

NEWSLETTER – 7 AUGUST 2023

MEETING INFORMATION

Next Meeting:	10 August 2023		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	2.00 pm	Doors Open	
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>
	09 November	Speaker: Nick Dobson	<i>Christmas in the Trenches</i>

BUCKHURST HILL u3a COMMITTEE

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OTHER CONTACTS

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Welcome from the Chair

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

We are just over one third of the way through summer, but no one seems to have told the weather which looks as though it is going to be “variable” at best during August. For any of us tasked with looking after the grandchildren during the school holidays this is not good news!



Our next monthly meeting is on Thursday 10th August when our speaker, Sue Ellis, will be telling us all about London's Air Ambulance service. Something I am sure we hope to never have experience of but are very grateful it exists.

In the next couple of weeks, we will be circulating the paperwork for our AGM which will be held on the 14th September. I am pleased to report that following my plea for volunteers to join the Committee, three members have agreed to put their names forward for election at the AGM.

My thanks as ever 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 10th.

I will be leaving you in the very capable hands of my Vice Chairs at the next meeting but will see you all at the AGM in September.

Interest Group News (*Fiona Lucas*)

I am delighted to report that we have had three offers to start three new Interest Groups! Please read on for more details.

Backgammon and Banter

Rose Eckhard has offered to start a Backgammon Group. If you can already play, then do come along and join in the fun! If you have never played Backgammon before, don't despair as Rose is very willing to teach you. I have been assured that it is much easier to learn than Chess, it keeps your mind sharp and is good for your cognitive skills and memory!

The Group will be held on the last Monday of the month at 2.30pm at Rose's house in Buckhurst Hill. The first session would take place on 25th September. If you would like to join the Group or find out more, please contact Rose.

Motorcycle Riders Group (*Paul Harding*)

Yes, you read it correctly, I am looking to start a group for those who have a motorbike, but perhaps do not have anyone to share the experience with.

Motorbike groups are quite a rarity within the u3a family, but they do exist! My idea is just to have a group of like-minded people who are looking to ride out, possibly at short notice when the weather is dry.

Initially at least, the *raison d'être* would be to ride. There may be people who have an interest in motorbikes who do not have a bike and the group could possibly be expanded in the future by the inclusion of non-riding meetings.

I envisage initial rides would be for a maximum of half day, with the sole purpose of enjoyment, not speed, using less busy roads, (if that's possible) and of course, stop(s) for coffee etc. Longer rides could be developed depending on interest. Communication can be done via a WhatsApp group.

If this sounds appealing, please contact me.

Singing for Fun (*Mary Nathan*)

If you enjoy singing, then we need you to join our choir.

Put your name and contact details on the list at Thursday's monthly meeting or, if you won't be at the meeting, 'phone me, Mary, on 020 8506 2203.

If we get enough interest, we may go ahead. We also need somebody to play the piano. The group will get the support to get going.

*

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.

Creative Yarns (Yvonne Hall and Jo Brunt)

We had our normal meeting in June, continuing with our floral and complex design squares, all making definite items by the end of the year. Photos will follow later in the year.

We also took a trip to the Fashion and Textile Museum. This was an extra outing as the exhibition would not be there on our November outing.

This was an eye opener as we did not know that Andy Warhol did textiles in his early years.



Creative Yarns Group

Seven of us met up at Buckhurst Hill station for our journey to London Bridge, had a nice coffee and croissant at the coffee shop across from the Museum, then our adventure began.



Afterwards, we stopped off for lunch, having a nice pizza and home before rush hour – but rush hour seems to be all day long, no matter what time it is in London.

*

Our July meeting was a lovely morning in the garden, not gardening but crocheting.

We have some new members starting with us in the next two months. We are full, so any new members will have to go on a waiting list.

Our Speaker for July (*Ann Denwood*)



Charlie Haylock
Writer & Broadcaster

Following a delay of 3 years, partly due to Covid and other factors, we finally welcomed back Charlie to Roding Valley Hall on 13th July for his long-awaited talk on the History of Surnames. It was a very busy meeting with over 95 members attending and Charlie gave an interesting and amusing talk on the history of many of our surnames. A comprehensive list of the names he featured is attached to this month's newsletter.

Charlie then told us about the several months he recently spent on the set of the film 'The Dig' starring the actor Ralph Fiennes, where he worked as the actor's dialect coach and helped him with his Suffolk accent. The film is currently available on Netflix and is well worth watching as it details the discovery of the most impressive medieval grave ever to be unearthed in Europe. Many of the treasures found in the burial mound can be seen in the British Museum, including the famous Sutton Hoo helmet, a photograph of which is featured below.



The talk ended with a very lively session of Qs & As.

An interesting afternoon finished with Charlie signing numerous copies of his book 'In A Manner of Speaking' and talking about his work.

Paint Pouring (*Jacqueline Jacques*)

Some of the groups had another go at 'trees', using sheets of kitchen roll to 'swipe' a silicone impregnated paint over lines of paint and then fashioning a tree shape with either palette knives, lolly sticks or narrow strips of kitchen towel.



Others preferred to experiment with string pulling feathers.



This was voted the hardest technique yet. Even so they all managed to produce great paintings.

The Photography Group (Kevin Lucas)

The July meeting was our annual summer afternoon tea. We have held this event for several years and have usually enjoyed good weather. Unfortunately, this year the weather could not make up its mind, so we had to give the garden a miss.

In addition to enjoying a cream tea we held a competition. Group members were invited to submit their favourite photograph taken on any of our outings and the attendees then voted for their favourite without knowing who had taken which photograph.

Eighteen submissions were received, and voting was done anonymously. After the first round of voting, thirteen submissions were eliminated and in a second round everyone was asked to vote for one of the remaining five, after which the winning entry was announced.

The submissions were all outstanding as you can see here:



Anne Harriman



Rose Eckhard



Tony Bird



David Dooks



Janet Gray



Noel T



Yvonne Hall



Geoff James



Sue Bird



Sam Blitz



Cathy Lee



Fiona Lucas



Sally Gillespie



Chris Embling



Dave Hall



Kevin Lucas



Vivienne Danzey

And finally, the very worthy winning entry from Pauline Leadley ...



The next outing for the Photography Group will take place on Thursday 31st August, details of which 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.

Please contact me for further information.

Local Visit to Myddelton House Gardens (*Chris Embling*)

When Sue organised our visit in May 2022 we needed brollies, macs and galoshes. This time shorts, t-shirts, and Ambre Solaire were the order of the day. Thanks, Sue, your prayers to the sun gods seemed to have worked. 2 hours after getting home the rain started and didn't leave off until 2.00am!

Myddelton House and Gardens are well worth a visit during the summer, when you can fully appreciate the beautifully landscaped grounds, designed by Edward Augustus Bowles.



They were restored in 2009 following an award from the Heritage Lottery Fund. I wonder how long it will be before if the information leaflet stating they were reopened by the Duchess of Cornwall will be updated to say "The Queen"?



We enjoyed walks around the ornamental pond, through wooded areas and passed herbaceous borders where the gardeners were on their knees tackling the inevitable weeds!



The glass houses were worth a visit. Last time, it was to get out of the rain, this time to see some rather interesting tropical plants. However, the sauna-like conditions might suit the plants, but not old codgers like me!

And guess where we all ended up – the courtyard outside and the rather excellent café. Last time I remarked on the very reasonable prices. I can confirm they still apply.



What really appealed to me was the absence of crowds of people. There are plenty of benches for sitting, either in or out of the sun, and lovely views. Who would think you were in Enfield?

Ten Pin Bowling (*Mary Nathan*)

July's 10-pin Bowling was very enjoyable. Our top scorers were Carol Smalley, 127, and Mary Nathan, 116.

There will be no bowling in August, and we start again on 5th September at 1.45pm.

Concert at Copped Hall (*Mary Nathan*)

The open-air concert at Copped Hall on Sunday 9th July was really great. Can't beat a picnic in the rain! What we heard of the music – that was nice, as well. But, unlike us, the orchestra was indoors.

Gardening Group (Joan Brunt)

Our July visit was to the beautiful Broadwalk and Queen's Rose Gardens in Regents Park. We wandered along admiring the long borders of the Broadwalk planted with a range of beautiful bedding and perennial flowers. There were signs here and there of gardeners at work.



We found a shady place to rest and admire the flowers before moving on to the Queen's Rose Garden. *En route*, we found another site for Capel Manor College and admired the scarecrow on their allotment.



The Queen's Rose Gardens are situated beyond some very ornate gates which we admired.



Following our walk around the roses we had a light lunch in the café before we carried on exploring the Gardens further.



The Triton Fountain glistened in the afternoon sun. We saw people enjoying sitting or sunbathing close to it with the sound of the fountain softly murmuring.

We headed back to the Broadwalk for a last look at their beds before going home.

Recipe: Three Ingredient Cooking (*Hilary Wrightman*)

Mushroom Bake

12 Closed Cup Mushrooms
40 gm Pesto, fresh if possible
20 gm grated Parmesan cheese

1. Preheat oven to gas 6, 200°C.
2. Line baking tray with baking paper.
3. Remove stalks from the mushrooms and place skin side up on the tray and bake for 5 minutes.
4. Turn the mushrooms over and fill each hollow with about ½ tsp pesto.
5. Sprinkle a little parmesan over each mushroom.
6. Bake for another 5 minutes or until lightly golden.

Serve warm.

This can be used as a canapé or a side dish.

Enjoy.

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	Booking essential	
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	10 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
26 Nov	Christmas Memories – nostalgia show at Queens Theatre	£16.65	1.30pm	12	Mary Nathan
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
May/ Jun	Sandhurst				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.

Visit to Fishbourne Palace and Hayling Island (*WW-u3a*)

Wanstead and Woodford u3a have given us the opportunity to join them on this visit to Fishbourne Palace and Hayling Island on 6th September and there are still some places available.

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 and includes entrance fees.

The Departure point for this visit is 9.00am from the Sir James Hawkey Hall, Broomhill Road, Woodford Green, Essex, IG8 OBG. 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, please send your cheque as soon as possible, payable to **Wanstead and Woodford U3A**.

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.

This meeting is for members only and the booking form accompanies this newsletter.

Macmillan Coffee Morning on Friday 22 September (*Mary Nathan*)

I still want books, board games and puzzles, and items for the Bring and Buy stall as well as new items for the Raffle and for the Tombola.

Also, please sign to have a board at your house to advertise Macmillan Coffee Morning on 22nd September (the boards go up in September).

Lunch at The Clink Restaurant (*Hilary Wrightman*)

We have ten places available for our lunch at the award-winning restaurant at The Clink Restaurant inside Brixton prison on Thursday 19th October at 12.30pm. This visit is open to non-members.

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.

Entertainment Evening with "Posh" Ploughmans Supper (*Hilary Wrightman*)



Join us on Saturday 18th November for a magical evening of entertainment with a "Posh" Ploughman's Supper. Please bring your own drinks and glasses.

The booking form accompanies this newsletter.

Pre-Christmas Theatre Outing (*Mary Nathan*)



I have 12 tickets to see Neil Sands in Christmas Memories on Sunday 26th November for the 1.30pm matinée performance at the Queens Theatre, Hornchurch. Join us for an unforgettable afternoon of nonstop nostalgia filled with more songs, carols, and stunning costumes than ever before. Taking you back to the time when Christmas was the most wonderful time of the year and filled with more than 60 of everyone's favourite Christmas songs & Carols.

Make your own way there: double-up in cars or share a mini-cab. Don't delay – get your tickets today for this afternoon show.

The closing date for booking is Friday 18th August and the booking form accompanies this newsletter.

The Beatles Christmas Show and Lunch Party (*Mary Nathan*)



A final opportunity: if you would like to join us at the Prince Regent on Thursday 7th December for a great afternoon with Beatles Music and a 3-course lunch, the closing date has been brought forward to Saturday 12th August.

The cost is £45.00 per person and includes the show and a 3-course meal.

The booking form accompanies this newsletter and will also be available at the monthly meeting.

The Best Broadway Musical Lunch Party (*Mary Nathan*)

Another lunch party at the Prince Regent. A date for your diary: Tuesday 14th May 2024.

MEMBERS' CORNER

Daniel Defoe (1660–1731) *(Peter Spencer)*

Did you know that the author of Robinson Crusoe founded the British Secret Service? He travelled the country to build up a network of informers to uncover potential enemies of the government.

Previously as an entrepreneur and a pamphleteer he had been accused of libeling the government, punished with a ruinous fine, stood in a pillory for two days and sent to Newgate prison. He was released when he offered to spy for the government.

Instinctively he was of a criminal disposition, yet he posed as an honest and serious artist. Only in his writings did he tell the truth.

As a businessman he often got into debt which was a criminal offence in those days. He would flee from his creditors and when he died he was found in an obscure lodging house near his place of birth.

If you would like to join the History Group telephone Peter Spencer on 020 8504 9808.

COMMUNITY

Rotary Club of Barkingside Ukraine Collection Saturday 12th and Sunday 13th August

In conjunction with UK-Aid Felsted, the Rotary Club of Barkingside are looking to collect the following new or used items on behalf of Ukraine:

Wheelchairs, Walking Frames, Crutches, Walking Sticks, Medical Boots, Spectacles and any other medical equipment.

The collections will be made at the following times & locations:

Roding Valley Hall, Station Road, Buckhurst Hill, IG9 6LN

Between 10.00am and 12 noon SATURDAY 12th August

James Hawkey Hall (Car Park), Broomhill Road, IG8 OBG

Between 2.00pm and 4.00pm SATURDAY 12th August

Barkingside Swimming Pool (Car Park), Fullwell Cross, IG6 1PP

Between 10am and 12 noon SUNDAY 13th August

Loughton Swimming Pool (Car Park), Traps Hill, Loughton IG10 1HD

Between 12.30pm and 2.00pm SUNDAY 13th August

Theydon Bois Village Hall (Car Park), Coppice Row, CM16 7ER

Between 2.30pm – 4.00pm SUNDAY 13th August

If you require any further information, please contact:

Geoffrey Wrightman: 07774 604676 / geoffrey.wrightman@gmail.com

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, 11th September**. The closing date for inputs is **Friday 8th September**.

GROUP INFORMATION

GROUP	MEETING DAY
Backgammon and Banter	Last Monday of the month 2.30pm
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
Mahjong	First Monday of the month monthly at 2.00pm
Motorcycle Riders Group	As arranged
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).