

NEWSLETTER – 14 SEPTEMBER 2023

MEETING INFORMATION

Next Meeting:	14 September 2023		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	2.00 pm	Doors Open	
	14 September	AGM	+ Afternoon Tea
Future Meetings:	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>
	14 December	Christmas Meeting	<i>Afternoon Tea</i>

BUCKHURST HILL u3a COMMITTEE

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Vice Chair	Hilary Wrightman	07836 671582	v.chair@buckhillu3a.org
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Speaker Secretary	Ann Denwood	020 8551 0313	speakers@buckhillu3a.org
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Honorary President	Anthony Young	07743 097973	community@buckhillu3a.org

OTHER CONTACTS

Group Co-ordinator	Fiona Lucas	020 8506 0206 / 07540 948222	groups@buckhillu3a.org
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Welcome from the Chair

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

As I write, children are returning to school after their summer break, the weather, typically, is the nicest we have had all summer and grandparents are breathing a sigh of relief and looking forward to a relaxing few weeks before the next school holidays – that of course assumes their grandchildren's school remain unaffected by crumbling concrete!

And now a word about stamps!



Old stamps became redundant from 1st August after Royal Mail introduced barcoded stamps last year to “improve security and efficiency” as part of the company's modernisation drive.

In January the deadline for using non-barcoded stamps was extended until 31st July and while both barcoded and non-barcoded stamps have been in circulation, from 1st August, stamps without barcodes that feature the late Queen's profile will no longer be valid and cannot be used.

Any item with an “old style” stamp will be treated as having insufficient postage and will be liable to a £1.10 surcharge.

The Royal Mail launched the swap-out scheme to help people switch to barcoded stamps, which can be accessed on the Royal Mail website. A swap-out form should be available at your local post office but unfortunately stamps cannot be swapped at post offices. The swap-out form is available on-line, but we have forms available at the monthly meeting.

My reason for this narrative is that we have received several booking forms through the post recently which have used invalid stamps and we have had to pay the postage and the surcharge. We would be grateful if you could check you are using valid stamps before sending any booking forms in the future so we can avoid the unnecessary expense of the postage and surcharge.

Our next monthly meeting is on Thursday 14th September when we will be holding our AGM and an Afternoon Cream Tea for which booking in advance was required. Our next speaker will be on 12th October, when we will be welcoming back Steve Scruton and Ian Wyatt who will be talking about the creation of Pirate Radio in the 1960s, something I am sure we can all recall with affection.

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 attending the meeting on the 14th and can help us set up the hall for the Afternoon Tea, we would be grateful if you could arrive at Roding Valley Hall at 1.15pm.

This is my last Newsletter welcome as I will be standing down as Chair at the AGM and passing the mantle of office onto my successor. I look forward to seeing you on the 14th.

Interest Group News (*Fiona Lucas*)

The **Tai Chi Group** meets on the first and third Wednesdays of the month at the Roding Valley Hall. After the Summer break, it will restart on 4th October. Eleonora (the Group Leader) has decided to start a new Beginners Group at 9.30am for one hour, followed by the more experienced Beginners at 10.30am. The cost of the session will be £3.

Eleonora also runs the **Italian Groups** which are shared Groups, hosted by Epping Forest. A new fortnightly Beginners Italian Group will be starting on Wednesday 4th October at 2pm for one hour at Eleonora's house in Buckhurst Hill. If you would like to join this new Beginners Group, please contact Eleonora on 020 8504 9808 or email her at eleonorspencer@hotmail.com.

Following on from my last Newsletter piece, Rose Eckhard reports that she has had many enquiries about her new **Backgammon and Banter Group**.

Are there any more people who want to join the **Singing Group**? Please give name and contact details on the list at the monthly meeting, or 'phone Mary on 020 8506 2203. Mary will be holding a meeting on Tuesday 26th September from 10.30–12 noon at 118 The Willows, Hornbeam Road, Buckhurst Hill to talk about the way forward. Please RSVP to her if you can come. Can anybody play the piano? The Singing Group will need you.

Paul Harding is still hoping to hear from any fellow motor bike enthusiasts. If you would like to find out more about the proposed **Motorcycle Riders Group**, Paul would be delighted to hear from you.

*

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.

Recipe: **Two Ingredient Dough and Garlic Bread Sticks** (*Hilary Wrightman*)

Dough

1¾ cups self-raising flour (1 cup = 4½oz/120g)
1 Cup Greek yogurt

1. Put in food mixer.
2. Mix with dough hook attachment until mixture comes together in a ball.
Dough can be wrapped in cling film and kept in fridge for a week.

Garlic Breadsticks

1. Cut dough into 6 equal pieces.
2. Roll into breadstick shape.
3. Place on greased baking tray.
4. Brush with egg wash.
5. Sprinkle with minced garlic and finely chopped parsley.
6. Bake at 425°/220°/gas 7 for 10–14 minutes.

You can change topping for one of your choice.

Enjoy.

Local Visit to Roydon (*Jean Pearson*)

In August we were given the chance to visit the private garden of a friend of Hilary and Geoff Wrightman's in Roydon, Essex.

The garden itself is 3 acres and was mostly laid to lawn when the house was purchased, 23 years ago, but over the years it has been transformed into the magnificent garden it is today.

The numerous sculptures have been purchased over the years to complement the many different areas of the garden.



The wood is 5 acres. In 2003 it was planted with 1100 trees with the help of the Forestry Commission. Previously it was a field leased to a local farmer.





To finish the day, we all met up for tea/coffee and biscuits. Afterwards, some of us went to find lunch in a local pub, The White Hart.

I think a great day was had by all. A big thank you to Sue, Hilary and Geoff for a great day out. Also, a big thank you to the owners of the garden for making us so welcome.

London's Air Ambulance (*Ann Denwood*)

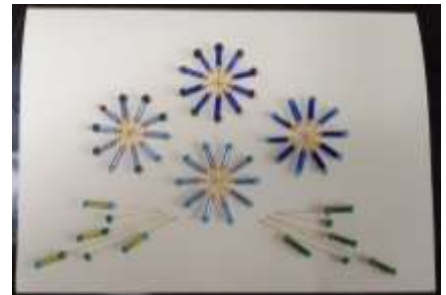
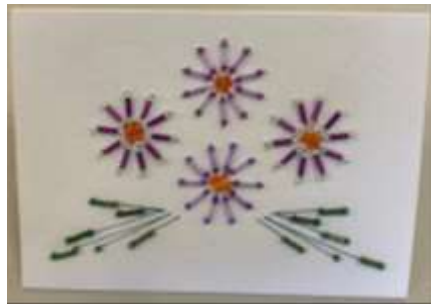
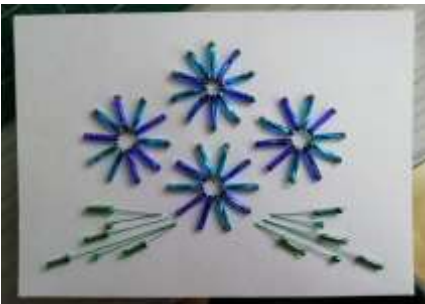


I am delighted to confirm that following a visit from Sue Ellis, Senior Volunteer, and our Speaker for August, we raised a terrific £538.11 for this tremendously worthwhile charity. Many thanks to all those who kindly donated.

'We need You, but we hope you never need Us.'
CEO, London's Air Ambulance

Craft Group (*Fiona Lucas*)

In July, a happy band of Crafters met to make some beaded greetings cards. There was choice: the Crafters could choose between stitching a flowery card, which required the careful following of a pattern, or a card which required a freer approach, filling in an initial. Whichever card was chosen, it required the use of a beading needle – very fine needles which can pass through the bugle beads. There was much grumbling at first – threading the very fine needle and then picking up these tiny beads took a bit of getting used to! But eventually everyone got the hang of it, and it was actually declared quite therapeutic by some! As you can see, the cards looked beautiful in the end.



The Group will next be meeting on Friday, 15th September when we shall be making more phone and tablet holders which we shall sell at the Macmillan Coffee Morning to help raise funds.

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.

Paint Pouring (*Jacqueline Jacques*)

This month's pours were based on the principle that oil and water don't mix. Acrylic paint is water based, so if you lay down a mixture of colours and then prick or score the surface with a toothpick dipped in oil or arrange oily string across the paint there will be a reaction, forming 'cells' and any colours lying underneath the top layer will be revealed. I imagine it is called the 'chameleon' pour because the cells formed change colour. My daughter, a midwife, declared that some of my efforts looked like an X-ray of intestines but, luckily the u3a paint pourers had happier results! Most found it an absorbing and satisfying process.



The Photography Group (Kevin Lucas)

This month the Photography Group visited Tower Hamlets Cemetery Park – just five minutes' walk from Mile End tube station.

The Cemetery opened in 1841, set up for the purpose of profit-making as well as the sanitation and health of the City. The site design was inspired by the garden cemeteries movement and both the landscape, and the original buildings were designed by architects Thomas Wyatt and David Brandon.

During the Second World War the cemetery suffered severely from enemy air attacks directed at the City of London and the docks. Two chapels and many of the memorials were damaged or destroyed.

The site contains over 350,000 burials and around 47,000 monuments and headstones including 7 that are designated as Grade II listed by Historic England as are the cemetery walls.

The cemetery closed in 1966, overgrown, and in financial difficulties. Following a compulsory purchase order, The Greater London Authority were given permission to turn it into a grassed public park by a further an Act of Parliament. However due to intense local opposition to the clearance of gravestones the plan was dropped, and the London Borough of Tower Hamlets took over ownership in 1986.

The site became a designated local nature reserve in 2001 and is also a Site of Metropolitan Importance for Nature Conservation. With its dark brooding and gothic atmosphere, the park is frequently used for filming, so much so we had to get permission for our visit which was a first for the group.



The Group

The weather was overcast with light drizzle which seemed wholly appropriate for the location which was very atmospheric.

Here is a selection of photos taken by the Group.



Vivienne Danzey



Anne Harriman



Rose Eckhard



Sam Blitz



Fiona Lucas



Kevin Lucas

Our next outing is planned for Thursday 28th September and will be riverside walk from the O2 to Woolwich via the Thames Barrier. Precise details will be available nearer the date.

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 new bowler, Sam Blitz, made a good start with 130! Carol Smalley also did well with 101. Well done, both of you.

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

This will be a week early, on 17th September.

FORTHCOMING EVENTS (*BH-u3a*)

Date	Event	Cost	Comments	Availability	Organiser
14 Sep	AGM and Afternoon Tea		MEMBERS ONLY	FULLY BOOKED	
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		SOLD OUT	Hilary Wrightman
19 Oct	Meal at The Clink Restaurant HMP Brixton	£50.00	12.30pm	SOLD OUT	Hilary Wrightman
25 Oct	Eyes on the Spies Walking Tour	£15.00	10.30	20	Ann Denwood
27 Oct	LWL Autumn Leaves Afternoon Tea	£26.95	1.30pm	24	Ann Denwood
30 Oct	Goldsmiths' Hall	£15.00	12.30pm	SOLD OUT	Hilary Wrightman
16 Nov	Ely Christmas Market	£30.00	10.00am	Places available	Hilary Wrightman
18 Nov	Entertainment Evening	£17.50		Places available	Hilary Wrightman
26 Nov	Christmas Memories – nostalgia show at Queens Theatre	£16.65	1.30pm	SOLD OUT	Mary Nathan
7 Dec	The Beatles Christmas Show and Lunch Party	£45.00		SOLD OUT	Mary Nathan
7 Dec	Kew Gardens Christmas Light Show	£40.00		1 place available	Hilary Wrightman
12 Jan	New Year Celebrations with Scott "Elvis"	TBC	MEMBERS ONLY	70	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		Date tbc		Hilary Wrightman

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

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

Keep the items coming! You can bring items to the monthly meeting on the 14th and give them to Mary, or if you need help getting things to the hall, 'phone Mary on 020 8506 2203.

Opera Delights with Felici Opera (*Mary Nathan*)

This concert will be at Copped Hall on 24th September – see you there.

Visit to Highgrove (*WW-u3a*)

We have been fortunate to be invited to join Wanstead and Woodford u3a for their visit to Highgrove on Wednesday 11th October.

All those who have booked: please bring some form of official personal identification with you such as a Passport, Driving Licence or Utility Bill.

Eyes on the Spies Walking Tour (*Ann Denwood*)



Following Paul Barwick's visit to us in June, when he gave us a very interesting talk on the Alexander Litvinenko Espionage Murder, I am delighted to confirm that we have arranged for Paul to host one of his Spies & Espionage Tours for our u3a at a cost of £15.00 per person. This will take place on Wednesday 25th October. The booking form accompanies this newsletter.

The Autumn Leaves Afternoon Tea (*Ann Denwood*)



Ladies, I'm delighted to confirm that our next get together will be for an Autumn Afternoon Tea at Marygreen Manor Hotel on Friday 27th October.

There are 24 places available at a cost of £26.95 per person. The booking form accompanies this newsletter.

Scott "Elvis" (*Mary Nathan*)

Friday 12th January 2024 – make a note of the date for a New Year Celebration with Scott "Elvis"! and you get lunch as well. Full details later in the year.

MEMBERS' CORNER

Join up the dots ... (Stephen Skippen)

You may be familiar with the locations of the photographs that I have posted below. Over time, I have included them in my facebook account, including the one of the book cover, and I thought this compilation might make interesting reading.

And to make it even more interesting I could throw in a conundrum. Let's say there are dots between these shots and I joined them up – maybe then I could have the makings of a *storyline*. Clearly a little imagination would be required, but being somewhat of a dreamer, I might not be found wanting in this respect.



So this is the way the story could go ... What if Buckhurst Hill had their own Member of Parliament – and this MP was the serving Home Secretary – and this MP had fallen foul of a despicable man after she had stripped him of his British citizenship* – surely it would come as no surprise if this bad dude didn't take umbrage with his new situation and want to do something about it.

That should get your thinking caps on.





Now I will give you the griff on the man the Home Secretary locked horns with. His name is Vadime – portrayed on the book cover, he is the leader of a Separatist movement.



His dominant image is intended to signify him in defiance of the UK Government by use of the reduced image of the Houses of Parliament.

The photographs in this article serve to show the journey the Home Secretary made that fateful day in her life. However, there is an exception – the one in the church grounds which I have thrown in – the one where one chap appears to have eaten all the cakes.

** As a point of interest, this novel was ahead of its time. When I wrote 'The Separatist' (2013/ 2014), I had the Home Secretary invoke what was then a little known/little used law to exile the Separatist leader (applicable to those with dual citizenship).*

Maybe ... it didn't turn out that way.

Until next time.

Any questions/comments please do not hesitate to write.

stephenskippenwriter@yahoo.com

Epping, Australia (Valerie Thame)

Have you ever wondered if the names of our towns are to be found anywhere else in the world? Well, here is an interesting tale.

Whilst my husband and I were in Australia visiting our son and family over Christmas 2016, we had a free day and decided to have a drive to explore a bit more of the area where they live. Their suburb is a few miles north of Melbourne and on studying the local map I came across the town of Epping, about 12 miles north of the City. On closer inspection of the map of the town, we noticed three streets with very familiar names as you can see from the photos!



There is also a small shopping mall in Epping and I think the town is larger than ours.

On looking up on 'Google' I have found 6 more Eppings in the world and 3 more Epping Forests: two are in Australia and one in the USA which we visited some years ago – and that one has some local street names such as Roebuck Avenue.

All of these places have their names thanks to people from this area when they emigrated in the 1800s.

I have only found one Buckhurst Hill in the world, OURS!! We are unique it would seem!

No Ordinary Day (*Mo Crafer*)

It started with a raffle ticket. A charity seeking justice for Yvonne Fletcher, the policewoman who was shot and killed outside the Libyan embassy in London on 17th April 1984, had an amazing prize donated and I was the lucky winner. The prize was a flight in a Spitfire from Biggin Hill. I wanted to include my family in this special occasion, so I booked a chase plane to fly alongside.

We arrived at the hospitality area to be greeted by a local councillor and two representatives of the charity, Sally and Majella. I had to be weighed and then I was escorted to a viewing room by ground staff to watch a safety procedure video and to be fitted with my special flying overalls. There was much chiding from the family when it took four attempts to find a set to fit me, and thence to the tarmac. Much was made of squeezing me into the cockpit and it was clear why flyers have to be weighed, roomy it was not.

Chocks away!! Then we were off into the wide blue yonder. I cannot describe the feeling of flying low over the English landscape in the sunshine with which we were fortunately blessed. I was in communication with the pilot, Barry, through headphones and a mike and I followed his instructions. He asked if I wanted to loop the loop and of course I said 'yes please' and I was not sorry. I was able to wave to my family flying along beside me which added to the whole adventure.

On landing back at Biggin Hill I was adjusted out of the cockpit assisted by a lot of close contact with the ground staff. I think he will have to marry me now.

The charity was set up by PC John Murray who cradled Yvonne as she lay dying, and Matt Johnson has written a book co-authored by John entitled "No Ordinary Day" which has all the ingredients of a Le Carre novel, only it's real.

If you would like to read more and see pictures go to Facebook and put in Yvonne Fletcher and scroll down to Sallyann Williams to access it.

COMMUNITY

Charity Quiz (*Chingford Fundraising Group for Marie Curie*)

Afternoon Tea with a Quiz

Chingford Marie Curie Fundraising team are hosting a Quiz and
would be delighted if you would join us on

Saturday 14th October – 2pm to 5pm

**The Henrietta Suite
St Thomas of Canterbury Church,
High Road, Woodford Green
IG8 ORB**

Cost £10 per person (includes Tea, Coffee and yummy cake)

Tables of Eight
There will also be a raffle.

For tickets or further information, contact:

Val on 07806 093533 or email: lordval99@btinternet.com

Joy on 07952 142232 or email: jjpankhurst@btinternet.com

All proceeds go to: **Marie Curie: Care and support through terminal illness.**

Rotary Club of Roding (Hilary Wrightman)

Two events members might be interested in:

Autumn Quiz Supper on Saturday 14th October, 7.00pm for 7.30pm start. Tickets are £20.00 per person. This will be held at Grange Farm Centre, Chigwell, Essex.

Sponsored Santa Walk on Saturday 2nd December, 12.30pm – 3.30pm at The Meadow, Grange Farm Centre, Chigwell, Essex. Entry is £10.00, to include a Santa hat and bottled water. Raise money for the charity of your choice.

Please contact Hilary Wrightman for further information and application forms, either:

by email to hilary.wrightman@gmail.com or 07836 671582

The Margaret Centre

If you would like to register your support to retain the services of the Margaret Centre once Whipps Cross Hospital has been redeveloped, there are two online surveys currently live for the Palliative Care & EOL Phase 2 report. Your support in sharing these surveys would be much appreciated to ensure as many people as possible can have the opportunity to shape services moving forward.

- When somebody important in your life dies, it can have an impact on your feelings – sometimes a powerful and long-lasting impact. It can also affect your wider life, for example, at work or school, your family life, financial security or where you live.

NHS North East London would like to hear from people in Waltham Forest, Redbridge and West Essex who have lost someone close to them about their experiences, feelings and needs around bereavement and grief, to help us put the right support in place.

If you have been bereaved or know that you are about to be, you can take part in a confidential survey here – <https://www.surveymonkey.co.uk/r/7Z75MDS>.

- Do you have experience of caring for somebody with a life-limiting condition either formally or informally as a friend or family member?

NHS North East London would like to invite you to share your experiences to help shape and improve end of life care services across Waltham Forest, Redbridge and West Essex.

The survey will ask you about the support you receive, or received, as a carer, and also about the support the person your care for, or cared for, receives or received.

The survey can be completed here – <https://www.surveymonkey.co.uk/r/D7QJDJQ>.

All survey responses will be anonymous.

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, 9th October**. The closing date for inputs is **Friday 6th October**.

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
Singing for Fun	TBA
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).