

NEWSLETTER – 5 FEBRUARY 2024

MEETING INFORMATION

Next Meeting: 8 February 2024

Venue: Roding Valley Hall
Station Way
Buckhurst Hill
IG9 6LN
(car parking is available on-site)

Times:	1.30 pm	Doors Open	
	2.00 pm	Chris White	<i>The Art of London</i>
Future Meetings:	14 March	Gary Stone	<i>James Brimble (1897–1974) & London's Epping Forest</i>
	11 April	Andrew Baker	<i>JFK: John Fitzgerald Kennedy, 35th President of the United States of America</i>
	09 May	John Hutchinson	<i>Concorde – A 20th Century Icon</i>

BUCKHURST HILL u3a COMMITTEE

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Committee Member	David Dooks	07944 432846	ddooks94@gmail.com
Committee Member	Ruth Read	020 8504 1363 / 07988 8722532	ruthread@talktalk.net
Committee Member	Valerie Thame	020 8281 1333	valerietthame@gmail.com

OTHER CONTACTS

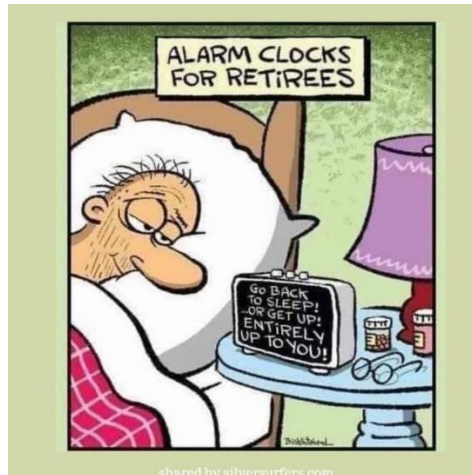
Administrator / Joint Webmaster	Kevin Lucas	020 8506 0206 / 07799 883100	admin@buckhillu3a.org webmaster@buckhillu3a.org
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Welcome from the Chair

Welcome to our February newsletter. Now January has passed, hopefully we can look forward to our weather improving after the awful cold, wind, and rains that we have experienced recently.

Once again, thanks to Mary and her trusty band of helpers for a great afternoon and lunch with Scott Elvis.



We have lots going on and several bookings already in place for the coming year.

Following the start of our West End Theatre Group, over 60 of our members have already signed up, and recently 15 of us went to see *The King and I* at the Dominion Theatre: it was a great afternoon.

Once again, many thanks for your support in preparing the hall for meetings, we couldn't do it without you.

BUCKHURST HILL u3a NEWS

January Newsletter – Apology to Hard Copy Recipients (*Christine Slade, Newsletter Editor*)

No one has contacted me direct, but I have been told that a couple of recipients had to pay a fee to receive the January newsletter due to insufficient postage having been paid. I can only apologise. I always weigh the newsletter but possibly it was too wide and therefore breached the width limits.

Once the P&P Supplement has been paid, no member should have to pay more to receive any items by post from BH-u3a.

We will reimburse anyone who has had to pay the fee. Please let me know either by telephone on 020 8505 1005 or by email at newsletter@buckhillu3a.org.

At our monthly meeting, Sue Bird, our Treasurer (who is usually beside me at the door writing name labels) will have money for those attending who seek reimbursement.

Family History Group (*Sue Meredith*)



Great news – the Family History Group has found a new venue for its monthly meetings. This new venue is bigger and will allow more u3a members to join the group.

So, if you are already researching your family tree and perhaps need a little help or advice in your research – or have a long-held desire to research your family – perhaps to find out if those ‘family stories’ are really true – the group can help you. We will not ‘do’ your tree for you but can guide you in the right direction and hopefully inspire you in your research.

It is on-line that you will build your family tree, and although you will do this yourself, members of the group can help you and give advice if you need it. Therefore, you will need to be proficient in the use of a computer/laptop/tablet and be willing to join and pay for a subscription to a genealogy website like Ancestry or Findmypast.

The group also has a WhatsApp group, where members can ask each other for help and share new discoveries in their research.

The group usually meets on the 2nd Saturday morning of the month from 10.30am–12.30pm in Woodford Green. So, if you would like to join our very friendly group, please contact me via the details given in the group leaders’ list at the end of the newsletter.

Also, if there are any BHU3a members who are researching their family history independently, but have hit a brick wall, then drop me a message and either I or another member of the group will be happy to help.

Recipe (*Hilary Wrightman*)

3-Ingredient Recipe – Single Serving Rise Krispy Treat

2 Teaspoons Butter
4 Large Marshmallows
1 Cup Rice Krispy Cereal

1. Microwave butter until melted.
2. Add marshmallows and return to microwave for 15 seconds.
3. Remove and stir until well combined.
4. Add Rice Krispies and stir until evenly coated.
5. Pat down mixture and turn out onto a plate or be really naughty and eat straight from bowl!

Enjoy.

Singing for Fun (*Mary Nathan*)

It would seem people did have fun. I have lots more songs now, so more singing this month. My thanks to Paul Harding for playing for us, and thanks to Cathy for her help.

£3.00 payment this month. Payment will be every 3 months = £9.00 for March, April and May. You will be booked in by Cathy who will also take the money.

Tips and Tricks (*Hilary Wrightman*)

Useful Uses for Chalk

1. Rub chalk on a greasy or oily stain, leave for 10 minutes, wipe off surplus and wash.
2. Put some chalk sticks into your jewellery box or with your silver items to prevent tarnishing.
3. Hang a small net bag containing chalk in your wardrobe and drawers to absorb any moisture that might occur.
4. Rub chalk on the head of a screwdriver to prevent slipping when using.
5. Put some chalk into your toolbox or drawer to keep it rust free.
6. If you have some small dents or marks on wallpaper or paintwork, find some chalk a similar colour and rub over the marks.
7. Sprinkle some ground up chalk around windowsills and doors to stop ants coming in
8. Rub a piece of chalk over the teeth of a key that is used in a lock that keeps sticking, slide in and out a few times.
9. When hanging a frame, apply to the frame hanger, press against the wall and it will leave a mark allowing you to see exactly when the nail should go.

10-Pin Bowling (*Mary Nathan*)

Our January session got off to a good start with top scores from Carol Smalley 136 and Peter Craske 102 in game 1; game 2: Peter Craske 109 and Mary Nathan 105; game 3: Fiona Wheeler 105. As from now, bowling will cost £10.00 per person including refreshments.

I'm unable to be at bowling this month so Cathy will be in charge. Please pay her your £10.00 and tell her the top scores.

Fish and Chips Lunch (*Sue Bird/Sue Meredith*)

Well, we started 2024 off with a noisy get together with Scott Elvis, an entertainer who we have seen before. A large group of members were entertained at Roding Valley Hall, organised by our enthusiastic Mary who never stops!

First, everyone was served fish and chips that Mary had ordered and collected. After the remnants were removed, Scott started singing with Elvis songs. Dressed in a copy of Elvis's US army uniform he strutted around singing and joking with everyone.



He sang a vast number of Elvis numbers and, after a short break, changed to wearing a black outfit that Elvis used to wear.



Unfortunately, he didn't wear my favourite Elvis outfit, the white sparkly number with the stand-up collar designed by Bill Belew. But no one could afford that!

The entertainment continued with Scott trying to hit and bend under Mary's balloon net and then the balloons were let loose, whilst members sang, and a few ventured to the 'dance floor'.



Altogether a great start to the New Year. Many thanks to the members who attended and made the atmosphere so cheerful, Mary's helpers and of course Mary herself.

Fish & Chips Lunch & Scott Elvis *(Mary Nathan)*

Scott was great as always. One person said "lunch was on time"! – due to David Thame and myself going to collect them. My thanks to David.

Booking Forms and Menus *(Mary Nathan)*

When a booking form is needed for any event, please fill it in and send or give it to the person who is organising the event with your payment. We don't like having to turn people away, which I had to do at the Fish & Chips lunch.

Also, unless the form states there will be a menu choice, the food will be as advertised and there won't be an alternative. I hope this clears up any misunderstanding.

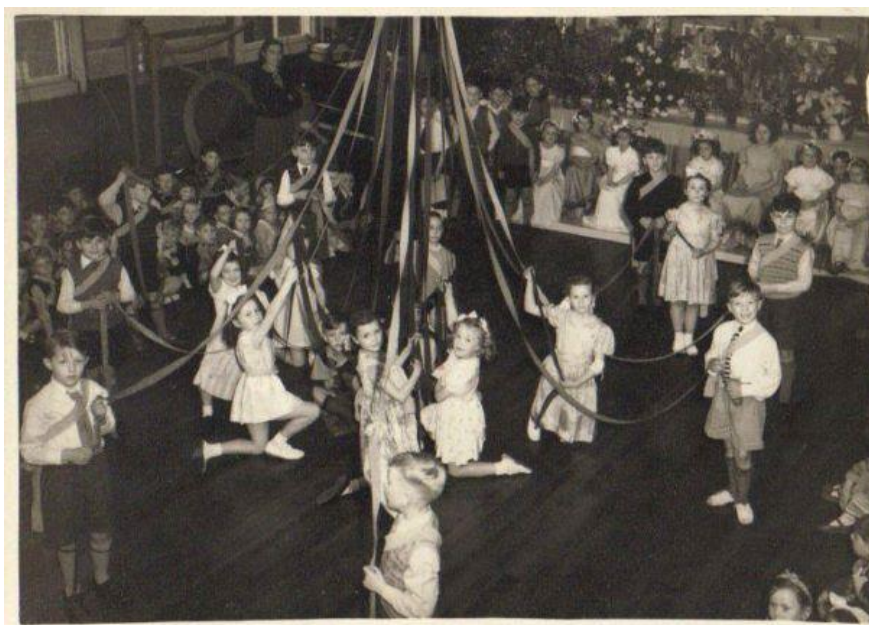
Good Morning, Lords and Ladies – a presentation – January 2024 *(Steve Skippen)*

An informative talk, accompanied by songs, about customs and traditions of folk art in days gone by which are kept alive by enthusiasts throughout the UK.

What a pleasant way to while away an hour or so with the doors closed to the noise from the world outside. A presentation delivered by a delightful couple willing to share their enthusiasm for life.

However, in respect of the dancing side of things, I've never been too keen myself – although, back in the day, a teacher, Miss Orchard, who additionally taught dancing, must have seen something in me: I think it might have been flair that wasn't really there?

Indeed, it could be the ever watchful, Miss O, lurking in the background of the photograph, alongside the pianist, arms folded at the ready – waiting for a naughty boy to step out of line. Not me, Miss!



Here I am, parading round the maypole in the hall of the old Colegrave Primary School, Stratford, circa 1953. Would you believe it, Miss O even enrolled me in the country dancing team ... surely, she must have known I couldn't stand this game of soldiers.

Mmm. Or was I that good? Or maybe, just maybe, she liked having me around. Okay. Okay I'll think up a more plausible explanation. Ha.

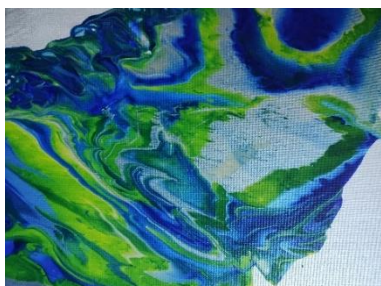
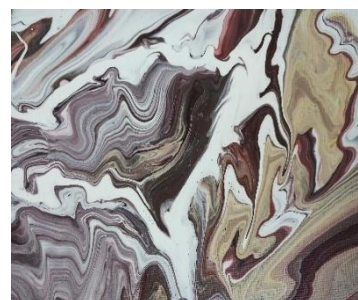
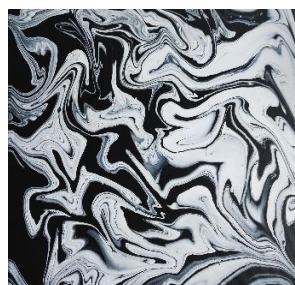
stephenskippenwriter@yahoo.com

Paint Pouring (*Jacqueline Jacques*)

This month we tackled a new technique – dustpan pouring – which, we found, needs a fair amount of practice or luck, or both. I, myself, washed off four paintings before giving up. However, never say die! This is my final effort which I am calling 'Climate Change!'



Here are the rest of the group's paintings:



Craft Group (*Fiona Lucas*)

For their first make of the new year, a large Group of Crafters met to sew a very useful (and pretty) little 'Ready Threader'. This cylindrical item holds a spool of cotton and some needles. The needles are already threaded, so that it is easy to pull one out and start sewing without the agony of threading the needle! We had a lovely peaceful afternoon: there was a lot of concentration and gentle chatter as we got to grips with attaching the circular end pieces to the body of the threader. As usual we were all pleased with the fruits of our labours! We also decided that if we didn't want to use them as 'Ready Threaders', they would make good travelling jewellery cases!



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.

The Photography Group (Kevin Lucas)

The Photography Group celebrated the New Year with a post-Christmas lunch at The Horseshoes, Upshire. Everyone enjoyed an excellent meal, good company and left the pub feeling very replete! The ideal way to deal with the "January Blues".



Our next outing on 29th February will be a local forest walk followed by a coffee morning or if the weather is bad ... just a coffee morning!! To make this walk more interesting Group members will be challenged to photograph an object (or objects) not normally found in the forest.

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.

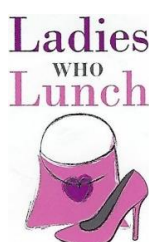
FORTHCOMING EVENTS (BH-u3a)

Date	Event	Cost	Comments	Availability	Organiser
20 Mar	Middle Temple	£40.00	Members Only	SOLD OUT	Hilary Wrightman
22 Mar	LWL Easter Bonnet Lunch	£30.00	Members Only	24	Ann Denwood
27 Mar	Sister Act	£45.00	2.30pm	SOLD OUT	Hilary Wrightman
10 Apr	Speaker's House	£20.00	Members Only	12	Hilary Wrightman
18 Apr	Royal Gunpowder Mills	£22.00	Members Only	20	David Dooks
7 May	<i>Theatre Royal, Drury Lane Visit</i>	£22.50	<i>Members Only</i>		<i>Hilary Wrightman</i>
11 May	<i>Old Bailey</i>	£25.00	<i>Members Only</i>	TBA	<i>Hilary Wrightman</i>
13 May	Trinity House	£15.00	Members Only	25	
14 May	Broadway Musicals Lunch Party	£46.00	Members Only	BOOKING CLOSED	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
7 Jun	Mrs Doubtfire	£42.50	Members Only	20	Hilary Wrightman
9 Jun	<i>Jazz at Kenneth More Theatre</i>	TBA	<i>Members Only</i>	12	<i>Mary Nathan</i>
20 Jun	LWL Pearls & Prosecco	TBA	<i>Members Only</i>	24	<i>Ann Denwood</i>
25 Jun	<i>Open Garden – Roydon</i>	£7.00	<i>Open to all</i>		<i>Hilary Wrightman</i>
4 Jul	<i>Royal Hospital Chelsea</i>	£15.00	<i>Members Only</i>	30	<i>Hilary Wrightman</i>
23 Jul	Thanks for the Memories	£16.70	Members Only	12	Mary Nathan
27 Sep	Macmillan Coffee Morning	£1.00	<i>Open to all</i>		<i>Mary Nathan</i>
19 Oct	Posh Ploughman's + Music Quiz	£17.50	<i>Members Only</i>	70	<i>Hilary Wrightman</i>
31 Oct	LWL Halloween Lunch	TBA	<i>Members Only</i>	24	<i>Ann Denwood</i>
21 Nov	Christmas Fair at Chelsea	£8.00	<i>Members Only</i>		<i>Hilary Wrightman</i>
29 Nov	Proms Concert	TBA	<i>Members Only</i>	70	<i>Mary Nathan</i>
6 Dec	LWL Christmas Lunch	TBA	<i>Members Only</i>	24	<i>Ann Denwood</i>
11 Dec	Motown Show and Christmas Lunch Party	£47.00	Members Only	40	Mary Nathan
11 Dec	The Devil Wears Prada	£39.50		SOLD OUT	Hilary Wrightman

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

LWL: Easter Bonnet Lunch (Ann Denwood)

Ladies, I hope you are all well. It seems a very long time since we last saw each other and I'm sorry to have missed the Autumn Leaves Afternoon Tea and then the Turkey & Tinsel Christmas Lunch at Linguine's. As you may know, 'Life' has been a little difficult over the past 3 months, but I'm looking forward to seeing all at the Easter Bonnet Lunch at The New Boar, Abridge on Friday 22nd March. The booking form accompanies this newsletter.



[Visit to The Speaker's House, Westminster \(Hilary Wrightman\)](#)

We are privileged to be offered 12 tickets for a tour of the Speaker's House in the Palace of Westminster on Wednesday 10th April. The booking form accompanies this newsletter.

[Visit to Royal Gunpowder Mills, Waltham Abbey \(David Dooks\)](#)

This visit has been arranged for Thursday 18th April. The history of the Royal Gunpowder Mills dates back to the 1660s. The visit will include a tractor trailer tour around the site, an explanatory film show and a short railway ride. The booking form accompanies this newsletter.

[Visit to Trinity House \(Hilary Wrightman\)](#)

Our visit to Trinity House will take place on Monday 13th May. We will tour the house and learn its history. The booking form accompanies this newsletter.

[Broadway Musicals and Lunch \(Mary Nathan\)](#)

This event is now closed due to the demand at the Prince Regent.

["Thanks for the Memories" at Queen's Theatre, Hornchurch \(Mary Nathan\)](#)

One ticket is left for this musical afternoon on Tuesday 23rd July, £18.70. Contact Mary if you are interested (020 8506 2203).

[Motown Show and Christmas Lunch Party \(Mary Nathan\)](#)

There are still a few places to fill for our Christmas Lunch and Motown Show at the Prince Regent on 11th December. The cost is £47.00 per person, and the closing date is Monday 12th February.

IN MEMORIAM

Sending love to the family of Jacqueline Stares who died in January. Our thoughts are with you all.

Church service will be held at All Saints, Woodford Green at 10.30am on Monday 19th February. All friends are welcome to the service. Jacqueline's wishes were not to wear black – she wanted bright colours to be worn.

COMMUNITY

No 549 Bus Route

Members may remember my report on Transport for London's consultation on the curtailment of the No 549 bus and its replacement by the No W14 bus which will travel between Loughton through Buckhurst Hill to South Woodford and Snaresbrook and terminating at Whipps Cross.

Having responded to the consultation, I have now heard from TfL that the new service has been agreed and will start in September 2024. The original plan was for the service to operate on an hourly basis, and to run not only into the evenings but also at weekends.

Let us all hope for the best. But don't hold your breath.

Quiz Night (Roding Valley u3a)



u3a learn, laugh, live **Roding Valley**

Prize: A bottle of wine per member of the winning team, up to a maximum of 8 people.

QUIZ

Groups of 10 are accepted, but the tables are designed to seat 8.

**Quiz Night
& Fish & Chips Supper**

Friday 8 March 2024

7.00 for 7.30

Theydon Bois Village Hall

Tickets are £15.00 per person

HOW TO BOOK:

- Call Dennis Stoner 01992576261
- Email dston1742@btinternet.com
- Google "Roding Valley u3a" and select SOCIAL tab and click...

Pre order a glass of Chardonnay with your meal for only £2 a glass

@

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.

Please note that Scanned Copies are not accepted.

The **2024-2025 Membership Form** has been revised and accompanies this newsletter.

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 March**. The closing date for inputs is **Friday 8th March**.

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	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).