

## NEWSLETTER – 6 NOVEMBER 2023

### MEETING INFORMATION

<b>Next Meeting:</b>	<b>09 November</b>		
<b>Venue:</b>	<b>Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)</b>		
<b>Times:</b>	<b>2.00 pm</b>	<b>Doors Open</b>	
<b>Future Meetings:</b>	<b>09 November</b>	<b>Speaker: Nick Dobson</b>	<i>Christmas in the Trenches</i>
	<b>14 December</b>	<b>Christmas Meeting</b>	<i>Afternoon Tea</i>
	<b>11 January 2024</b>	<b>Barry &amp; Gill Goodman (Folk Singers)</b>	<i>Good Morning, Lords and Ladies: Illustrated Talk on Unusual English Customs</i>
	<b>08 February 2024</b>	<b>Chris White</b>	<i>The Art of London</i>

### BUCKHURST HILL u3a COMMITTEE

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## Welcome from the Chair

Welcome to the November edition of our newsletter.

I just want to take a moment to offer our thoughts and prayers to everyone affected by the horrific events in the Middle East over the past few weeks, and we can only hope that there will be a sustainable solution in the not too distant future without too much more bloodshed.

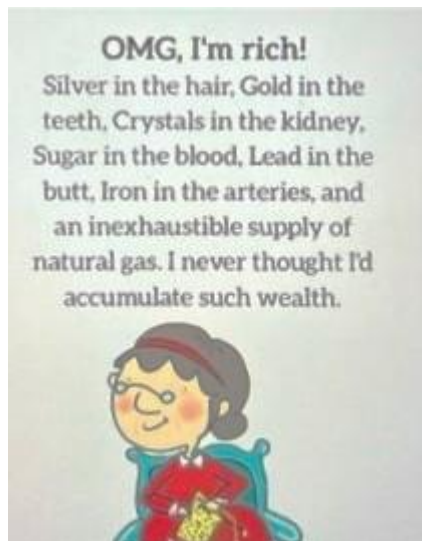
Now that our clocks have gone back, we are fast approaching the winter months with all the extra problems it brings. If you know of anyone who is struggling, please ask them to contact Voluntary Action Epping Forest. Email [admin@vaef.org.uk](mailto:admin@vaef.org.uk) if they live within the Epping Forest Council area, or Redbridge CVS email [info@redbridgecvs.net](mailto:info@redbridgecvs.net) if they live within Redbridge Council area.

From **Thursday 14<sup>th</sup> December** we are changing our monthly meeting to start at **2.00pm** instead of 2.30pm – this will enable our members to get home sooner now it's getting dark earlier.

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 our Committee Members for information or ideas that can improve our group even further.

On a lighter note, I hope you enjoy my little ditty:



*Instagram*

I know a lot relates to me!

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## BUCKHURST HILL u3a NEWS

### Craft Group (*Fiona Lucas*)

Sadly, the Craft Group was unable to meet in October and so we were unable to make our little Pinecone Elves. We shall be attempting to make them at our next meeting on Friday, 17<sup>th</sup> November. We really haven't been lucky with the elves: they were first scheduled last December but we had to cancel because of the snow, the second time we had to cancel as I was unwell – so hopefully, it will be third time lucky!

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

### Autumn Leaves Afternoon Tea (*Margaret Bint*)

The 'Autumn Leaves' afternoon tea held at Marygreen Manor Hotel was enjoyed by all. The tables looked very attractive with the Autumnal decorations.



We were well looked after with a variety of sandwiches, cakes, and delicious homemade scones etc with plenty of tea and coffee on offer.



Unfortunately, Ann Denwood was unwell and unable to join us, but all her preparations for this event ensured that the afternoon went well, nevertheless.

A few of us were given a 'goody bag' of the scones and cakes we were unable to manage, which was well received. All in all, a pleasant afternoon.

### Recipe: 3-Ingredient 1-Pot Pasta Marinara (*Hilary Wrightman*)

- 1 x pound lean mince beef or turkey
- 1 x jar marinara pasta sauce
- 12 oz dried pasta (any will do)
- 1 x pinch salt (optional)

1. Heat pot over medium/high heat and break up and brown meat until cooked through and fully browned (about 6 minutes).
2. Reduce heat to low/medium and add pasta sauce to pot.
3. Fill empty pasta jar with water and add to pot.
4. Stir thoroughly to combine and add pasta.
5. Bring to a simmer and cook for 15 minutes stirring frequently to ensure pasta does not stick to bottom of pot.
6. Add one more jar of water and continue stirring until pasta is tender (about 15 minutes).
7. Garnish with Parmesan cheese and fresh basil.

Any leftovers can be refrigerated for up to 5 days or frozen for future use.

Enjoy.



### Gardening Group (*Joan Brunt*)

A small group of the Gardening Group members visited the Princess Diana Memorial Gardens and Kensington Palace. The sunken garden was perfectly manicured and still had some flowers in bloom. Following our tour, we had brunch in the Café which was delicious. As we queued to enter Kensington Palace the rain clouds gathered but, luckily, we got inside before the heavens opened.



The Crown to Couture exhibition took us on a tour of the Palace and showcased some amazing celebrity clothing alongside Georgian.



It was an amazing exhibition.

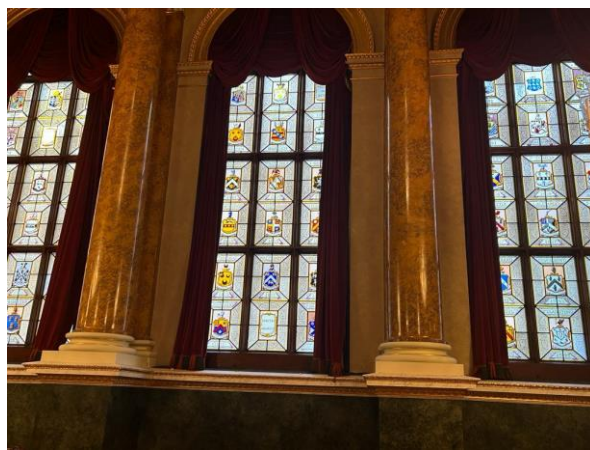
### Visit to Goldsmiths' Hall (*Hilary Wrightman*)

A group of 20 of our members visited the Goldsmiths' Hall last month.



*Hilary and Geoff Wrightman modelling some of the official robes*

It was absolutely fascinating to hear the history of the Livery Company and see the fabulous items on display.



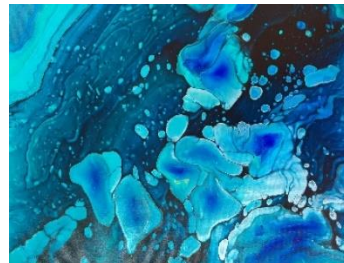
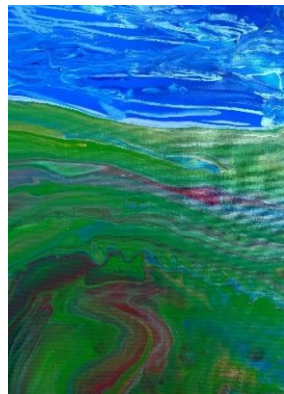
The tour was taken by one of the librarians and her knowledge was amazing: a really interesting insight into part of London's history.

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## Paint Pouring (*Jacqueline Jacques*)

This month's pours were 'meadow flowers' and 'landscapes', made by flipping (upturning) cups layered with different shades of colours of paint, then tipping the canvas to make the paints flow into the desired effect. Flowers, trees etc were either poured onto this wet background or will be superimposed as embellishments when the painting is dry.



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## The Photography Group (Kevin Lucas)

For our October outing the Photography Group ventured to Canary Wharf for a night-time photo shoot. We have a night-time outing every year and, on this occasion, we moved away from the River Thames and tried a different location. The weather was kind, but Canary Wharf was very busy with bars overflowing. A sure sign that Thursday is the new end of week celebration day.

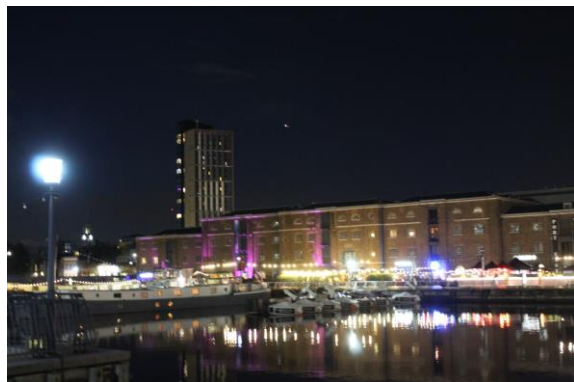
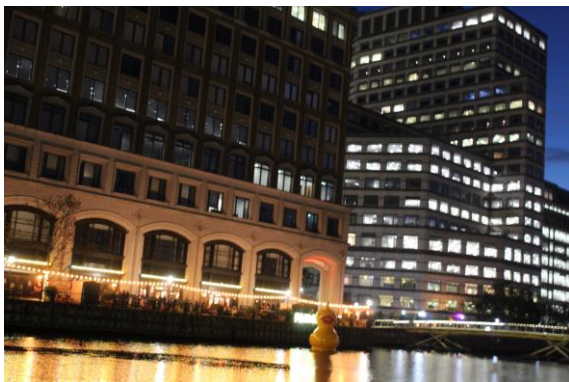


*The Group*

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



*Anne Harriman*



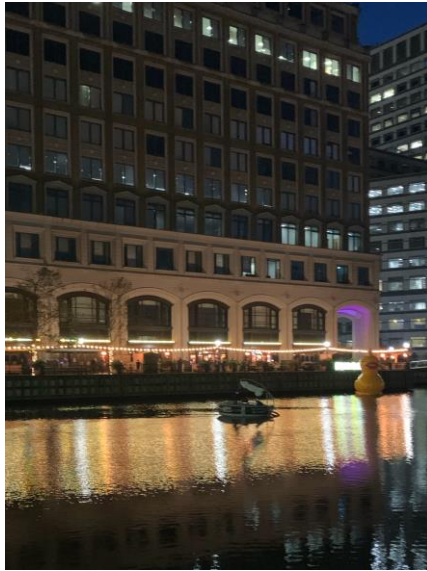
*Sally Gillespie*



*Sam Blitz*



*Noel T*

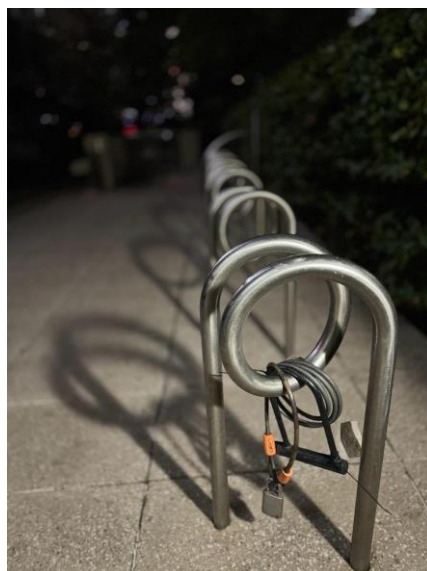


*Sue Bird*



*Janet Gray*





*Fiona Lucas*



*Kevin Lucas*

Our next outing is planned for Thursday 23<sup>rd</sup> November and will be an exploration of churches in the City of London.

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.

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### **Sunday Club** (*Mary Nathan*)

Don't forget that it will be held a week earlier than usual, on 19<sup>th</sup> November **not** the 26<sup>th</sup>.

## Local Visit to Barnardos, Barkingside (*Chris Embling*)

For once I do not have a problem admitting that I can get things wrong.

Sue Bird organised a visit to Barnardo's at Barkingside for our last local visit of the year. Notwithstanding what I wrote previously about it always raining, we actually enjoyed an afternoon of brilliant sunshine.



Scotch House is Barnardo's head office and is located next to Redbridge Magistrates Court. No longer do Barnardo's run children's homes, they concentrate on providing support and protection for children and young people facing a wide range of issues including drug misuse, disability, sexual abuse and domestic abuse.

Our group were met by Linda Bowley who acted as our guide for the afternoon. Linda, some of you may remember, came to one of our monthly meetings a few years ago, and gave a talk about the charity. She uses a mobility scooter, known as her Ferrari, and proved the point by leaving a number in a cloud of dust! I have to say Linda is a perfect guide inasmuch she was brought up by Barnardo's and obviously had a first-rate upbringing.

Most of what is still called The Village is now in private ownership. But, fortunately, a great proportion of the buildings on the site are listed, and the area as a whole is a Conservation Area, thus its rather delightful village green appearance has been maintained.

Linda took us to the Children's Church. Dedicated in 1894, it is what might be described as a typical Victorian church. However, once inside, it becomes obvious that its design reflected the needs of children: the windows are, for example, set low down in the walls and the pews significantly lower than is normal. The seating may be low, but the church could accommodate a congregation of more than 1,000 children and adults.

The highlight of the church is in fact of much more recent origin (2012). It is a large canvas depicting the history of Barnardo's from its inception to the current day. Rosa Branson is the artist and is a second cousin of Sir Richard.





Whilst at the church our paths crossed with another visitor, the Texan son of one of the girls who lived in the village before the Second World War. An interesting guy, who told me that in recent times he has been able to do a DNA test only to find that he had cousins that his parents had no knowledge of. Our really interesting visit concluded with a brief tour of the village, in the sunshine, where the village green was being put to very good use by children playing cricket, and mums and babies sunning themselves.

Once again, thanks Sue for organising things. Looking forward to next year!

### **Creative Yarns** (*Yvonne Hall and Joan Brunt*)

We have been very lucky this year, as we have been out in the garden with our hooks and yarns and have new members to our group. Sometimes we have more chatting then crocheting lol.



We have one more meeting and one outing left this year. How time flies when you're hooked.

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### **FORTHCOMING EVENTS** (*BH-u3a*)

Date	Event	Cost	Comments	Availability	Organiser
16 Nov	Ely Christmas Market	£30.00	10.00am	41/49	Hilary Wrightman
18 Nov	Entertainment Evening	£17.50		60/70	Hilary Wrightman
26 Nov	Christmas Memories – nostalgia show at Queens Theatre	£16.65	1.30pm	SOLD OUT	Mary Nathan
1 Dec	LWL Turkey & Tinsel Christmas Lunch	£30.00		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
14 Dec	Christmas Monthly Meeting with Afternoon Tea	Free	Members Only – Booking Essential	70	Christine Slade
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 Musicals Lunch Party	£46.00	Open to Non-Members	50	Mary Nathan
18 May	André Rieu in London	£80.00		SOLD OUT	Hilary Wrightman
6 Jun	Royal Military Academy, Sandhurst	£50.00	Members Only	26/55	Hilary Wrightman

### Turkey & Tinsel Christmas Lunch (*Ann Denwood*)



Ladies, our Turkey & Tinsel Christmas Lunch will be on Friday, 1st December '23 at Linguine's, Hainault Forest Golf Club. Details and booking form accompany this newsletter.

### Lunch and Scott "Elvis" (*Mary Nathan*)

Friday 12<sup>th</sup> January 2024 – A few places are still available, so don't delay, put your form in today.

### Broadway Musicals and Lunch Party (*Mary Nathan*)

This will be held at the Prince Regent Hotel on Tuesday 14<sup>th</sup> May 2024, with tickets costing £46.00 per person.

The booking form accompanies this newsletter, with a closing date of Friday 26<sup>th</sup> January.

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### IN MEMORIAM

#### Condolences (*Mary Nathan*)

Sending our love to the family of Yvonne Wooldridge who passed away in October. Our thoughts are with you.

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### COMMUNITY

#### Scam Alert (*Hilary Wrightman*)

This particular scam is being operated in this area, and the perpetrator is well known for doing this. She is known to be very convincing.

The following is a variation of this scam. A youngish woman is calling at doors, apparently upset as she has locked herself out and is asking to use the 'phone to call someone for help. Her story (*she is extremely plausible*) develops into a request for money for her to get a cab to Pimlico (*for example*), and then she asks for more money for the return journey.

Please be on your guard!



## STANDING NOTICES

### Tell Mary (*Mary Nathan*)

I report and send a card to members who are unwell, in hospital or to the family on the passing of a loved one. So please tell me if you want to share sad or happy news. We want to hear about it. Phone Mary on: 020 8506 2203. If I don't pick up, please leave your name and number and I'll call you back.

### Congratulations and Best Wishes (*Mary Nathan*)

On a brighter note, we can send best wishes to members who wish their friends to rejoice on their special birthday or wedding anniversary.

'Phone me on the above number and tell me your name, date and age of your birthday, and names, date and number of years of your marriage. This will be put in the newsletter. If you don't want us to know, don't 'phone me!

## Charity Collections

### Greetings Cards (*Hilary Wrightman*)

I won't be collecting cards for a while as the recipients are currently inundated with them!

### Stamps (*Sylvia Medhurst*)

Reminder: **please leave a half-inch border around the stamps to help protect their perforated edges** – stamps without this border are unusable and should be discarded.

### All Forms – Membership and Booking Forms (*Christine Slade*)

Please send hard copies only – **scanned copies are not accepted.**

We will provide on request copies of all forms in hard copy, but we require members to submit all forms in hard copy.

**Each booking form has its own specific reference for paying-in purposes.** Please use it!

### Membership Renewal (*Christine Slade*)

For those paying by bank transfer – your Membership Card will not be issued until I have received your completed and signed Membership Form. If you need a hard copy of the Membership Form, please either email me at [membership@buckhillu3a.org](mailto:membership@buckhillu3a.org) or telephone 020 8505 1005.

The **2023–2024 Membership Form** has been revised and is on our website.

Don't forget to include a Stamped Self-Addressed Envelope with your Membership Form, otherwise your Membership Card will be retained for collection at the monthly meeting.

**Please inform me** if you want someone else to collect your membership card on your behalf.

### Newsletter (*Christine Slade*)

Articles should be sent to my account: [newsletter@buckhillu3a.org](mailto:newsletter@buckhillu3a.org) or hard copy can be sent to: Miss C Slade, 18 Scotland Road, Buckhurst Hill, IG9 5NR. Our next newsletter will be issued on **Monday, 11<sup>th</sup> December**. The closing date for inputs is **Friday 8<sup>th</sup> December**.

## GROUP INFORMATION

GROUP	MEETING DAY
Backgammon and Banter	Last Monday of the month 2.30pm
Book Club	Monthly on 2 <sup>nd</sup> Monday 10.00 – 12.00 am
Bridge (Social)	Weekly, each Tuesday 10.00 am
Coffee Morning	Monthly on 3 <sup>rd</sup> Thursday 10.30 am – 12.00 noon
Craft	Monthly on 3 <sup>rd</sup> Friday 1.00 pm – 4.00 pm
Creative Yarns	Monthly, usually 2 <sup>nd</sup> Wednesday, 10.00 am
Cribbage	Monthly, on a Thursday evening, as arranged
Family History	Monthly on 2 <sup>nd</sup> Saturday 10.30 am – 12.30 pm
Forest Walks	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays at 10.00 am
Gardening Group	Monthly on 3 <sup>rd</sup> Thursday
Grumpy Old Men's Club	As arranged
Italian: Beginners & Intermediate (shared)	Alternate Wednesdays 2.00 pm – 4.00 pm
Jazz Appreciation (Roding Valley)	Monthly on 3 <sup>rd</sup> Wednesday 2.30 pm
Ladies Who Lunch	As arranged
Local Visits	As arranged
Lunch Club 1	Alternate months 2 <sup>nd</sup> Tuesday
Lunch Club 2	Alternate months 2 <sup>nd</sup> Monday
Mahjong	First Monday of the month monthly at 2.00pm
Motorcycle Riders Group	As arranged
Outings	As arranged
Paint Pouring	Monthly: 1 <sup>st</sup> or 3 <sup>rd</sup> Tuesday or 1 <sup>st</sup> or 3 <sup>rd</sup> Wednesday, or 1 <sup>st</sup> Friday, 2.00 pm
Photography	Monthly usually 4 <sup>th</sup> Thursday
Play Reading	Monthly on 1 <sup>st</sup> Thursday 2.00 pm
Rummikub	Monthly on 2 <sup>nd</sup> Monday 2.30 pm
Scrabble 1	Monthly on 2 <sup>nd</sup> Wednesday 2.00 pm
Scrabble 2	Last Friday of the month 2.00 pm
Singing for Fun	TBA
Sunday Club	Monthly on 4 <sup>th</sup> Sunday 2.30–4.30 pm
Tai Chi	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday each month 10.00 am
Ten Pin Bowling	Monthly on 1 <sup>st</sup> Tuesday (unless school holidays)
Theatre Outings (Local)	As arranged
Theatre Outings (West End)	As arranged

### VISITORS

Visitors/potential new members will be allowed to attend the Monthly Meeting TWICE ONLY (free of charge).