozen Peas
 250gm smoked mackerel fillets

1. Boil potatoes until tender and mash.
2. Boil frozen peas for 2 minutes and drain.
3. Mix with mash and add flaked mackerel discarding skin & bones.
4. Shape mixture into 12 patties and chill for 30 minutes.
5. Heat 1 tbsp olive oil into a large frying pan, and fry fish cakes for 5 minutes each side or until piping hot.
6. Serve while still hot with salad, lemon wedges or mayonnaise.

Enjoy.

Ladies Who Lunch (*Ann Denwood*)

The Glitz & Glamour Lunch to celebrate HM The King's Coronation Year was held at Mulberry House Hotel on 14th June and was certainly a stylish affair with many of the ladies adopting the FUN dress code of Coronets & Tiaras, with much added Glitz from diamonds and pearls, both real and fake!

However, sadly the lunch itself was very disappointing and was far from the high standards we have come to expect from Mulberry House. Consequently, I wrote to the Hotel Manager expressing my disappointment and received an immediate response. The Manager offered his sincere apologies and agreed that our meal had been below the expected standard. He confirmed that the Management are in fact revising the menus and format with a view to improving the Lunchtime Specials in the near future. Let's hope this proves to be the case.

Happily, the raffle was a big success, with several ladies winning one of the specially themed Coronation gifts. Also, many thanks to Jean, our photographer for the afternoon. A selection of her photographs is shown below.





So, until we meet again ladies (hopefully around Xmas time) enjoy the summer and take care.



Paint Pouring (*Jacqueline Jacques*)

These are some paint-poured delights. They were made with the help of a crumpled pad of clingfilm (several pads in some cases!) to move the paint around, and very focused concentration. But well worth the effort and time taken.



The Photography Group (Kevin Lucas)

For our June outing, a group of fourteen keen photographers braved the heat and sunshine to enjoy a walk around Hainault Forest Country Park.

We started our walk from The Two Brewers at Chigwell Row and made our way through fields to the shade of the trees which was a blessing.



The Group

The walk was most enjoyable particularly around the Boating Lake which was heavily populated with Ducks, Geese and Swans. After three miles' walk, we returned to The Two Brewers for a very welcome drink and light lunch.

Here is a selection of photos taken by the Group.



Chris Embling



Gillian Heard



David Dooks



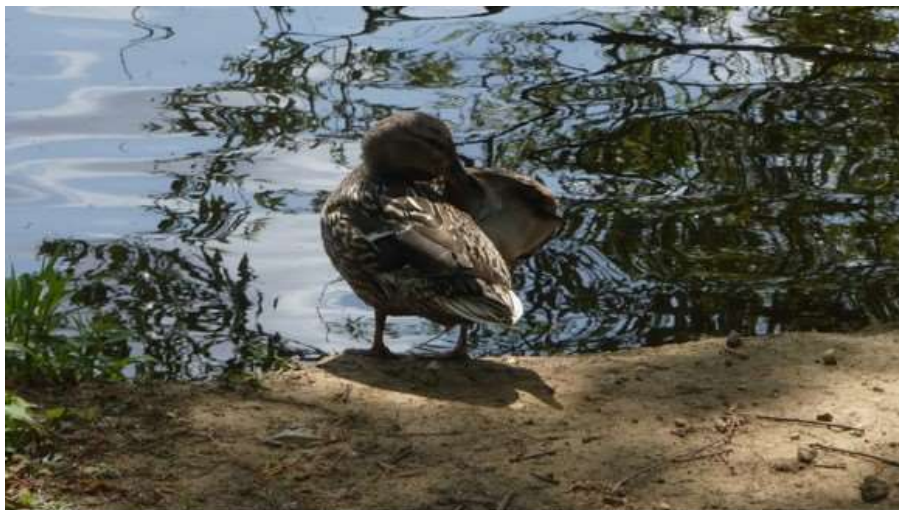
Anne Harriman



Pauline Leadley



Cathy Lee



Tony Bird



Vivienne Danzey



Yvonne Hall



Janet Gray



Rose Eckhard



Kevin Lucas

We take a break from outings during July so our next outing will not be until Thursday 31st August. Details will be circulated nearer the time.

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.

Ten Pin Bowling (*Mary Nathan*)

Our top scores for June were Carol Smalley 106, and Jean Page 101. No bowling in August but hope to see you in September after the break.

Local Visit to The Gibberd Garden (*Rose Eckhard*)

In June we had a lovely afternoon visiting The Gibberd Garden in Harlow, which the Photography Group visited in April.

The gardens cover nine acres and were designed by Sir Frederick and Lady Pat Gibberd.

We split into groups where we explored the terraces, strolled through the woodland glades and lawns, some even made it down to the brook and the arboretum.

We were intrigued by the collection of sculptures and architectural pieces, 90 in total. One of the group, admiring the sculpture called 'Pregnant Girl kneeling', thought it was a walrus. I suppose it all depends on the angle you are looking at it.



Pregnant Girl kneeling



Group Members relaxing

Thanks to Chris Embling for the following photos.





To finish the visit, we all met up in the Barn Tearoom, where we sampled their delicious cakes and ice-cream, and drinks.

A big thanks to Sue for organising it and to the groups organising the lifts.

FORTHCOMING EVENTS (BH-u3a)

Date	Event	Cost	Comments	Availability	Organiser
11 Aug	Visit to private garden at Roydon	Free	11.00am to 4.00pm Donation would be appreciated		Hilary Wrightman
23 Aug	We Will Rock You	£45.00		SOLD OUT	Hilary Wrightman
14 Sep	AGM and Afternoon Tea		MEMBERS ONLY		
22 Sep	Macmillan Coffee Morning	£1.00	Entry fee payable by all		Mary Nathan
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		Places available	Hilary Wrightman
19 Oct	Meal at The Clink Restaurant HMP Brixton	£50.00	12.30pm	Places available	Hilary Wrightman
30 Oct	Goldsmiths’ Hall	£15.00	12.30pm	SOLD OUT	Hilary Wrightman
16 Nov	Ely Christmas Market	£30.00	10.00am	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		5 places available	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		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.

Garden Visit (*Hilary Wrightman*)

We have once again been offered the opportunity of visiting a magnificent privately owned garden in Roydon Essex.

The 9-acre garden which has numerous features, statues and a wood will be open to our u3a, on Friday 11th August from 11am–4 pm.

There is limited parking on-site available so, if possible, please car share, although there is a small car park quite close by.

The owners own 3 dogs that will probably try to lick you to death! Tea, coffee and biscuits will be available with lots of seating in the garden itself.

There is no entry charge, but a donation would be appreciated for the owners' local charity.

Both the Gardening and Local Visits Groups are planning to attend.

Please email me if you anticipate coming to visit this wonderful garden at outings@buckhillu3a.org or 'phone on 07836 671582.

September Monthly Meeting (*Christine Slade*)

The 8th Annual General Meeting of Buckhurst Hill u3a will be held on Thursday 14th September. This will be followed by an Afternoon Cream Tea, free to Members. The booking form will accompany the August newsletter.

Macmillan Coffee Morning (*Mary Nathan*)

This year's Macmillan Coffee Morning will take place on Friday 22nd September from 10.00am to 12.00 noon.

I need people to have a board up at their house to advertise this event. All you need to do is put your name, address and sign the form. The Agent will put up the board and take down – and they pay me £10.00 for every board, which goes to Macmillan.

There will be the following stalls: Cakes, Bring and Buy, Plants, Books, Jigsaws, Board Games as well as a Tombola and Raffle. Any donations: please give to Mary. Thanks.

Brick Lane Music Hall (*Hilary Wrightman*)



There are tickets available for our outing to Brick Lane Music Hall for a matinée performance on Thursday 28th 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.

The booking form is enclosed with this newsletter.

Lunch at The Clink Restaurant (*Hilary Wrightman*)

We have some places available for our lunch at the award-winning restaurant at The Clink Restaurant inside Brixton prison on Thursday 19th 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.

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.

Outing to Ely Cathedral and Christmas Market (*Hilary Wrightman*)



We are visiting Ely Cathedral on Thursday 16th November. The coach will leave Roding Valley Hall at 10.00 am and return from Ely to RVH will be about 4.30 pm dependant on traffic.

The cost will be £30.00 which includes entry into the fair.

Ely's Christmas Gift and Food Fair this year extends into the grounds of the Cathedral which is transformed into an outdoor festive village with vintage Victorian carousel. It is considered to be one of the finest Christmas fairs in the country. There will be seasonal demonstrations and musical entertainment including Christmas wreath-making using locally harvested spruce and festive foraging.

There are several tours of the Cathedral available, but these are not included and can be booked independently on the Cathedral's website.

The booking form accompanies this newsletter.

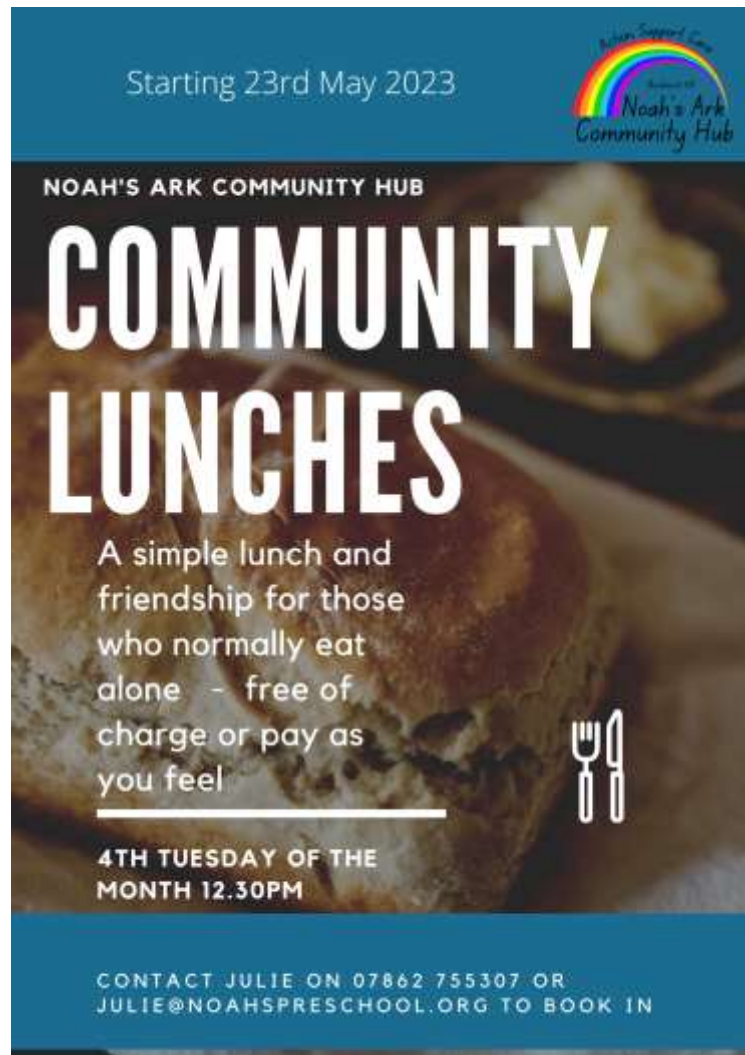
Kew Gardens Christmas Light Show (*Hilary Wrightman*)



As one of the highlights of the UK's festive calendar, Christmas at Kew Gardens is an unmissable opportunity to herald the start of Christmas. It's a botanical world brimming with seasonal cheer. There is a new illuminated trail around these world-class Gardens. Along the route, independent street food vendors will offer tasty festive delights, from hot food and sweet treats to spiced winter warmers and hot chocolate.

We have 5 places available for this outing. The booking form is enclosed with this newsletter.

COMMUNITY



Transport for London (*Chris Embling*)

Transport for London have recently launched a consultation on proposed alterations to local bus routes and are seeking the views of members of the local community.

Few, if any, of you will not be surprised to learn that the intention is to withdraw the route 549 – an abysmal "service" which hardly anybody actually uses.

The good news is the intention to re-route the W14 bus, which will commence its journey at Loughton, follow the 549 route through Buckhurst Hill to Woodford/South Woodford passing the Monkams PH (close to Roding Valley Hall), and travelling on to Snaresbrook and terminating at Whipps Cross. The frequency of buses will be increased to an hourly service, and it will also run in the evenings and at weekends. This will mean us folk who live on the wrong side of the tracks will be able to access the hospital without resorting to driving and paying an extortionate parking charge when there.

For further details, and to participate in the consultation, you may wish to follow the "consultation" link referred to in the TFL letter which follows.

We're proposing changes to bus routes
W12, W13, W14 and 549



Transport for London



We have launched our consultation on proposed changes to the W12, W13, W14 and 549 bus routes in the Walthamstow, Wanstead and Woodford area and we would like to know your views.

Our proposed changes are in response to feedback from customers to improve connectivity to Whipps Cross Hospital and local areas. We are proposing to simplify the local bus network from four bus routes to three. We would restructure routes W12, W13 and W14 and withdraw route 549 to improve accessibility to Whipps Cross Hospital and other local destinations. We would also increase frequency on route W12 from every 30 minutes to every 15 minutes.

We want as many people as possible to respond to our consultation. Please share the consultation with your communities, local organisations and anyone you think might be interested in responding or discussing our proposals more. Please email haveyoursay@tfl.gov.uk to request any further information or ask any questions about our proposals.

You can read about our proposals in detail and respond to the consultation on our [consultation page](#). Alternatively, you can respond to the consultation by emailing haveyoursay@tfl.gov.uk, write to us at FREEPOST TFL HAVE YOUR SAY (Bus Routes W) or phone us on 020 3054 6037, leaving your name, phone number and message.

The consultation will close on 30 July 2023.

Yours sincerely,

Louise Cheeseman
Director of Buses
Transport for London

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 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 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, 7th August**. The closing date for inputs is **Friday 4th August**.

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
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
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 (restarting October)
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).