

## NEWSLETTER – 08 APRIL 2024

### MEETING INFORMATION

<b>Next Meeting:</b>	<b>11 April 2024</b>		
<b>Venue:</b>	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
<b>Times:</b>	<b>1.30 pm</b>	<b>Doors Open</b>	
	<b>2.00 pm</b>	<b>Andrew Baker</b>	<i>JFK: John Fitzgerald Kennedy, 35<sup>th</sup> President of the United States of America</i>
<b>Future Meetings:</b>	<b>09 May</b>	<b>John Hutchinson</b>	<i>Concorde – A 20<sup>th</sup> Century Icon</i>
	<b>13 June</b>	<b>Warwick Barton</b>	<i>An Embarkation for D-Day</i>
	<b>11 July</b>	<b>Brian Carline</b>	<i>Trip &amp; Trotters – A humorous talk on growing up in the 40s and 50s.</i>

### BUCKHURST HILL u3a COMMITTEE

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## Welcome from the Chair (*Sue Meredith, Vice Chair*)

Welcome to the April edition of the newsletter.

Hilary will not be here for the meeting this month, so she has asked me to stand in.

I hope you all had a good Easter, and the Easter Bunny brought an egg or two.

I saw this cartoon on facebook the other day and, knowing the kids have been on their Easter Holidays, I wondered if any of our members have had this problem.



shared by [silversurfers.com](http://silversurfers.com)

Lately my thoughts have turned towards Summer – the clocks have ‘sprung’ forward and the days have become longer – but sunny days are few and far between at the moment – when **IS** it going to stop raining!!

The next dilemma we have to face, of course, is who to vote for in the forthcoming local elections on 2<sup>nd</sup> May. For those of you who live in Redbridge or Waltham Forest you have the London Mayoral Elections, too. Don’t forget to take your photo ID with you.

Just to remind everyone, you need to have renewed for our new u3a year (1 April 2024 – 31 March 2025) in order to come to the monthly meetings, attend groups and go on trips.

See you all on Thursday 11<sup>th</sup> April at 1.30pm for a 2.00pm start.

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## BUCKHURST HILL u3a NEWS

### 10 Pin Bowling (*Mary Nathan*)

This month’s session will be on 23<sup>rd</sup> April due to school holidays.

Marion Shepherd missed being named last month but hit the magic number of 100 – well done, Marion.

## Interest Group News (*Fiona Lucas*)

**Lunch Club 1** and **Lunch Club 2** will now be meeting monthly instead of every two months. Thank you to Cathy and Sue who run these Groups. If you would like to join one of the Lunch Groups, (a member may only join one Lunch Group, not both) Sue's contact details are on the back page of the Newsletter and the Event Calendar – she may have a couple of spaces in Lunch Group 2.

Last month, I reported that the **Grumpy Old Men's Club** was seeking a volunteer to take over. As Kevin (who leads it at present) reports in his article about the 'Grumpies' last pub lunch, a way forward has been found. The Group members have decided to share the organisation for Outings and Lunches thus ensuring the survival of the Group. This illustrates that the responsibility for running a Group need not fall on the shoulders of one person – a cooperative team effort can work just as well! Well done, Grumpies – those important pub lunches will continue!

\*

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 (as the 'Grumpies' are doing) – 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](mailto:groups@buckhillu3a.org).

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## u3a Newsletter (*Chris Embling*)



For those of you who want to learn more about the u3a, there is another newsletter produced by head office which you may wish to subscribe to. Details of this can be found online by following the link to [u3a.org.uk/newsletter](http://u3a.org.uk/newsletter). You will find this provides no end of information about the u3a in general, including activities of other branches, special offers, and advice on organising group activities.



This month, another newsletter has been launched: Friends Extra. This is a new website with offers and services exclusively for everyone signed up to the u3a Friends community. Details of this can be found online by following the link to <https://www.u3a.org.uk/news/newsletter>.

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I can however fully understand if you feel that our own newsletter produced by Christine is more than adequate and do not bother!

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### Tips and Tricks (*Hilary Wrightman*)

1. Remove strawberry tops by pushing a straw from bottom to top.
2. Use an egg slicer to cut mushrooms, and soft fruits as well as hard boiled eggs.
3. Place a damp tea towel under your chopping board to prevent it slipping whilst in use.
4. Snap a photo of the inside of your fridge to remind yourself what you need when out shopping.
5. Use a can ring pull over a hanger to enable a second hanger to be attached.
6. Hold your cookbook in place and at eye level with a trouser clip hanger, hung from a kitchen cupboard.
7. Use a plastic tab from a loaf of bread to secure the end of a sellotape roll.
8. Clean your computer keyboard by using a post-it note or rolled up sellotape between the keys.
9. Store spare charging leads in an old glasses case
10. Test your eggs for freshness by putting them in a bowl of water. Fresh eggs will sink to the bottom, old eggs will float and eggs that are in between will stand up on their ends.

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

Last year we looked at an English designer and made some lovely work of beautiful squares. This time we are looking at amigurumi, the Japanese art of crocheting small, stuffed yarn creatures. As we did last year, it's up to our group members what they do. Some are continuing with their squares or making their own design as they go.



Unfortunately, we are full. If you would like to join our group, please let me know and I can add you to our small waiting list.

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### Singing for Fun (*Mary Nathan*)

Group members who did not come last month need to pay £9.00 which will take your contribution of payment for hall hire of St Elisabeth's up to May. If you don't intend to come to this Group any more, please let me know on 020 8506 2203.



## Craft Group (*Fiona Lucas*)

This month, the Group met to make some very pretty Spring Wreaths. The main flowers were all made out of card – there was much tracing, cutting, folding and sticking but, much to our surprise, some beautiful daisies and paperwhites emerged from beneath our scissors! The flowers we made were stuck to a subtly sparkly hessian covered polystyrene flat-backed ring and bulked out with some delicate 'fake' flowers and eggs to add to the spring effect. We were really pleased with the results – we all started with the same choice of materials but yet they all look so different!



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.



### Visit to Middle Temple (*David Dooks*)

On a rare sunny day, over 40 of our members recently met at Middle Temple for an informative walk and tour before lunch in the resplendent Hall. One of four Inns of Court, along with Inner Temple, Gray's Inn and Lincoln's Inn, Middle Temple is a place of education for the legal profession where, after qualifying, lawyers are entitled to be 'called to the Bar' and become self-employed barristers within offices known as 'Chambers' and are able to represent clients in legal courts.

In a male dominated profession historically, a woman was only first called to the Bar in 1921! The buildings of Middle Temple, acquired from the crusading Knights Templar in 1312, survived the Great Fire of London in 1666 (just) but many were threatened by a subsequent fire, until the flames were extinguished with beer from the cellars and by blowing up some buildings with gunpowder. A more devastating impact was during the Blitz when many buildings, including the Library, Church, Master's House and the Hall were badly damaged and had to be re-built.



Buildings owned by Middle Temple are identified by the Lamb of God and cross of St George symbol on stonework, drains and lintels. Middle Temple Hall itself was built in the 16th century and its double-hammerbeam roof is said to be the best in London.



Eating lunch in a hall surrounded by centuries of heraldry and containing artefacts from Sir Francis Drake's Golden Hinde was certainly special.

### The Photography Group (Kevin Lucas)

The Photography Group's March outing was to have been a river walk from the o2 at North Greenwich to Woolwich via the Thames Barrier. Unfortunately for the second month in a row the weather got in the way and with a downpour at the time we were due to meet and heavy rain forecast for later in the morning we decided to cancel the outing. This particular walk has no stop off points for either shelter or easy access to public transport *en route*, so reasonable weather is important.



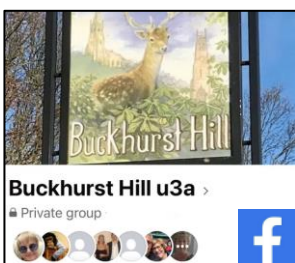
This walk will be rescheduled for a future date, most likely at the end of May, which will be confirmed in due course.

Our next outing on 25<sup>th</sup> April will be a walk around Mayfair taking in the area between Bond Street and Green Park which has been one of London's most prestigious districts for over 300 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.

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### Buckhurst Hill u3a Facebook Group (David Dooks)



Facebook users – we have created a Group that you may be interested in. It includes reminders of events and photos from our interest groups, while allowing members to add their own posts or comments. We hope it will be a 'living window' into what our u3a is about and the range of things we do.

It has been set up as a private Group, meaning that you have to be sent an invitation to join, so we can check against u3a membership. If you would be interested, please email David Dooks at [facebook@buckhillu3a.org](mailto:facebook@buckhillu3a.org).

## Grumpy Old Men's Club (Kevin Lucas)

The Grumpies met for a pub lunch at the Two Brewers, Chigwell Row in mid-March. The group has been dormant for the last year for a variety of reasons and so the purpose of this lunch, apart from enjoying an excellent lunch and the opportunity to be grumpy, was to talk about the future of the group.



Running an interest group can be daunting but with the help of a couple of beers and a bit of grumbling it was agreed that the organisation of future outings or events would be undertaken by group members sharing the responsibility.

Steve Skippen very generously offered to organise our next outing which will be to North Weald Airfield – details will be circulated in due course.



If you would like to be added to the Grumpies circulation list, please let me know at [grumpies@bhillu3a.org](mailto:grumpies@bhillu3a.org).



## Paint Pouring (*Jacqueline Jacques*)

This month we tackled a few different ways of 'pouring'. One was 'ribbon pouring,' which depends on the speed and direction of the pour to create various thicknesses of ribbon. Some ribbons were put down in a side-to-side fashion to create a 'sea-scape'. Some members of the group preferred to create more abstract paintings with random ribbons of paint over a plain background, finishing off with a rapid swirl to make the narrowest ribbons of all. Other people preferred to make so-called 'cloud pours' using a jug of layered colours or shades to pour slow shapes and patterns over the canvas. Those who hadn't done them before opted to do trees, which involves mixing a small amount of paint with silicone and dragging it over the rest of your painting from the centre to each side creating cells - a technique called a 'swipe'.





**LWL: Easter Bonnet Lunch (Ann Denwood)**

The New Boar, Abridge, which is under new management, certainly did us proud for our Easter Bonnet Lunch on 22nd March, with a delicious 3-course lunch and very good service. Tea & Coffee followed with a lovely selection of Lindt Easter Bunnies (my favourite!) and chocolates on the table.

Many ladies had entered into the spirit of the lunch and looked terrific in their decorated Easter bonnets, together with some very colourful and exuberant Fascinators, as shown below.

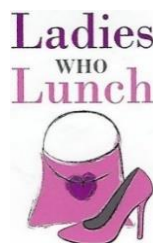


Our usual raffle was completely chocolate themed and was a huge success.



Finally, the afternoon finished on a high note, with a hunt for a dozen well-hidden Cadbury Creme Eggs!

After a long absence, it was lovely to see you again, ladies, and enjoy a FUN afternoon together.



## A Healthy Snack List (*Hilary Wrightman*)

All these healthy snacks are under 200 calories!

1. Sprinkle 2 tablespoons of unsweetened coconut flakes over one cup of cubed pineapple – *175 calories.*
2. Serve ½ cup each of baby carrots, diced cucumbers and red/green peppers with a ¼ cup hummus for dipping – *150 calories.*
3. Dip 1 cup of sliced strawberries into ½ cup non-fat plain Greek yogurt and freeze – *115 calories.*
4. Slice up one medium apple and serve with 1 tablespoon almond butter for dipping – *170 calories.*
5. Slice up one small apple and serve with an ounce of Cheddar cheese and 2 slices of sliced deli turkey – *200 calories.*
6. Sprinkle ¼ cup dark chocolate chips over 1 cup of fresh cherries – *200 calories.*
7. Add ½ cup each sliced strawberries and blueberries and half a medium diced apple to a bowl. Top with 1 tablespoon raw honey and 2 tablespoons lime juice, stir to combine. – *170 calories.*
8. Spread 1 tablespoon of almond butter over a banana and sprinkle ½ teaspoon of granola over the top – *200 calories.*
9. Serve 1 apricot with 1 ounce of cashew nuts – *200 calories.*
10. In a bowl, mix 1 cup sliced tomatoes, 1 cup chopped cucumber, ¼ cup thinly sliced red onion and 2 tablespoons Feta cheese. Drizzle 1 teaspoon of olive oil and 2 tablespoons over the top – *190 calories.*

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## FORTHCOMING EVENTS (BH-u3a)

Date	Event	Cost	Comments	Availability	Organiser
6 Jun	Royal Military Academy, Sandhurst	£50.00	Members Only	11/49	Hilary Wrightman
25 Jun	Open Garden – Roydon	£7.00	Open to all		Hilary Wrightman
5 Jul	Tour Theatre Royal, Drury Lane	£18.50	Members Only	1/20	Hilary Wrightman
17 Jul	LWL Pearls & Prosecco <i>NEW DATE</i>	£32.50	Members Only	24	Ann Denwood
23 Jul	Thanks for the Memories	£16.70	Members Only	12	Mary Nathan
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	Open to all	40	Mary Nathan

These are dates for diaries. Some booking forms have already been issued, while others (see italics) will accompany the newsletter in the coming months.  
Visits that are Sold Out are no longer included.

### 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 6<sup>th</sup> June 2024.

We have some places available, and this is the last opportunity to book for this visit. 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 25<sup>th</sup> 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.

### LWL: Pearls & Prosecco Afternoon Tea: **save the date - 17th July** (Ann Denwood)

Ladies, our next get together will be a glamorous Afternoon Tea at Mulberry House Hotel on Wednesday, 17<sup>th</sup> July at 1.30 pm. The Tea will be £32.50 pp and will celebrate the Summer Races at Ascot. So, please search out your Pearls and Wedding Hats/Fascinators and order yourself a glass of Prosecco from the bar, ready for a lovely afternoon with your friends. Full details and booking form will appear in the May newsletter.

### Visit to Angels Costumes (*Hilary Wrightman*)

On Wednesday 9<sup>th</sup> October at 11.00am, a very special visit has been arranged to Angels Costumes, the leading supplier of costumes to the theatre and film industry.

The booking form accompanies this newsletter.

### Motown Show and Lunch Party (*Mary Nathan*)

Some places are still available, so if you want to join us on 11<sup>th</sup> December, I can take bookings up to 15th April. This event is open to non-members.

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## MEMBERS' CORNER

### History – Our Very Large Universe (*Peter Spencer*)

Although it is thought to have begun as a tiny super-hot speck 13.8 billion years ago and rapidly cooled our universe expanded faster than the speed of light (10 light years across in the first 10 seconds for example) and could now be over 93 billion light years across. After 380,000 years, our dark universe became cool enough for hydrogen and helium atoms to form and then with a blinding flashlight came into existence as recently evidenced in the cosmic microwave background which surrounds us and is represented by the noise of static on an untuned radio. Matter in our universe is mainly hydrogen and helium because there was no time for the heavier elements to form. They came later in the birth and death of the first very large and short-lived stars that appeared in the early universe. The rate of expansion of our universe was calculated and reversed to obtain the age of 13.8 billion years although it is now thought that the expansion accelerated for many billions of years and then was slowed possibly by the influence of mysterious dark energy. If our universe has expanded more slowly than in other parts of space different universes may have evolved with different physical laws. These are thought of as the multiverse.

Our galaxy, the Milky Way, began with the death of a cluster of the first giant stars 13.5 billion years ago. Many of these second-generation stars continue to shine today. 4.567 billion years ago a star in our spiral arm of the Milky Way exploded as a supernova and seeded our region with the ninety-two naturally occurring elements. Our third-generation star was born from the cloud of hot gas and the burst of energy from the nearby supernova.

*(From the book "A BRIEF HISTORY OF THE LAST 13.8 BILLION YEARS" by David Baker)*

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## COMMUNITY

### Warning to Solo Female Drivers

One of our members has asked our female members, driving alone in their cars, to be wary of being intimidated and targeted by a duo trying to get them to stop. She was targeted first near Buckhurst Hill Station by a black man waving his arms in the air. He followed her and shortly afterwards approached her car in the underground car park at Waitrose, where his accomplice joined him. Together they were banging on the roof of her car and trying to get her to open the car doors. Fortunately, her car automatically locks the doors once driving so they had no access. She grabbed her 'phone and made out she was taking pictures of them.

A lesson to us all: keep car doors locked and personal possessions out of sight – and use the car's horn to gain attention if someone is trying to gain access! This team has been targeting local supermarkets.

Waitrose were helpful and looked after her as best they could, but advised her to contact the Police on 101 as the attempt was against her, not the store.

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## LOCAL EVENTS

### Charity Bridge Drive



A Charity Bridge Drive with an Afternoon Tea in aid of the 60<sup>th</sup> Anniversary of the Chigwell Riding Trust is being held at St Anne's, 200 Larkshall Road, Chingford E4 6NP on Sunday 21<sup>st</sup> April at 1.30pm for a prompt 2.00pm start. Tickets cost £10.00.

Please phone Maureen on 07905 310570 or email her: [mwig103dj@gmail.com](mailto:mwig103dj@gmail.com) to book your place.

### Local Rotary Club Events

**The Rotary Club of Roding** are holding their annual May Fair on Sunday 19<sup>th</sup> May 11.00am – 5.00pm. This will take place on the village green, Chigwell Essex., in aid of local charities. here will be over 50 stalls selling food, drinks and other items, and a complete schedule of arena entertainment.

No entry fee payable. For further information, email: [hilary.wrightman@gmail.com](mailto:hilary.wrightman@gmail.com).

**The Rotary Club of Barkingside** are holding a Quiz in aid of Local Charities on Saturday 8<sup>th</sup> June at 7.00 for 7.30pm at the Grange Farm Centre Chigwell.

Tickets are £15.00. Email: [hilary.wrightman@gmail.com](mailto: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 – **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](mailto: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](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 a week early on **Friday 3rd May**. The closing date for inputs is **Tuesday 30<sup>th</sup> April**.

## 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 at 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
Current Affairs (RVu3a)	Monthly 2nd Friday am
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 (EFu3a)	Alternate Wednesdays 2.00 pm – 4.00 pm
Jazz Appreciation (RVu3a)	Monthly on 3 <sup>rd</sup> Wednesday 2.30 pm
Ladies Who Lunch	As arranged
Lunch Club 1	Monthly 2 <sup>nd</sup> Tuesday
Lunch Club 2	Monthly 2 <sup>nd</sup> Monday
Mahjong	First Monday of the month monthly at 2.00pm
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
Quiz Club (RVu3a)	As arranged
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	Monthly 3rd Tuesday at 10.30 am
Sunday Club	Monthly on 4 <sup>th</sup> Sunday 2.30–4.30 pm
Ten Pin Bowling	Monthly on 1 <sup>st</sup> 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).