

**SEASON'S GREETINGS
TO ALL OUR MEMBERS**



**WITH BEST WISHES
FROM THE
COMMITTEE**

Photo by [Reynardo Etenia Wongso](#) on [Unsplash](#)

NEWSLETTER – 11 DECEMBER 2023

MEETING INFORMATION

Next Meeting:	14 December		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	1.30 pm	Doors Open	
	14 December	Christmas Meeting	Afternoon Tea
Future Meetings:	11 January 2024	Barry & Gill Goodman (Folk Singers)	"Good Morning, Lords and Ladies": Illustrated Talk on Unusual English Customs
	08 February	Chris White	The Art of London
	14 March	Gary Stone	James Brimble (1897-1974) & London's Epping Forest

BUCKHURST HILL u3a COMMITTEE

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Contents	
Newsletter	Page 1
Forthcoming Events	Page 20
Information Corner	Page 21
Community	Page 21
Standing Notices	Page 21
Group Information	Page 23

Welcome from the Chair

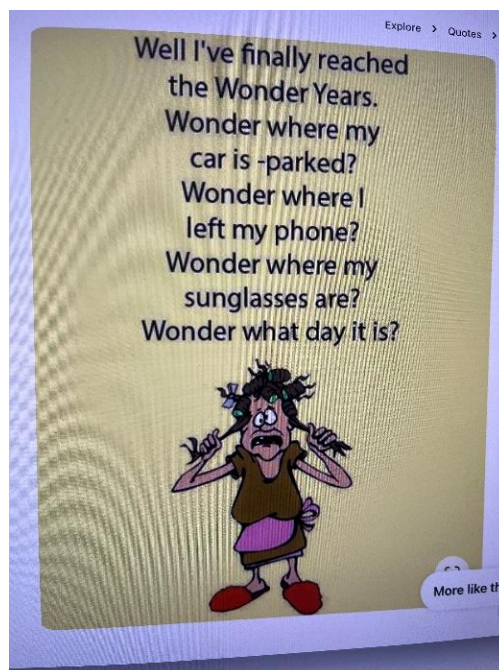
Welcome to the December edition of our newsletter and the final missive of 2023.

The end of the year always makes us reflect on the previous 12 months, some good times and unfortunately some bad. Some happy times and some unhappy ones. Some new friends made and very sadly some old friends lost.

The start of 2024 gives us hope for the future and thoughts that perhaps the world may become a better place, with wars ending, new medication found to help eradicate the nastiest of diseases and peaceful solutions to lots of the problems facing us all, however big or small.

I, personally, would like on behalf of all our members to thank the hardworking Committee and helpers, who strive to make our u3a the special organisation it is, great groups, outings, events and most importantly friendships and fun.

Season's Greetings to you all and may the new year bring Peace, Health and Happiness to you all.



BUCKHURST HILL u3a NEWS

Interest Group News (*Fiona Lucas*)

Sadly, the Tai Chi Group folded this month. Its last meeting was on 6th December. The Committee would like to express their heartfelt appreciation to Eleonora for running it for the past eighteen months, alongside all the other Groups she runs for us! Thank you, Eleonora.

*

Roding Valley u3a have invited Buckhurst Hill u3a members to join some of their Interest Groups.

Whist This is an established Group which would like a few more players! It meets at Theydon Bois Village Hall on the 3rd Tuesday of the month at 2.45pm. There is no meeting in December but the first meeting in the New Year will be on 16th January.

Current Affairs This is a new group. It will provide an opportunity for members to discuss issues of current global, national and local importance through analysis and discussion of recent news reports and opinion pieces. If you read a newspaper or news magazine or follow news programmes on the radio or television, this could be the group for you! It will meet on the second Friday of the month in the morning in Loughton.

Quiz Club Again, this is a new group. The idea is that teams of three or four will be made up at random from those attending (so that the same people don't always win!). Members will take it in turn to be the quiz setter, who of course, is always right even when they're wrong! This group will be based on a day mutually agreeable to those people who have expressed an interest in joining.

Wine Appreciation Another new Group. This will be a meeting of wine enthusiasts (not experts) who like to share and learn about different wines. It will meet every couple of months in the evening. At each meeting, a member will talk on a topic of their choice, supported by a tasting of wines. The evening will include general discussion about the chosen wine. Topics could include grape varieties, wine regions, wine making techniques, wine and food pairing, selecting and buying wines. Again, the meeting date will be on an evening mutually agreeable to those members who have expressed an interest.

If you would like to join the **Whist, Current Affairs, Quiz Club or Wine Appreciation Group**, please contact Laura Blake by email : RVu3a@hotmail.com. Laura is the main contact point who will pass your details on to the appropriate Group Leader.

In return, we have invited RVu3a members to join in our new Singing For Fun Group, our Cribbage Group and Motor Cycle Riders Group.

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As has been said before, Interest Groups are the life blood of any u3a and for a u3a to be successful, it needs people to be willing to give up a little of their time to bring like-minded people together. Leading a group can be really enjoyable – the people who come to your group end up becoming good friends. Please contact me if you have the germ of an idea for any group for Buckhurst Hill members. I can help and support you to get it up and running!

Please contact me, Fiona Lucas at groups@buckhillu3a.org.

Creative Yarns (*Yvonne Hall and Joan Brunt*)

Our last meeting of the year: a trip out to the V&A to see the Diva Exhibition. It was a great exhibition with stunning outfits and music of every Diva on the headset.



Above: Elizabeth Taylor on set as Cleopatra, about 1961.
Courtesy of Greg Schreiner
Backdrop image: Elizabeth Taylor on set as Cleopatra being
dressed by Irene Sharaff, about 1961.



It is great how new technology enhances the experience of this exhibition.

Christmas in the Trenches – Talk by November Speaker (*Christine Slade*)

Our talk in November was linked to Remembrance Week. Our speaker, Mr Nick Dobson, has kindly provided us with a copy of his talk. It will be emailed to all our members with this newsletter.

Due to the document's length (19 pages), it is not being circulated automatically to those members who receive paper copies, who can contact me on 020 8505 1005 if they would like to receive a hard copy.

Craft Group (*Fiona Lucas*)

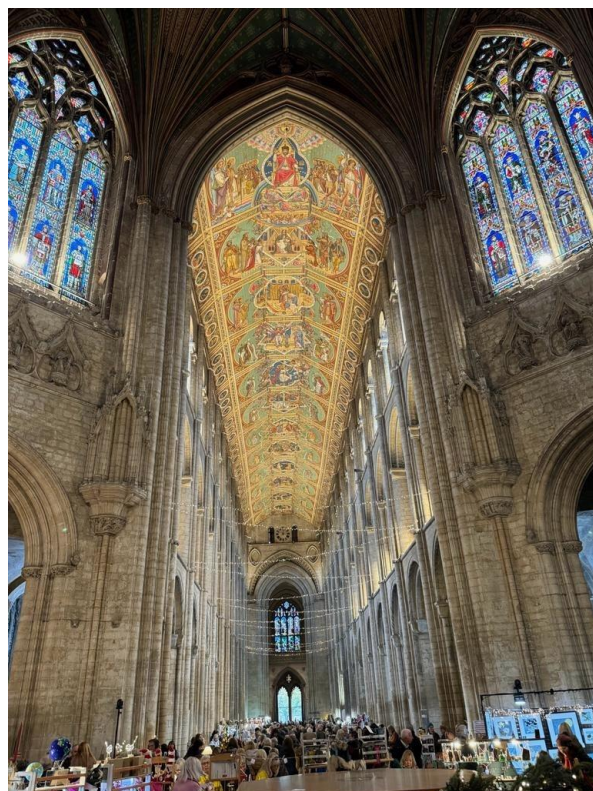
This month, a bumper number of Craft Group members met to make some little pinecone elves. The elves were a bit fiddly as we were working on a small scale and the poor old glue guns were working overtime getting the heads stuck onto the top of the pinecones! The resulting elves were each very different, depending on the colours of felt chosen, the embellishments, the design of the faces and the angle of the head and hands. They each had their own little personality!



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.

Ely Cathedral and Christmas Market (*Fiona Lucas*)

Christmas started early this year as a coach full of u3a members journeyed to Ely Cathedral to enjoy its Christmas Market. The weather was cold but at least it wasn't pouring with rain as it had been the previous year!



I hadn't been before and was in seventh heaven browsing over 120 trade stalls full of unique items for sale. There was a huge variety of things to peruse as well as delicious food and drink available. It would have been rude not to sample the mulled wine and mince pies! The Cathedral itself was stunning and provided the perfect backdrop to the event.

It was a delightful day out to start the festive season. Many thanks to Hilary for organising it so well.

Recipe: 3-Ingredient No Churn Ice Cream (*Hilary Wrightman*)

½ x 387g can sweetened condensed milk
600ml pot double cream
1 tsp vanilla extract

1. Put all ingredients into a bowl and beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
2. Scrape into a freezer container, cover with clingfilm and freeze until solid.

Enjoy.

A Magical Evening of Entertainment with a 'Posh' Ploughman's Supper (*Sue Meredith*)

Abracadabra.....Alakazam.....Ilford.....

On Saturday 18th November about 70 members gathered in the Roding Valley Hall for an evening of magical entertainment by the Ilford Magical Society – with a 'posh' ploughman's supper.



For the first half of the evening, we were treated to 'close up' magic, where magicians visited our tables and performed magic tricks. Here are a few pictures from my table:



By the time the first half was finished everyone was ravenous – suffice to say – we all tucked into the 'posh' ploughman's with gusto.



After refreshments the magic continued with a series of magical acts from the stage – Maddie and Paul were called upon to lend a hand.





A thoroughly enjoyable evening – with many, many thanks going to Hilary and Sue Bird and the army of helpers who made the evening such a success.

The raffle on the evening contributed to the collections BH-u3a made for Children in Need – thanks to all who bought tickets.

*

Here is a small collection of thanks received after this evening's entertainment:

We wish to thank you for a magical evening on Saturday. It was very enjoyable. The Posh Ploughman's supper was excellent too. Thank you for all your hard work in planning the perfect evening.

Dawn Simmonds, Christine and Malcolm

I just wanted to thank and congratulate you and your team for putting on such a lovely evening last night. I can't imagine how much hard work went into organising the event but it was very successful and I really enjoyed it. The magicians were fun and approachable, the food was exceptional (what ploughman was ever treated to such a feast!) The room was warm and welcoming and the company great. So all in all a great way to spend a Saturday evening. So thank you once again and I hope you all have a chance to put your feet up today.

Marion Shepherd

Ten Pin Bowling *(Mary Nathan)*

Game 1: Carol Smalley 111, Jean Pearson 106; Game 2: Peter Craske 108, Carol Smalley 107.

Our next bowling will be on Tuesday 9th January.

Macmillan Coffee Morning (BHPC)

BHPC in their Winter magazine gave BH-u3a a write-up on everyone's efforts at our Coffee Morning held in September in aid of Macmillan Cancer Report:



Mary Nathan, on behalf of U3A, and with a team of helpers, organised a Macmillan Cancer Support coffee morning at the Roding Valley Hall on the 22 September 2023.

In just two hours between 10am and 12 noon a grand total of £1,744.47 was raised for the charity, including some donations being gifted by residents who were unable to attend.

Thank you and well done everyone!



Ladies Who Lunch Go Tinsel and Turkey (*Jacqueline Jacques*)

On a bright but chilly Friday the u3a ladies turned out in force for their Christmas meal at Linguine's in Hainault. Ann Denwood, whose idea this was, would have been delighted to see us all sparkling in our Christmas finery.



Unfortunately, our coordinator could not be with us to join in the festivities. She was sadly missed, and we all wish you well again, soon, Ann! Christine Slade, deputising, put everyone at their ease, ensuring that crackers were pulled, paper hats donned, and jokes relayed in time-honoured fashion. And that everyone felt relaxed and happy.



Linguine did us proud and the chefs are to be congratulated on giving us a menu of fine dining delights, ranging from the best Italian dishes, spiced and presented as only they know how, to traditional English festive fare. Everyone commented on how tasty they found their chosen dishes (all three courses! Most of us found ourselves letting out our belts to accommodate every last delicious crumb of pudding). And all for a very reasonable price, we felt. Well done, Linguine!

Proceedings were brought to an end with a raffle, and everyone went home, glad to have dined so well and vowing they wouldn't have to eat again for a week!

Singing For Fun (*Mary Nathan*)

This group will start on Tuesday 16th January. You will all need to pay £3.00. You can park on the road, either In Chestnut Avenue or Hornbeam Road. Venue: The Hub at St Elisabeth's.

Poppy Appeal (*Mary Nathan*)

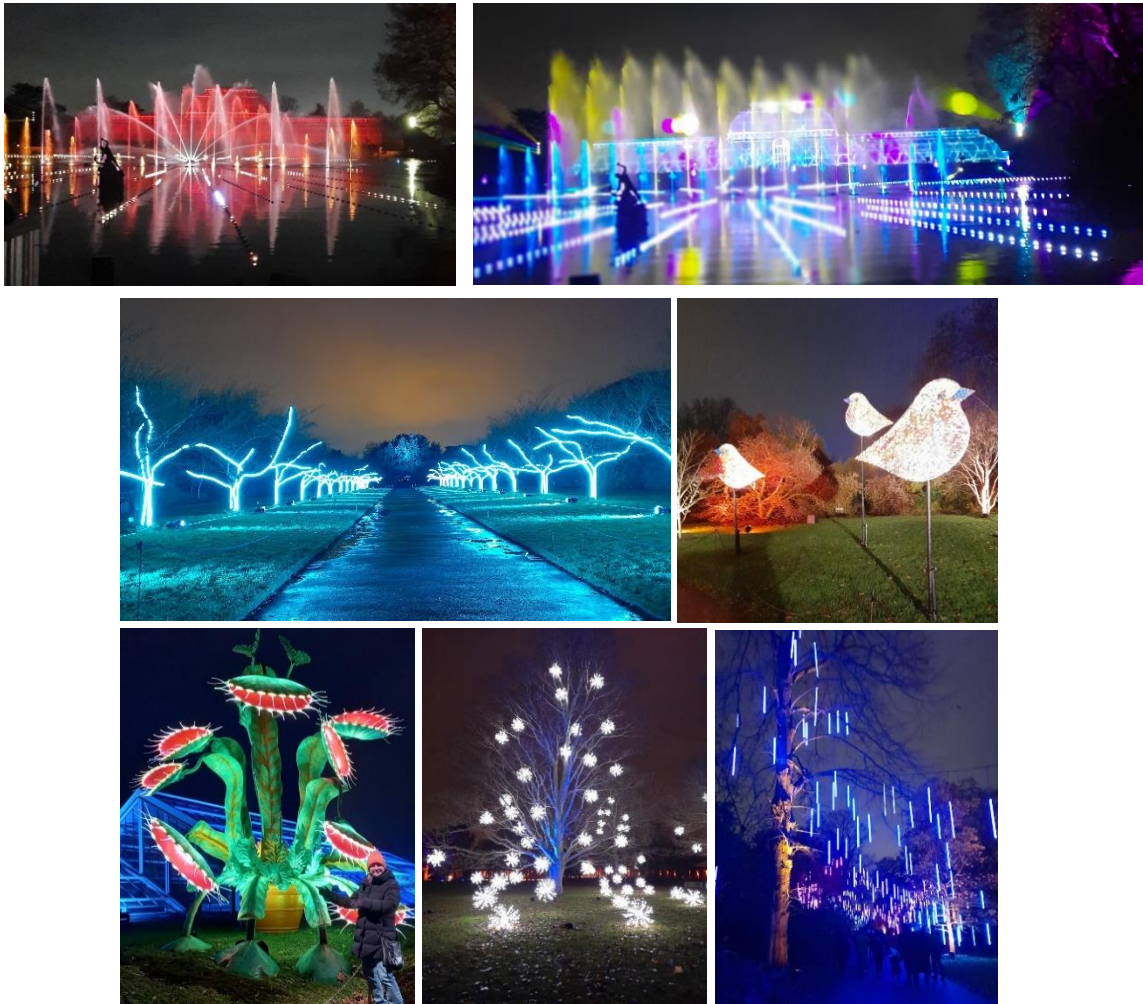
Thanks to everyone who gave. My tin contained £146.09. Well done.

Christmas at Kew (*Sue Meredith*)

Last Thursday a coachload of members made the journey around the North Circular to Kew Gardens to experience its Annual Light Spectacular.

Despite the inclement weather (heavy rain at times – what hardy souls we are!) we all enjoyed the experience. The trail, which was about 3km long, took about two and a half hours to complete, and led you through various installations of light and music.

The photos taken of the evening do not do the splendour of the displays' justice – you really do have to experience it for yourself – which is highly recommended. However, here are a few photographs:

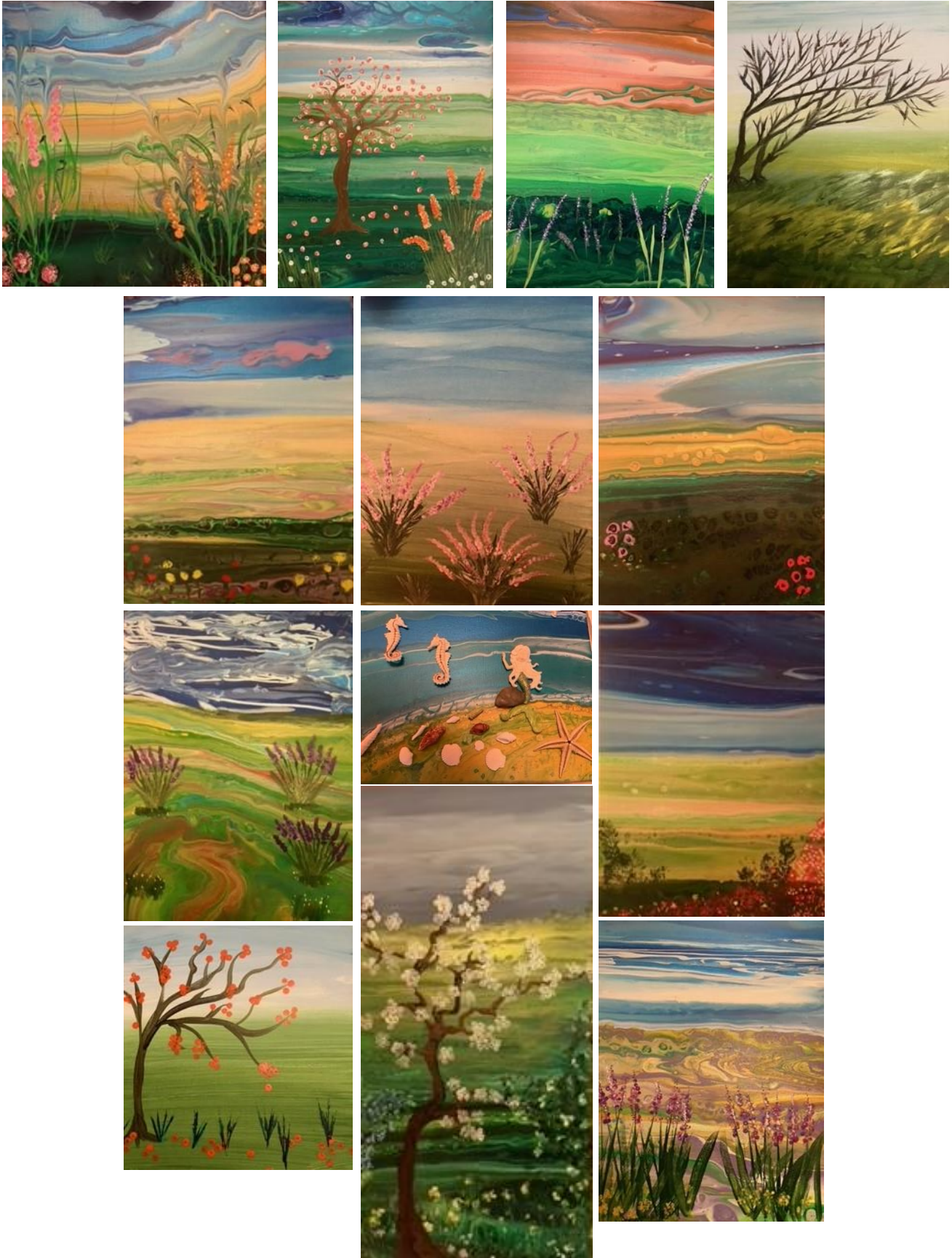


Luckily there were several eateries – allowing us to revive ourselves before the return journey on the North Circular.



Paint Pouring (*Jacqueline Jacques*)

This month, rather than spending time in a chilly garage we have been sitting round the table, in the warm, embellishing our landscapes from last month, making them more 'lived in'. I think you'll agree, everyone's additions to their pictures make an enormous difference. And they are all so interesting.



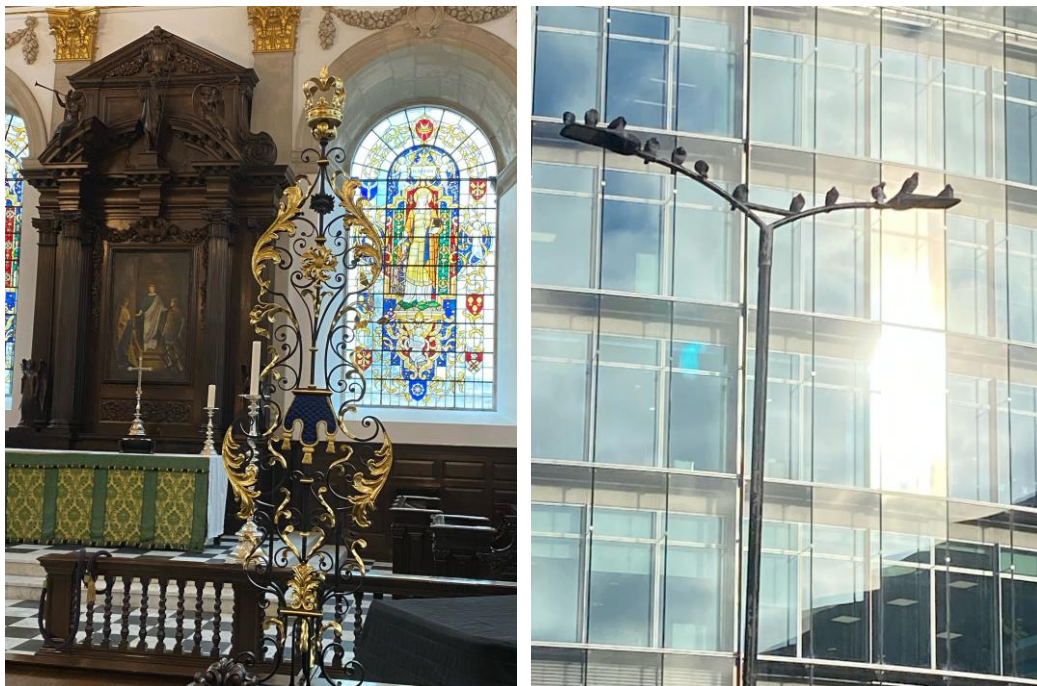
The Photography Group (Kevin Lucas)

For our November outing the Photography Group planned to explore the churches within the City of London. There are around 60 churches within the City, although some were destroyed during the Great Fire of 1666 – a number were rebuilt, others are simply marked with a memorial stone.

The plan was to try and visit sixteen churches, eleven of which were open to the public. In the end we only managed seven because two had events taking place and we ran out of time for the last two.

While we were visiting St Mary Abchurch, one of our group was explaining to a volunteer from The Friends of the City Churches who we were i.e. Buckhurst Hill u3a, only to be told he was actually one of our members ... a very small world!!!

Here are some examples of the photographs taken by the group:



Rose Eckhard



Vivienne Danzey



Colin Macnair

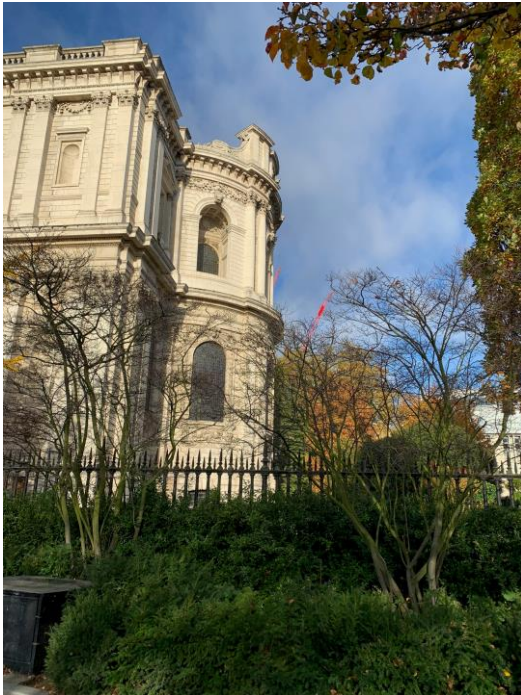


Anne Harriman

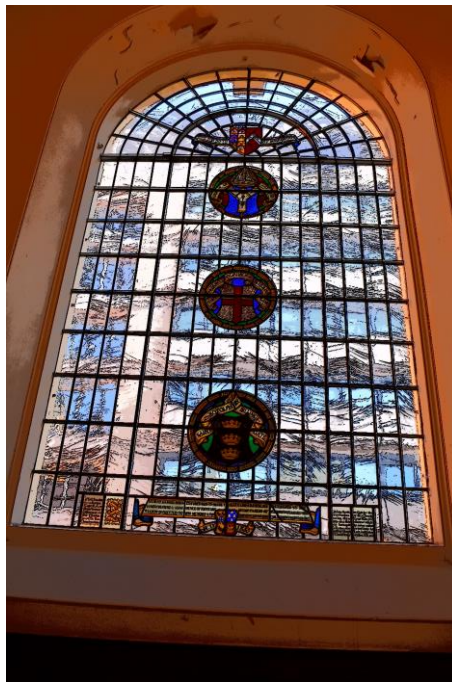




Tony Bird



Sue Bird



Sam Blitz



Stephen Harriman



Kevin Lucas



Robert Gunn



Noel T

Our December outing took place on 7th December and was a visit to the Natural History Museum to view the Wildlife Photographer of the Year competition entries. A report on this visit will be included in the January Newsletter.

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.

Sunday Club (*Mary Nathan*)

Our next Sunday Club will be on 17th December. Please bring a few nibbles with you (*Sunday Club people only*).

FORTHCOMING EVENTS (*BH-u3a*)

Date	Event	Cost	Comments	Availability	Organiser
14 Dec	Christmas Monthly Meeting with Afternoon Tea	Free	Members Only – Booking Essential	70	Christine Slade
4 Jan	Guys & Dolls	£50.00	Matinee	2	Hilary Wrightman
12 Jan	New Year Celebrations with Scott “Elvis”	£17.50	Open to Non-Members	70	Mary Nathan
20 Jan	Hits from the Blitz	£18.50	Open to Non-Members	12	Mary Nathan
25 Jan	The King and I	£50.00	2.30pm	SOLD OUT	Hilary Wrightman
22 Mar	LWL Easter Bonnet Lunch	TBA	Members Only	24	Ann Denwood
25 Mar	Middle Temple	£40.00	Members Only	30	Hilary Wrightman
27 Mar	Sister Act	£45.00	2.30pm	SOLD OUT	Hilary Wrightman
7 May	Theatre Royal, Drury Lane Visit	£22.50	Members Only		Hilary Wrightman
11 May	Old Bailey	£25.00	Members Only	TBA	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
9 Jun	Jazz at Kenneth More Theatre	TBA	Members Only	TBA	Mary Nathan
20 Jun	LWL Pearls & Prosecco	TBA	Members Only	24	Ann Denwood
4 Jul	Royal Hospital Chelsea	£15.00	Members Only	30	Hilary Wrightman
27 Sep	Macmillan Coffee Morning	£1.00	Open to all		Mary Nathan
31 Oct	LWL Halloween Lunch	TBA	Members Only	24	Ann Denwood
9 Nov	Posh Ploughman's + ???	TBA	Open to Non-Members	70	Hilary Wrightman
21 Nov	Christmas Fair at Chelsea	£8.00	Open to Non-Members		Hilary Wrightman
29 Nov	Prom Concert	TBA	Open to Non-Members	70	Mary Nathan
6 Dec	LWL Christmas Lunch	TBA	Members Only	24	Ann Denwood

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

Hits from the Blitz” (*Mary Nathan*)

I have 12 tickets for "Hits from the Blitz" at the Kenneth More Theatre on Saturday 20th January at 2.00pm. (The 167 bus takes you almost to the door.) The 5-Star Swing Band will have you singing along for an enjoyable afternoon. Tickets are £18.50 per person.

/:]

Visit to Middle Temple Hall (*Hilary Wrightman*)

Our first visit of 2024 will be to Middle Temple Hall, on Monday 25th March at 11.00am. The cost is £37.50 per person. There will be a guided tour followed by a 3-course set lunch. There are 30 places available, so first come, first served.

IN MEMORIAM

Condolences (*Mary Nathan*)

Sending our love and sympathy to the family of Lily Fillery who passed away on 3rd December. Our thoughts are with you.

INFORMATION CORNER

Stamps

Special Stamps with pictures on and Christmas Stamps without a barcode will continue to be valid and don't need to be swapped out. However, if standard non-barcoded stamps (with either The King's or Queen's head on them) are used, the recipient will have to pay to receive the item!

Fire Drill

We are required to have a fire drill in the Roding Valley Hall twice yearly – hopefully in better weather!

COMMUNITY

Clothes Collection on behalf of the Salvation Army (*Geoff and Hilary Wrightman*)

We are doing a collection of all clothes, including children's, for the Salvation Army from Monday 1st to Sunday 7th January.

We will be delivering them to the Salvation Army centre in South Woodford where they will be distributed to the needy and homeless.

Please deliver them to our home, Ash Lodge, 10 Field Close, Buckhurst Hill, IG9 5AQ. The porch door will be open if we are not at home.

If you need a collection, please call me on 07836 671582, or send a text or email and I will arrange it.

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, 8th January**. The closing date for inputs is **Friday 5th January**.

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 at 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
Current Affairs (RVu3a)	Monthly 2 nd Friday am
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 (EFu3a)	Alternate Wednesdays 2.00 pm – 4.00 pm
Jazz Appreciation (RVu3a)	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	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
Quiz Club (RVu3a)	As arranged
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	Starting in January 2024 Monthly 3 rd Tuesday at 10.30 am
Sunday Club	Monthly on 4 th Sunday 2.30–4.30 pm
Ten Pin Bowling	Monthly on 1 st Tuesday (unless school holidays)
Theatre Outings (Local)	As arranged
Theatre Outings (West End)	As arranged
Whist (RVu3a)	Monthly, 3 rd Tuesday
Wine Tasting (RVu3a)	As arranged

VISITORS

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