

NEWSLETTER – 9 OCTOBER 2023

MEETING INFORMATION

Next Meeting:	12 October 2023		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	2.00 pm	Doors Open	
	12 October	Speaker: Steve Scruton (& Ian Wyatt)	<i>Dreams Can Come True – Creation of Pirate Radio in the 1960s</i>
Future Meetings:	09 November	Speaker: Nick Dobson	<i>Christmas in the Trenches</i>
	14 December	Christmas Meeting	<i>Afternoon Tea</i>
	11 January 2024	Barry & Gill Goodman	<i>Folk Singers</i>

BUCKHURST HILL u3a COMMITTEE

Chair / Accessibility Officer	Hilary Wrightman	07836 671582	chair@buckhillu3a.org
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Committee Member	Ruth Read	020 8504 1363 / 07988 8722532	ruthread@talktalk.net
Committee Member	Valerie Thame	020 8281 1333	valeriethame@gmail.com
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Outings Organiser	Hilary Wrightman	07836 671582	outings@buckhillu3a.org

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Welcome from the Chair

Welcome to the October edition of our newsletter.

On 14th September we held our annual AGM, which was very well attended as was the afternoon tea that followed it. Our thanks to Mary Nathan for all her hard work in organising the tea and also organising the Macmillan coffee morning which raised over £1700 for this most worthy cause.

At the elections we had a few Committee changes, primarily Kevin Lucas who stood down as Chair after 4 years and who has steered our u3a to the great group that it has become today.

I would like to take this opportunity of thanking Kevin on all our behalf's for the many hours both in front of and behind the scenes that he has dedicated to Buckhurst Hill u3a.

I would like to thank Sue Meredith for re-joining the Committee and taking on the role of Vice Chair, and Margaret Bint, David Dooks and Ruth Read for joining the Committee and helping out whenever it's needed.

We are introducing our new members to you all, as well as our existing Committee members in our rogues' gallery overleaf.

I have taken over the role of Chair from Kevin, and hope with your support I can continue helping to make our u3a even stronger, with lots of groups both new and old, events and outings.

A little bit of information about myself, I have been married to my husband Geoff for 53 years, and actually have known him for 70 years having met at our first day at Primary school.

We have been involved in voluntary organisations virtually all our lives, including schools PTAs, Youth Club leadership, Rotary and Probus Clubs and, recently, collections for the Ukraine, the Seamen's Mission and the homeless.

We have 2 children and are fortunate enough to have 3 beautiful granddaughters who bring us lots of joy.

I thank you in advance for the support you give us now and for the future and hope you are able to participate and enjoy many of the activities that we have planned for the coming year.

Once again, may I thank those of you who help set up RVH for our monthly meetings, it is an enormous help.

Please feel free to contact me or any of the Committee Members for information or ideas that can improve our group even further.

BUCKHURST HILL u3a – 2023/2024
"MEET THE COMMITTEE"



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BUCKHURST HILL u3a NEWS

Interest Group News (*Fiona Lucas*)

The **Mahjong** Group has a couple of vacancies! This friendly group meets on the first Monday afternoon of the month at the Group Leader's house in Chigwell. If anyone would like to find out more, please contact Christina.

After the inaugural meeting of the **Singing For Fun** Group it was decided that it will definitely start in the New Year, on the third Tuesday of the month at 10.30am. If anyone would like to find out more, please contact Mary on 020 8506 2203.

Just a reminder – The **Tai Chi Group** meets on the first and third Wednesdays of the month at the Roding Valley Hall. Eleonora (the Group Leader) has started 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. If you would like to join this new Beginners Group, please call Eleonora.

*

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.

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

Once again, many thanks to all our helpers – without you the event would not take place.

Thanks also to the Buckhurst Hill Residents' Society and Churchill Estate Agent for their sponsorship. Also, thanks to Sue Meredith for making the Macmillan Helpers' badges – it made it clear who were the official helpers.

I'm delighted to tell you that the event made £1,744.95 for Macmillan Cancer Support.

Recipe: 3-Ingredient Parmesan Crisp-Breads (*Hilary Wrightman*)

140 gm plain flour
125 gm salted butter – cubed
120 gm Parmesan or hard cheese – grated

1. Pre heat oven to 200°.
2. Sift flour, add butter and using fingers, rub it into breadcrumbs.
3. Add Parmesan (retain 1 tbsp).
4. Bring together as a dough, cover with cling film and chill in fridge for 1 hour.
5. Roll out to 1 cm thickness.
6. Cut with 5 cm fluted cutter.
7. Place on greaseproof –lined baking tray.
8. Sprinkle with the remaining Parmesan.

Enjoy.

Brick Lane Music Hall (*Jean Pearson & Sue Bird*)

At the end of September some of the u3a members booked to see a show at The Brick Lane Music Hall in Silvertown, London. It was called Divas. We watched a show where 4 ladies with great voices sang songs made famous by Barbra Streisand, Judy Garland and Lisa Minelli, to name but a few. Also, two men with equally great voices sang songs by Tom Jones, Engelbert Humperdinck and more.

There was a compere to introduce the singers. He was also a very good comedian. Some jokes were a bit near the mark, shall we say, but he was very funny and dressed up in a few different costumes.

In the interval there was a full afternoon tea with a good choice of sandwiches, cakes and scones with jam & cream.

Sue took some photos of the day which are shown here:



I think I can say a good time was had by all.

Craft Group (*Fiona Lucas*)

In September a number of our Craft Group met to make some lovely Chickens which double up as very useful phone and tablet holders. They are just the thing for holding your phone or tablet while making a Facetime Call or for holding it at the right angle whilst it is charging or you are following a recipe from the screen! We sold the fruits of our labour at the Macmillan Coffee Morning. Every chicken was sold, and the Craft Group was so pleased to contribute £124 to the final amount raised. Thank you to everyone who purchased one!



The Group will next be meeting on Friday, 20th October when (believe it or not!) we shall be starting our series of Christmas makes. We shall be making a little pinecone elf.

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

Ten Pin Bowling (*Mary Nathan*)

Top scores this month were Rose Eckhard 128 and Marion Shepherd 100.

Paint Pouring (*Jacqueline Jacques*)

This month we were consolidating some of the techniques we have already learnt, so 'flip cups' of layered paint, oiled string, marbles, oiled cocktail sticks, balloons – all came into play, and the participants became more adventurous, I felt, creating a variety of gorgeous paintings.



Singing for Fun (*Mary Nathan*)

There are a number of things we need to sort out, so we will start the group in January 2024. We will meet on the third Tuesday of every month from 10.30am to 12.30pm.

You will need to pay £2.50 to form the group, payable every year and hall hire cost will be extra.

Please let me know if you **don't** want still to be on the list – call Mary on 020 8506 2203.

The Photography Group (Kevin Lucas)

The Photography Group enjoyed another walk along the River Thames at the end of September, this time from Surrey Quays to Greenwich. We were fortunate with the weather but when we arrived at Greenwich it was unanimously decided to find a pub for a sandwich and a drink and to keep the second half of the walk from Greenwich to the O2 for another day.



The Group

Here is a small selection of the photographs taken by the group.



Vivienne Danzey



David Dooks



Anne Harriman



Sally Gillespie



Karen Gunn



Robert Gunn



Kevin Lucas



Gillian Heard



Fiona Lucas

Our next outing is planned for Thursday 26th October and will be an evening outing around Canary Wharf. This will be a good opportunity to experiment with long exposure photography.

Technical help will be available, but a tripod is essential on this occasion to help obtain the best effects.

To join the Photography Group, no special expertise or equipment is normally required, indeed, several of our group use their phone with excellent results. Members with no interest in photography are welcome to join us purely for the outings. We have visited some very interesting locations in London.

Local Visit to The View Chingford (*Chris Embling*)

If you are thinking of hanging out the washing, cutting the lawn, or cleaning the windows, don't bother if Sue Bird is organising a Local Visit that day. It will be raining

We assembled in the car park which adjoins the Connaught Tennis Club where the fun and games started. You will need the RingGo app on your mobile 'phone to pay for the duration of your visit and for anyone not having the app or mobile 'phone you will be fined if you stay. Hopefully, now that I mastered the app I will have the expertise to park elsewhere!

The View is the Visitor Information Centre run by The City of London Corporation. Somewhat unfortunately when we visited, an exhibition relating to the history of hot air ballooning over Epping Forest was in the process of being dismantled. Fortunately, some of the display remained and we were able to learn about a ballooning competition in 1802 which resulted in two balloons leaving London and, blown off course, landed in the Forest to the great excitement of the inhabitants of Chingford.



The first floor of the centre still contains the exhibition of the history/natural history of the Forest, and gives access to the terrace which overlooks Chingford Plain (hence The View). However, it's not much of a view when it's raining.

You are now thinking that I didn't enjoy myself. But The Royal Forest Hotel is next door ... where a very convivial coffee/beer/cider was imbibed by the somewhat damp group of u3a members.

Thanks, Sue, for organising the outing and I don't really blame you for the weather.

FORTHCOMING EVENTS (*BH-u3a*)

Date	Event	Cost	Comments	Availability	Organiser
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
1 Dec	LWL Tinsel & Turkey Christmas Lunch	TBA		24	Ann Denwood
7 Dec	The Beatles Christmas Show and Lunch Party	£45.00		SOLD OUT	Mary Nathan
7 Dec	Kew Gardens Christmas Light Show	£40.00		SOLD OUT	Hilary Wrightman
12 Jan	New Year Celebrations with Scott "Elvis"	£17.50	Open to Non- Members	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
14 May	Broadway Musical Lunch Party	£46.00			Mary Nathan
6 Jun	Royal Military Academy, Sandhurst	£50.00	Open to Non- Members	49	Hilary Wrightman

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

The Autumn Leaves Afternoon Tea (*Ann Denwood*)



Spaces are available for our 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.

Turkey and Tinsel Christmas Lunch (*Ann Denwood*)



Save the date – Tinsel & Turkey Christmas Lunch – Friday, 1st December '23 at Linguine's, Hainault Forest Golf Club. Details and booking form will be available in the November newsletter.

Brandenburg Choral Festival of London (Hilary Wrightman)

We have been given the opportunity to join a scheme of free and discounted concert tickets for u3a members.

There are four concerts coming up that qualify:

14th October at St Margaret Patten

17th October at Corpus Christi

18th November at St Gabriel's Pimlico

24th November at St Margaret Patten

All details are on the Brandenburg website at <https://www.brandenburg.org.uk>.

There are passwords for the free and discounted tickets reserved especially for u3a members. Follow the links to buy tickets and when you reach the main box office page for your selected concert, try the free tickets first (unless they are showing as sold out).

The password for this is **BETTY100**. If that doesn't work move on to the discounted tickets. The password for this is **BETTY50**.

There is the prospect of Christmas concerts this year. Please let Hilary know if you would be interested in these – 07835 671582 or hilary.wrightman@gmail.com.

Lunch and Scott "Elvis" (Mary Nathan)

Friday 12th January 2024 – what more could you want? A New Year Celebration with Scott "Elvis"! The booking form accompanies this newsletter.

Broadway Musical Lunch Party (Mary Nathan)

This will be held at the Prince Regent Hotel on Tuesday 14th May 2024, with tickets costing £46.00 per person. The booking form will accompany the November newsletter, with a closing date of Friday 26th January.

Visit to Sandhurst (Hilary Wrightman)



We are extremely privileged to be offered a visit to the Royal Military Academy at Sandhurst in Camberley, Surrey on Thursday 6th June 2024. The booking form accompanies this newsletter.

Brick Lane Music Hall (Hilary Wrightman)

For some dates during January and February, Brick Lane Music Hall will be doing an adult pantomime with lunch included. The price is £70.00.

Please let Hilary know if you would like to go – 07835 671582 or hilary.wrightman@gmail.com.

Stay Safe and Well this Winter

FREE EVENT
Includes an information bag and lunch



About the day
Informative talks from health and wellbeing advisors on how to stay safe and well over the winter months. Plus, an interactive theatre performance about scamming. Health checks and flu vaccinations subject to availability.

Booking is required
Please call 01992 564226 or book online: eppingforestdc.bookinglive.com to confirm your place.



Thursday 19 October
Arrive 10.30am to start 11am
Event ends: 3.30pm
Roding Valley Hall,
Buckhurst Hill, IG9 6LN



Epping Forest District Council
www.eppingforestdc.gov.uk



community safety PARTNERSHIP



NHS
North Essex and West Essex

For further information please contact Karen Murray,
Older Peoples Community Engagement Officer: 01992 564222



Charity Fund Raising (*Geoff and Hilary Wrightman*)

These charity fund raising events are taking place in the next few months.

Rotary Club of Barkingside

Fundraising Quiz Night on Saturday 4th November – 6.45pm for 7.00pm start. All proceeds to the Rotary Barkingside Trust Fund. Tickets are £15.00 and include a full Ploughman's Supper. Bring your own drink. Tables of 8.

Location: Grange Farm Centre, High Road, Chigwell, IG7 6DP.

Contact Sue Colman: 07954 117427 or email suecoleman1946@gmail.com.

Rotary Club of Roding

Raise funds for **your own** Charity: SANTA'S FUN 1/3/5 Kilometre Walk/Run.

This will be held on Saturday 2nd December from 12.30am–3.30pm at Grange Farm Centre, High Road, Chigwell, IG7 6DP.

Entry £10.00 including Santa Hat. Children under 16 free.

Application forms:

Rtn: Hilary Wrightman
Tel: 07835 671582
Email: santarunrotary23@gmail.com
or hilary.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, 6th November**. The closing date for inputs is **Friday 3rd November**.

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 Tuesday 10.00 am
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
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).