

NEWSLETTER – 8 JANUARY 2024

MEETING INFORMATION

Next Meeting:	11 January 2024		
Venue:	Roding Valley Hall Station Way Buckhurst Hill IG9 6LN (car parking is available on-site)		
Times:	1.30 pm	Doors Open	
	11 January	Barry & Gill Goodman (Folk Singers)	<i>"Good Morning, Lords and Ladies": Illustrated Talk on Unusual English Customs</i>
Future Meetings:	08 February	Chris White	<i>The Art of London</i>
	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>

BUCKHURST HILL u3a COMMITTEE

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Welcome from the Chair

Welcome to the January edition of our newsletter and the first one of 2024, firstly wishing you a very Happy and particularly Healthy New Year.

Many thanks to Mary and her trusty team for once again putting on our Christmas Afternoon Tea Party. It was a sell-out as usual, with a fantastic entertainer, who had us singing and some of us up dancing.



Covid seems to have reared its ugly head once again, causing a lot of us to cancel much anticipated festivities and family visits (us included).

It appears that the infection has mutated and this a slightly different strain from the last, so all we can really do is take preventative care and hope we can avoid it.

We are very fortunate to have a great calendar of events planned for the coming year and hope you will be able to join us in some of them, and also maybe trying one 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

Interest Group News (*Fiona Lucas*)

After nearly ten years, Christina Yeung is stepping down from leading the Social Bridge Group. The Committee would like to express its grateful thanks to Christina who has organised and hosted the Bridge players for such a long time. Christina will still be attending the Bridge Group, but its new Leader will be Pramila Rajput. The Committee appreciates that Pramila has been willing to take on this role: we are sure she will be supported by other members of the Group. If anyone else would like to find out more about Social Bridge, Pramila's contact details are on the back of the Newsletter and Event Calendar.

*

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 an interest group can be really enjoyable – the people who join 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.

We are Survivors



They call us "The Elderly".



We were born in the 40-50-60s.

We grew up in the 50-60-70s.

We studied in the 60-70-80s.

We were dating in the 70-80-90s.

We got married and discovered the world in the 70-80-90s.

We venture into the 80-90s.

We stabilize in the 2000s.

We got wiser in the 2010s.

And we are going firmly through and beyond 2020.

Turns out we've lived through EIGHT different decades.

TWO different centuries...

TWO different millennia...

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world.

We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and WhatsApp.

From live matches on the radio, to black and white TV, colour TV and then to 3D HD TV.

We went to the Video store and now we watch Netflix.

We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suites & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.

We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric.

Yes, we've been through a lot but what a great life we've had!

They could describe us as "exennials", people who were born in that world of the fifties, who had an analogue childhood and a digital adulthood.

We've kind of "Seen-it-All"!

Our generation has literally lived through and witnessed more than any other in every dimension of life.

It is our generation that has literally adapted to "CHANGE".

A big round of applause to all the members of a very special generation which will be UNIQUE.

Author Unknown

Paint Pouring (Jacqueline Jacques)

In the lead up to Christmas the Paint Pourers were to be found tweaking and embellishing their 'flip cup' landscapes (pictured in the last newsletter) and decorating small, wooden tree ornaments by 'dipping' them in festive colours.

After a pleasant get together of the five Paint Pouring groups (at a Christmas lunch at the 'Two Brewers', Chigwell Row), we are all looking forward to making more bright, abstract designs in 2024.

Christmas Afternoon Tea (*Sue Bird*)

Well, the middle of December was celebrated on the 14th by holding our own 'Christmas Afternoon Tea' which is becoming a Buckhurst Hill u3a tradition.

Members were welcomed into the hall, with a great majority wearing their Christmas jumpers and hats, with a festive glass of bubbles. A lovely selection of sandwiches was devoured and then followed by mince pies. Meanwhile our entertainer, Scott, sung a variety of Christmas songs interspersed with traditional 'golden oldies'.



By then we had a lot of members singing along and a few braving the dance floor.



Scott ensured the laughter and enjoyment continued throughout the afternoon.

Our thanks go to Mary who once again poured her energy into planning and organising the afternoon and her band of helpful elves.



Christmas Afternoon Tea (*Chris Embling, Business Secretary*)

I cannot imagine that there are many of you who didn't enjoy our afternoon Christmas Tea and entertainment at our December meeting. It was certainly apparent from the noise levels – much fun was being had.

There was however quite a significant problem. Whilst the great majority of members replied to the invitation and request for confirmation of veggie/non-veggie food option, around 10 people turned up who had not bothered to respond. This not only impacted on crowding of the hall but meant that there really wasn't enough food to go around. You may have had stacks of sandwiches and mince pies on the tables, but the helpers (also members) were left with the dregs and nowhere to sit.

I am not normally one to moan but this certainly spoilt my afternoon. I think if this were to happen again, we would be entitled to turn away unexpected members.

So please, next time, make sure that you respond to any invitation to any of our u3a functions, especially within the given timescale.

Mahjong Group (*Christina Yeung*)

Having a wonderful Christmas Mahjong with lovely company, a good spread, and lucky tiles.



We wish all BHU3A members a very happy Christmas and an enjoyable New Year. Come and join us in 2024, we can have a few more members.

Craft Group (*Fiona Lucas*)

For their final make of the year, the Craft Group revisited a Craft that it hasn't tackled for some years – Kimekoni Ornaments. This is always a very popular make: those who had tackled it before were able to move onto making a more complex pattern. There were three patterns, either segments, a swirl or a star. They involve a lot of slicing with the craft knife, cutting fabric and batting, then stuffing the fabric before gluing on the trim. We had a lovely afternoon – there was plenty of chatter, mince pies and Christmas music!

I think you'll agree that any Christmas Tree would like to be graced by one of these beauties!



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)

For our December outing, the Photography Group visited to the Natural History Museum to view the Wildlife Photographer of the Year competition entries. This is a competition we have visited several times in the past and, as on those occasions, came away very impressed with all of the entries. The skill of the young photographers, in particular, was outstanding.

Here are some examples:



Coot on Ice by Zhai Zeyu (10 and under group) Highly commended



Owls' Road House by Carmel Bechler (15 - 17 years) Overall Winner Young Photographer



"Life on the Edge" by Amit Eshel – Category Winner: Animals in their Environment



"The Golden Horseshoe" by Laurent Ballesta – Overall Winner – Wildlife Photographer of the Year

We were unable to hold our usual Christmas lunch in December as the proposed date clashed with two other u3a events! So instead, we have opted for a group lunch later this month. Our next photographic outing will be in February, weather permitting.

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.

Recipe: Ritz Cracker Toffee (*Hilary Wrightman*)

20 Ritz Crackers
4 oz butter
4 oz brown sugar
8 oz chocolate chips

1. On a lined 8 x8 inch baking tray, arrange an even layer of Ritz crackers
2. Combine butter and sugar in saucepan, heat until melted and then boil for 2-3 minutes WITHOUT stirring
3. Immediately pour caramel over the crackers and spread evenly
4. Bake for 5 minutes at 425°/200°fan, remove from oven and sprinkle chocolate chips evenly over the top and return to oven for 1-2 minutes to melt chocolate
5. Immediately after removing from oven, spread chocolate into an even layer
6. Sprinkle crushed sweets, peppermint or nuts over the top
7. Cool and break into snack size pieces

Enjoy.

Lunch and Scott "Elvis", Friday 12th January (*Mary Nathan*)

This lunch is sold out. To everyone coming: please bring your own drink and glass.

Singing For Fun (*Mary Nathan*)

Our first meeting will be on Tuesday 16th January. Having got a lady to do the music, she quit before she started! So, if you can play the piano, or know someone who can, please 'phone me, Mary, on 020 8506 2203. The Group will meet on the 16th.

Tips and Tricks (*Hilary Wrightman*)

Old Fashioned Tips

Some old-fashioned tips, that still work.

1. To clean silver jewellery:
Soak for a few minutes in a small amount of tomato sauce, rinse and buff.
2. To clean dirty taps and appliances:
Scrunch up some silver foil, and scrub, making sure to use shiny side of foil.
3. To unblock a sink:
Put 2 Alka Seltzer tablets down the plug hole, followed by a cup of vinegar. Leave for a few minutes and then run hot water on full.
4. To clean a messy microwave:
Put two cups of water in a bowl in the middle of the microwave and cook on high for five minutes, wipe down with damp sponge.
5. Freshen smelly trainers:
Tuck a fabric softener sheet in each shoe and leave overnight.
6. To freshen up a jacket:
Douse a small amount of vodka under the armpits, leave to dry.
7. To clean stained white clothes:
Squeeze lemon juice over the stain and leave to dry in the sun
8. To save tarnished silverware.
Save the water you boiled potatoes in, soak silverware in the water for about an hour, rinse and polish with soft cloth.
9. Cleaning burnt pans:
Chop up fresh rhubarb and boil in burnt pan for about 10 minutes until it becomes glue-like. Rinse and dry.
10. Keep TV screens dust free:
Wipe a small amount of fabric softener over the screen with a soft cloth.

The Sunday Club (*Mary Nathan*)

Our first get-together this year will be held on 21st January, **not** the 28th.

The Beatles Christmas Show and Lunch Party (*Steve Skippen*)



The event happened early in December 2023. I think it was to prime us for the Big Day to follow later that month.

If that was the mission, notwithstanding the cracker less crackers, I think most of us will consider it to have been a resounding success.

First, let's be clear, the Beatles didn't make it, but fortunately for us we knew some of the words to be sung and could therefore sing along with the two lead singers – and what words we didn't know, as is custom and practice, we hummed along – or at least I did – and made a pretty good fist of it, even if I say so myself.



I like to bank a memory or two, so I took my camera with me to take some personal shots. However, a late call to take photographs for the newsletter resulted in a shortfall in both quantity and quality – a quick scamper to find members still in the building as carriages arrived to whisk them away with smiles etched on their faces.

Poor quality or not, the photographs attached tell the story. Happy faces! And ladies dancing (alas, too fast for the photographer).

From experience. A lady dancing is a happy lady. Therefore, happiness for less skilled partners.



There can be no greater joy than to be in the company of those with the same intent as oneself. Yes! The Time to be Happy is now.

Make this promise to yourself for 2024 ... And Be Lucky

stephenskippenwriter@yahoo.com

PS *caveat emptor*: if up for The Risk, a foul word warning for the novel applies ... and the three that follow.

West End Theatre Group (Hilary Wrightman)

I am starting a new West End Theatre Group.

I receive lots of ticket offers, with very good prices and often very short lead times, making it nearly impossible to co-ordinate the necessary payment dates with the newsletter production dates.

If you are interested in joining this group, please fill in the attached application form and we can get it started. Because of the short turn-round time available, an email account is essential, and unfortunately this Group will not be available to postal-only members owing to the uncertainty of our postal service!

If there is a longer lead time for some tickets, we will of course insert it into the monthly newsletter as normal and everyone will receive the information.

Looking forward to making this new group a success.

FORTHCOMING EVENTS (*BH-u3a*)

Date	Event	Cost	Comments	Availability	Organiser
12 Jan	New Year Celebrations with Scott "Elvis"	£17.50	Open to Non-Members	SOLD OUT	Mary Nathan
20 Jan	Hits from the Blitz	£18.50		SOLD OUT	Mary Nathan
25 Jan	The King and I	£50.00	2.30pm	SOLD OUT	Hilary Wrightman
?13 Mar	Crossness Pumping Station		Members Only		Hilary Wrightman
22 Mar	LWL Easter Bonnet Lunch	TBA	Members Only	24	Ann Denwood
20 Mar	Middle Temple	£40.00	Members Only	40	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	Members Only	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
25 Jun	Open Garden – Roydon	£7.00	Open to all		Hilary Wrightman
4 Jul	Royal Hospital Chelsea	£15.00	Members Only	30	Hilary Wrightman
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	Members Only		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.

Broadway Musicals and Lunch (*Mary Nathan*)

There are still a few places left for this Lunch Party at the Prince Regent on 14th May. The booking form accompanies this newsletter.

"Thanks for the Memories" at Queen's Theatre, Hornchurch (*Mary Nathan*)

Music from the 40s/50s/60s and 70s. This 2.00pm matinée performance will be on Tuesday 23rd July. The booking form accompanies this newsletter.

Lunch and Motown Show (*Mary Nathan*)

Date for your diary: Wednesday 11th December. Lunch and Motown Show at the Prince Regent. The booking form accompanies this newsletter.

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 **2024–2025 Membership Form** has been revised and will be issued in February.

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, 5th February**. The closing date for inputs is **Wednesday 31st January** (earlier than usual).

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
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 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).