

NEWSLETTER – 11 MARCH 2024

MEETING INFORMATION

Next Meeting:	14 March 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	Gary Stone	<i>James Brimble (1897–1974) & London's Epping Forest</i>
Future Meetings:	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>
	13 June	Warwick Barton	<i>An Embarkation for D-Day</i>

BUCKHURST HILL u3a COMMITTEE

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Welcome from the Chair

Welcome to the March edition of our newsletter.

Suddenly, I've realised that the first very wet 3 months of 2024 have nearly gone, time seems to be passing more quickly than ever, and I feel we must make the best use of our time whenever possible.



Our u3a is run by the members for the members and, whilst we are very fortunate to have a great calendar of events planned for the coming year by our group leaders, we desperately need some new blood to carry us forward and perhaps start some new groups.

Some of our group leaders have been in position for many years and feel that they would like to hand over the reins to others. If we are unable to persuade some of our other members to take on the roles, I fear that some very successful groups might close, which would be an awful shame.

I hope you may be able to try out one or more of our interest groups.

As I said last month, our members are what makes us special, so, if you have an idea for an event, or a new group, please let us know and we may be able to facilitate these.

Once again, our thanks to our band of event helpers for preparing and clearing the hall. We couldn't do it without you.

BUCKHURST HILL u3a NEWS

10 Pin Bowling (*Mary Nathan*)

Our February session was good, and the top scorer was Jean Page with 107. My thanks to Cathy Tredgett for standing in for me.

This month, top scorers were: Carol Smalley 127, Peter Craske 125, Jean Pearson 104, Edna Rogers and Carol Smalley, both 101. Peter Craske 103 and Josie Gilbert 100 over 3 games – must have been something in the tea!

April bowling will be on Tuesday 23rd, due to school holidays.

Interest Group News (*Fiona Lucas*)

Sadly, the **Motorcycle Riders Group** has folded as there don't seem to be any other Motorcycle Riders in our u3a! The Committee is so grateful to Paul Harding who had the idea and was willing to lead this Group – we are just sorry that he couldn't find any kindred spirits amongst our members! Thank you, Paul.

Sadly, Sue Bird, has written this piece about the future of the **Local Visits Group**.

"I took over this group with Pat Hallard in the spring of 2018. The group has had members leave and others join but many members have been there since the beginning. Over the years we have visited many local places including:

- Gardens: The Gibberd Garden, Forty Hall, Myddelton House, Capel Manor, Valence House.
- Places of Worship: Waltham Abbey Church, Greensted Church, High Beech Church, Synagogues and the Buddhist Centre in Epping.
- Museums: Epping Forest Museum, North Weald Airfield Museum, Queen Elizabeth's Hunting Lodge.
- Animals: The Ada Cole (Redwings Horse Sanctuary), The Guide Dogs for the Blind.
- Lea Valley Water Centre where the 2012 Olympics were held.
- The Air Ambulance at North Weald.

I have decided, after much thought, that the time has come for me to step down from leading the group. I asked its members whether anyone would take over as its Leader, but no one volunteered, therefore it will close.

If anyone out there would be prepared to run this lovely group, I will do all I can to help you organise it. We are after all, all members together! Please, if you can help, contact either me or Fiona."

The Committee would like to thank Sue for running this Group for 6 years, which was in addition to her other group (Lunch Club 2) and her Committee responsibilities as Treasurer.

Another Group which may fold is the **Grumpy Old Men**. Kevin (who leads it at present) has been asking for a long while for a volunteer to take over. Their final pub lunch will be on 13th March unless anyone else is prepared to help out. Kevin will give you all the support needed to run the Group, which has visited some very interesting places and exhibitions in the past, as well as the apparently essential pub lunches! If you are able to help, please contact Kevin.

Many of our Interest Group Leaders have been running their Groups for 9 or 10 years now. Some of them are becoming tired and I am worried that unless other Members volunteer to form new Groups or take over existing ones, the number of Interest Groups we can offer in our u3a will diminish. As has been said so many times 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. After all, the u3a is 'Run by the Members for the Members' but, sadly, it is the same members who step up all the time to provide all of our Interest Groups and Social activities. Leading a group can be really enjoyable – the people who join end up becoming good friends. I can help and support you to get it up and running! You would not be on your own. The Group could be run by a team – it doesn't have to be the responsibility of just one person.

Please contact me if you have an idea for a new group for Buckhurst Hill members or are willing to help out, at groups@buckhillu3a.org.

Book Club (*Jacqueline Jacques*)

We read the book 'Trust' by Hernan Diaz, which took some figuring out as it was 4 books in one, the first, a novella about a brilliant, childless, American couple, the husband a financier who seemed almost single handedly to have manipulated the market to his advantage, and caused the Depression in the twenties and thirties, the wife going mad and dying in Switzerland. As it was rather dry, we felt the author was at risk of losing his audience. We read on.

The second book seemed to be about the same people but with different names and rather different personalities, the wife playing a much less decisive role and dying of cancer. The third book made things clearer, as it was from the point of view of the ghostwriter of the second book, employed by the financier to write his 'true' story, as he found the first story, clearly based on his life, to be misleading. He said he wanted to put the record straight - but did he? In this book we realise that the couple had their differences, that the wife, in fact, died of cancer, not madness.

The fourth book is from the wife's journal, written from her death bed. Now we realise that she was the power behind the throne, that the couple were estranged at a crucial time, and that she was the one whose suggestions, acted upon without her consent, caused the Crash.

We found this a strange but very interesting book, revelatory about how personal prejudices can skew perceptions, and reports, of events. 'Trust' is a book well worth persevering with.

Tips and Tricks (*Hilary Wrightman*)

Cornstarch

1. Thicken sauces and gravies by mixing a teaspoon with water and cook for a few minutes until thickened to your liking.
2. Make fluffier omelettes:
Add ¼ teaspoon per egg, beat well before cooking.
3. Soothe skin irritation and sunburn by combining 3 tablespoons with enough cold water to form a thick paste, apply to skin, allow to dry and then rinse with warm water.
4. Untie Knots:
Sprinkle some cornstarch on the knots and rub in well.
5. Clean playing cards by putting them in a ziplock bag, add cornstarch, seal bag and shake
6. Use as a dry shampoo:
Brush and section hair, rub in powder, leave 5 minutes and brush.
7. Polish Silver:
Make a paste with some powder and water, dip damp cloth into paste and rub on silver items. Leave to dry, brush and buff with clean, soft cloth.
8. Get a better grip:
Lightly rub powder on handles of tennis rackets, golf clubs or walking sticks.
9. Freshen musty books:
Sprinkle between pages, leave for 24 hours and brush.
10. To make nail varnish Matt:
Pour small amount of polish onto paper plate, sprinkle powder onto it, stir and paint nails immediately.

Forest Walking Group (*David Dooks*)

In our area, we are lucky to be close to forests, fields, rivers and lakes. But where to go, especially if you are on your own or don't know a particular area? Here's your u3a answer – our walking group sets forth in their sturdy footwear twice a month for modest rambles.



The underlying rationale is to have dates in the diary to look forward to, to find opportunities to see natural landscapes and, of course, to chat with other members, especially if they find a café. Walks in the past year visited Fishers Green, Warlies Park, Valentines Park, Loughton Camp, Claybury Park, Knighton Woods, Hainault Country Park, Pole Hill, Gunpowder Park, Gypsy Stone, Wanstead Park, Connaught Water and more.



The walk leaders haven't lost anyone yet, so if you would like to join them, please let John Harris know.

Singing for Fun (*Mary Nathan*)

We need to pay for 3 months in advance when we meet on 19th March – £9.00 per person.

My thanks to Cathy, Sue Meredith and Paul Harding for their help, and to Maree Kavanagh for playing for us in February.

Craft Group (Fiona Lucas)

In February, the Craft Group met to make an exploding pop-up box card. To begin with it proved a little fiddly and some patience was required to attach all the flowers, leaves and other embellishments! Once we had finished, we realised that it had all been worth it. We were blown away with the beauty of our cards – and what's more, they fold flat to fit in the envelope and then 'pop-up' once the recipient takes them out. They are all beautiful and I'd be thrilled to receive one!



Unfortunately, our friendly Group is full at present, and the waiting list is now closed. 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's February outing, which was planned for 29th February, was supposed to be a local forest walk followed by a coffee morning. To make this walk more interesting Group members were to be challenged to bring and photograph an object not normally found in the forest.

Inevitably the weather got in the way. An early morning reconnoitre into the forest confirmed the fear that it was extremely muddy and wet under foot ... wellies would be essential! Unfortunately, not everyone brought wellies but as it turned out the rain started in earnest, so it was decided to skip the walk and go straight to the coffee and cakes!

Given the proposed challenge the following photograph was taken ... can you spot the unexpected addition?



David Dooks

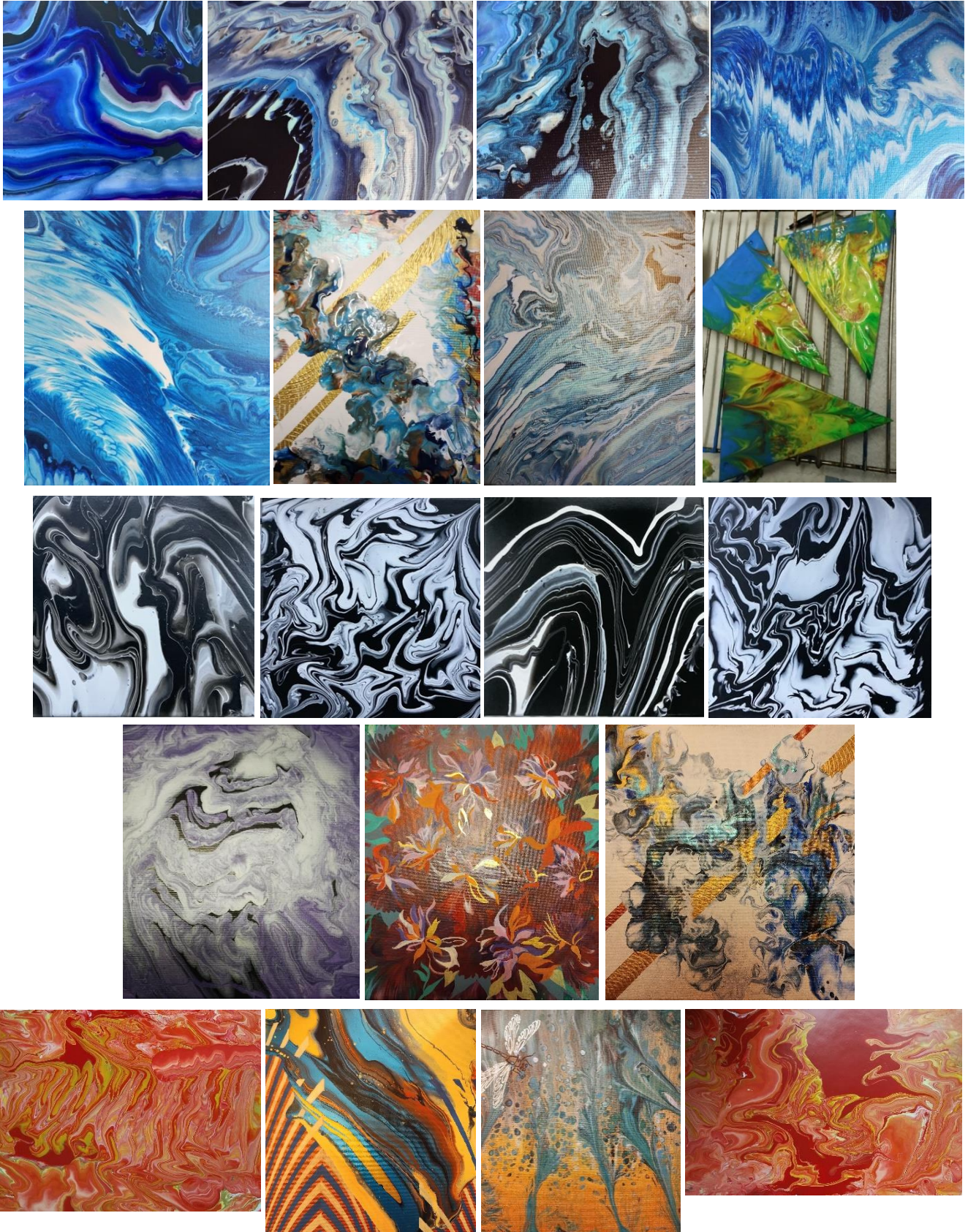
It was suggested that a new baking group should be established as virtually all the goodies were homemade by group members.

Our next outing on 28th March will be a river walk from the o2 at North Greenwich to Woolwich via the Thames Barrier. This formed part of a similar walk we undertook in June 2017 – it will be very interesting to see how much has changed over the intervening seven years.

To join the Photography Group, no special expertise or equipment is normally required: modern smart phones can produce 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.

Paint Pouring (*Jacqueline Jacques*)

In February our groups pursued different techniques. Some people used long necked jugs, layered with different colours, or shades of one colour, and slowly poured in straight lines, to create interesting new paintings. Others decided to embellish old unloved paintings and give them new life and beauty.





Recipe (*Hilary Wrightman*)

3-Ingredient Recipe – Cookies and Cream Mousse

8 Oreo cookies
360ml Double Cream
80gm Icing Sugar

1. Split Oreos and remove filling.
2. Place cookies in plastic bag, and cream in small bowl.
3. Crush cookies until finely ground.
4. In chilled bowl whisk cream until thick and frothy.
5. Add the cream from the cookies and icing sugar.
6. Beat until stiff peaks form.
7. Fold in the cookie crumbs, saving some for topping later.
8. Spoon or pipe into serving glasses or bowls.
9. Top with reserved crumbs.

Enjoy.

FORTHCOMING EVENTS (BH-u3a)

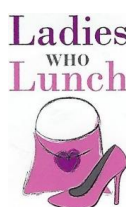
Date	Event	Cost	Comments	Availability	Organiser
20 Mar	Middle Temple	£40.00	Members Only	SOLD OUT	Hilary Wrightman
22 Mar	LWL Easter Bonnet Lunch	£30.00	Members Only	24	Ann Denwood
27 Mar	Sister Act	£45.00	2.30pm	SOLD OUT	Hilary Wrightman
10 Apr	Speaker's House	£20.00	Members Only	SOLD OUT	Hilary Wrightman
18 Apr	Royal Gunpowder Mills	£22.00	Members Only	20	David Dooks
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
20 Jun	LWL Pearls & Prosecco	TBA	Members Only	24	Ann Denwood
25 Jun	Open Garden – Roydon	£7.00	Open to all		Hilary Wrightman
27 Jun	Kiss Me Kate			SOLD OUT	
4 Jul	Fawlty Towers			SOLD OUT	Hilary Wrightman
5 Jul	Theatre Royal, Drury Lane Visit	£18.50	Members Only	20	Hilary Wrightman
10 Jul	Hello Dolly			SOLD OUT	Hilary Wrightman
23 Jul	Thanks for the Memories	£16.70	Members Only	12	Mary Nathan
1 Aug	Speaker's House	£20.00	Members Only	14	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 + Music Quiz	£17.50	Members Only	70	Hilary Wrightman
21 Nov	Christmas Fair at Chelsea	£8.00	Open to All		Hilary Wrightman
29 Nov	Proms Concert	TBA	Members Only	70	Mary Nathan
6 Dec	LWL Christmas Lunch	TBA	Members Only	24	Ann Denwood
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)

I'm looking forward to seeing all at the Easter Bonnet Lunch at The New Boar, Abridge on Friday 22nd March.

There are a few spaces available, and we have extended the booking deadline to Saturday 16th March. The booking form accompanies this newsletter.



Visit to Private Garden at Roydon, Essex (*Hilary Wrightman*)

We are very lucky to be invited to a private viewing of one of the most outstanding private gardens in Essex on Tuesday 25th June. There are approximately 9 acres of land, which includes formal, Japanese, beach and arid gardens as well as numerous sculptures and other points of interest. There is also a wood. This visit is open to all.

The booking form accompanies this newsletter.

Tour of Theatre Royal, Drury Lane (*Hilary Wrightman*)

Join us for a tour of the Theatre Royal, Drury Lane on Friday 5th July. Embark on a magical journey through theatrical history at Theatre Royal Drury Lane, the oldest theatre on the same site in the world. Immerse yourself in the birthplace of the musical, modern pantomime, moving scenery, regular rehearsals, and naturalistic acting, in our beautifully renovated theatre.

The booking form accompanies this newsletter.

MEMBERS' CORNER

History – Ernest Bevin (*Peter Spencer*)

As a Labour Trade Union leader, he regarded the Russian Communist party as an undemocratic tyranny.

As a Cabinet Minister in the Second World War, he led the working population in their support of Churchill and the Armed Forces until German fascism was defeated.

As Foreign Secretary between 1945 and 1951 he was instrumental in keeping Stalin out of Western Europe and helped to create the new Germany, NATO and the alliance with the USA.

Born into abject poverty in the West Country in 1881, he was 11 when he first went to work. In Bristol, he attended adult education classes and became an evangelist. He first became a trade union official in 1910. As a gifted orator he spoke for hours in court in support of the dockworkers' claims. From working class roots he rapidly rose to represent his people before and during the First World War.

In 1916, he went to America and was influenced by an American trade union leader. In 1920 he met Lloyd George, the Prime Minister, and argued against having a war with the new Russia. In 1922, he went to a conference on international socialism in Berlin where his antipathy to Lenin's authoritarian government was confirmed. In 1927, he obtained the union's agreement not to collaborate with Soviet trade unions. Between the wars he worked to make the unions a pillar of the state and transformed the lives of working people. He went from wearing a cloth cap to wearing a bowler hat and a Labour Cabinet Member in 1940. After the Second World War, Churchill said that he handled well intricate and difficult problems with the Armed Services and the factories.

From the biography by Andrew Adonis

COMMUNITY

TfL's off-peak "Fares Friday"

The recently announced [plans](#) to declare Fridays an off-peak day all day for tube and train passengers will kick in from 8th March, the Mayor of London has announced.



Photo by Steph Gray on Unsplash

Pay as you go with contactless and Oyster fares on Tube and rail across London and parts of the Southeast will be off-peak all day on Fridays from 8th March until 31st May 2024 in a trial to see if it encourages people to travel more on Fridays.

To see if it boosts Friday travel, TfL and the train companies have now agreed to a trial whereby all pay-as-you-go journeys made using contactless and Oyster (with the exception of journeys to/from [Heathrow Airport](#) via Zone 1) will be off-peak on Fridays. The daily cap will also be amended during the trial to cap at an off-peak rate on Friday, helping those who make multiple journeys through the day save even more.

The trial will also see 60+ London Oyster photocard and Older Persons' Freedom Passes allowed to be used on TfL and National Rail services before 9am, helping Londoners with these passes to travel for free all day on Fridays.

Bus and Tram fares across London will not change during the trial as they are set at a flat rate of £1.75 regardless of the time of travel.

The off-peak Friday Fares trial only applies to pay-as-you-go fares paid using Oyster or Contactless payment cards. Single paper tickets and paper Day Travelcards will still have peak-hour restrictions during the trial. Season tickets will not change due to the trial, as there is no off-peak option.

If nothing else, the tradition of seeing people hovering around the tube and train stations waiting for the off-peak fares to kick in at 9:30am will be abolished on Fridays, which will help reduce crowding on those first off-peak trains on Friday mornings.

Local Rotary Club Events (*Hilary Wrightman*)

[The Rotary Club of Roding](#) are holding a Summer Lunch on Wednesday 8th May at 12.00pm at Chigwell Golf Club in aid of Cancer Research.

Tickets are £39.50.

[The Rotary Club of Barkingside](#) are holding a Quiz in aid of Local Charities on Saturday 8th June at 7.00 for 7.30pm at the Grange Farm Centre Chigwell.

Tickets are £15.00.

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 – **emailed and 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 Emailed and Scanned Copies are always rejected – the applicant asked is to send in the hard copy of the form.

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

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 2nd 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
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
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 3rd 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, 3rd Tuesday
Wine Tasting (RVu3a)	As arranged

VISITORS

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