



THE UNIVERSITY OF THE THIRD AGE

CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY **23rd AUGUST 2018**
1.30pm LAURA TROTT CENTRE.

Today we have **ROY SMART** who will be speaking on “**DAVID BEATTY, THE LAST NAVAL HERO**” and **ADMIRAL of the FLEET**.

Our next meeting will be on **27th SEPTEMBER 2018** when the guest speakers will be **CAROL** and **STEVE ROBSON** who will present a musical and illustrated performance entitled “**STORMY STORIES and TRAGIC TALES**” with songs and tales. This promises to be an entertaining afternoon.

Monthly meetings will usually be held on the 4th Thursday of each Month at 1.30pm at the LAURA TROTT CENTRE. **Please note that the doors to LAURA TROTT will not be opened until 1.30pm and the main Meeting will commence in the Hall by 2.30pm.**

Visit our web site www.u3asites.org.uk/cheshunt for more information of events and groups. Peter HARRIS maintains this site. *This programme/newsletter is available on the website about three days before the monthly meeting.*

When you attend the monthly meetings, you should bring your membership card (this year the colour is peach), along to book yourself in at the respective desk. You should also take it to any group meetings. The group leaders will want to keep their own records.

Visitors

A Temporary Membership Fee of £2 is charged to visitors, and a dated receipt will be given. This confers all the advantages of Cheshunt U3A membership, including Insurance for that month only, during which time a group activity can be joined if there is room, on production of the receipt and payment of any group attendance fee.

Cheshunt U3A requires a certain amount of private information from members to allow it to operate effectively. Our Privacy Policy can be viewed on our website www.u3asites.org.uk/cheshunt. Alternatively you can obtain a printed copy by contacting the Membership Secretary (contact details on the back of this programme).

Members' information held by Cheshunt U3A will not be disclosed to any third party

MEETERS AND GREETERS ROTA

September - Family History

October - Music in the Afternoon

November – Model making.

Membership Renewal 2018/19

As the Cheshunt membership year ends on 31st October 2018, renewal forms for the 2018/19 year are available from the registration desk. Each member has to fill a separate form. They are also available to download from the web-site. Fee kept again at £12. Completed renewal forms, with attached cheques, can be left in a box provided at the Membership Secretary's table at the meetings or mailed direct to her. If paying by cash, monies should be placed in a sealed envelope along with completed form. **Please note that no renewals will be processed at the meetings.** New membership cards will be ready for collection at the following months meeting or sent by mail if a stamped addressed envelope has been provided. However, there will be an opportunity on Thursday 4th October between 1pm and 3pm at Laura Trott in the upstairs bar, specifically for those members who would prefer to renew on that day. Committee members will be in attendance to process their applications.

PARKING PERMITS FOR U3A MAIN MEETINGS

We have now received new parking permits that can be used for every month this coming membership year. These can **ONLY** be used on our main meeting days. **PLEASE ENSURE YOU DISPLAY YOUR PERMIT CLEARLY** so the Enforcement Officers know you are in the U3A meeting. Collection of permits can be from the Membership Secretary and in particular on 4th October as shown above.

I WONDER IF I COULD PLAY THAT MUSICAL INSTRUMENT AGAIN??

You used to play an instrument when you were younger but either sold, lost or misplaced said item. No point in spending out a lot of money to see if that interest is still there - well Bud Leech might be able to help as he has quite a selection of Saxophones (Tenor, Alto , Soprano), Trumpets, Clarinets (Bb & C), and Trombones.

Budd is willing to hire these instruments to you for a small fee which will be donated to Charity. Take the item home and rekindle the interest. You may want to purchase or just hand it back. Heck you might even want to join the U3A Band. So, no excuses now, give it a go. You have nothing to lose. Your neighbours – well that's a different story. If interested contact Peter Harris 01992 429297 or email peterharris1@sky.com

DATES FOR YOUR DIARY

Saturday January 19th 2019. New Year Disco. The British Legion, Crossbrook Street. More details later in the year. Due to the extremely cold weather that we experienced last Christmas, and how cold it was in the school hall that evening. I was unable to find a suitable hall at a reasonable cost to hold a Christmas Disco this year. Our summer celebration a few weeks ago was viewed as a success by the people that gave me feedback, so I decided that we would go there again in the New Year.

CHESHUNT U3A GROUPS

AFTERNOON TEA with QUIZ Mary 01992 426341

Please see me at my table for date of next quiz and to register your interest.

ALMOST LOOSE WOMEN Carol FARREN 01992 629028/ Ann POWELL 01707889189.

We meet on the second Thursday each month at the Red Cow Pub, Windmill Lane at 10am – 12pm. Our next sessions are September 13th, November 8th and December 13th. We have a good laugh over a cup of tea or coffee and biscuits. **Gentlemen are more than welcome to join us**, although this group is now full.

ALMOST LOOSE WOMEN GROUP 2

We will meet on the first Thursday of every month at The Red Cow pub, Windmill Lane, 10am to 12pm. September 6th, no session in October, November 1st and December 13th. There is now a waiting list in operation.

ART APPRECIATION Diane POPE 01992 632829/Clarice PILLAR 0208 804 0900

There will be no visit during August.

AWAY DAYS - Rose Lovelidge 01992 630899 - Mob; 07973313416
email rose.cheshuntu3a@gmail.com

Tuesday 25th September 2018

Beside the Seaside

There is nothing better than the great British seaside resorts and the south coast has plenty of these to offer. Your day will begin in the Victorian resort of Bexhill-on-Sea where you will enjoy a cup of tea or coffee in the elegant, Modernist Pavilion which sits on the promenade. After lunch your guide will take you to Eastbourne, 'Sunnier Place in Britain. Morning Tea

at Bexhill-on-Sea, Admire the Views at Beachy Head Lunch at The New Wilmington Hotel then visit Sunny Eastbourne. All inclusive £43 p.p Pick up our coach outside Tesco's Cheshunt Pond 8.15am

Monday 26th November 2018

Christmas Broadway Party

There's no business like show business" so join us for the 2018 Christmas season on stage in 'Christmas on Broadway'. Talented entertainers will trip the light fantastic to bring you an afternoon of well loved musical numbers that will have you tapping your feet, singing along and twirling around the dance floor. Start your day with coffee and mince pies at your table. Your talented entertainers will then bring you some show-stopping numbers plus you will be having a delicious three course set festive lunch.

All inclusive £45 p.p Pick up our coach outside Tesco's Cheshunt Pond 9.15am

BADMINTON/TABLE TENNIS

Jan WAGSTAFF 01992 624706

The group is closed for the summer and will resume on the 3rd September 2018. Interested? Get in touch.

BALLROOM DANCING

A Ware Group who meet at Wodson Park Ware on Fridays 2 - 3.30pm. Contact Pat Fisher 01920 464463 for information. A warm welcome to all Cheshunt members.

BIRD WATCHING WALKS

Derek WEBSTER 07712 675105/ Antony

POPE 07949 739116

8 of the group visited London Parks on Monday 13th August 2018 on a sunny day and we saw 30 species of birds. The highlight of the day was seeing the ostrich and the Black swan.

Next visit:

Tyttenhanger on Monday 10th September. Meet at Cheshunt station at 9.30 am.

This is a car sharing trip and a full day so please bring a packed lunch.

Future visits:

Two tree Island on Monday 8th October 2018

Planning meeting and film show on Monday 12th November 2018

Visit to Rye Meads Nature Reserve on Monday 10th December 2018

BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

This month we read "Don't stop me now" by Colleen Coleman. If you want a book for the beach or a sunny afternoon in the garden this is the one for you.

With a PhD under her belt Poppy has no job, no relationship and has returned home to live with her mother and step father. This debut novel is full of wit and intelligence. Poppy is an endearing character and it is a delight to see how she

overcomes her many problems. This is so much more than a chick lit novel. We are treated to some very thought provoking ideas. A good read.

BOLIVIA/CANASTA
Peterharris30@live.co.uk

Peter HARRIS 01992429297

New members always welcome for a light hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards, easy to learn and a great deal (no pun intended) of fun. The membership is continuing to grow with an average of two members joining each month; however we are still looking to expand. We can guarantee at the end of one session, any newbie will understand and be able to play the game. If anyone would like to play or learn how to play, please come along and enjoy a very sociable afternoon. We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. Dates for next month are Monday 10th and 24th September, Time 2pm. (Please park in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds is necessary.

CANASTA/CRIBBAGE

Cheshunt U3A currently run a Cribbage group on Tuesdays however they are reaching maximum numbers so with the interest there has been shown we thought we could start another group. Also many members have asked if we have Canasta Group. Well we do run a Bolivia Group, a card game which is a derivation of Canasta but with the interest shown we thought we could combine the two card games and have one formal group which hopefully will satisfy all parties. We meet at 2pm at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 3rd and 17th September at 2pm. We have averaged so far about 16 members per session. The venue has wheelchair access and will accommodate vehicles in the grounds as necessary. A small charge of £2 or less, depending on numbers attending, is collected to cover the cost of hall hire and tea/biscuits.

If you are interested please contact me **Allan Smith** on 01707 335409

CHESHUNT and WARE CYCLE GROUP

Stewart 01992 624706

Our group meets every Wednesday morning at 9.30am at Pindar Car Park near Cheshunt Railway Station, for a prompt 09.45am start. We have three guided rides every week. The Easy Ride which encourages members to get in the saddle and have a pleasant ride through the Lee Valley Park, at a leisurely pace. The Moderate Ride offers a ride which although still at a leisurely pace, goes a little further in miles with fewer stops. The Challenging Ride which goes both on and

off road covering up to about 25miles. All rides finish at the same time, noon, for a coffee at the YHA. The Challenging Ride also has some members that meet at Ware on the 1st and 3rd Wednesday of each month. When there are five Wednesdays in a month, we try to offer a joint ride for all groups lasting into the afternoon.

CHESS GROUP

Rodney Dixon 01992 766832

The chess group is still looking for new members. The group is aimed at beginners and intermediate players. You can learn the moves and enjoy your first game. If you would like to learn this wonderful game, please see me at my table or give me a ring on the above number.

COMPUTERS - e BUDDY PROJECT

Working in conjunction with students from Herts Regional College, we organise one to one sessions for members looking to gain a better understanding of their laptop' ipad, smartphone etc. The date for the next session is Monday 1st October. 1.00pm- 2.30pm.

If you are interested in attending please contact Steve Gollop 01992 629209 email: stevegcheshuntu3a@gmail.com

COUNTRY DANCING Val Foster 01992 627354 and June Brown 01992 301987. A Broxbourne U3A Group.

First and third Thursdays of the month, 2 - 4 pm Bollescroft large room, Hoddesdon. New members from Cheshunt U3A welcome, no previous experience or partners necessary! Please join us for a fun and sociable afternoon.

CRAFT - CARDS

Betty WARREN 01992 637988

All are welcome. Dates for this group are every third MONDAY of the month 10.30 a.m and every third WEDNESDAY of the month at 2 p.m.

CRIBBAGE

Jenny CHRISTIAN 01992 306859

Crib every Tuesday 2-4p.m. at my house in Mylne Close, opposite M&S at Brookfield Farm shopping centre. No charge. The Group is now full. Please contact Jenny Christian for more details.

EAT YOUR WAY AROUND THE WORLD

Mary 01992 426341

A new Indian Buffet Restaurant has opened in Cheshunt. Part of the De Ja Vue Restaurant has now been re opened as a Buffet Restaurant which they are calling Sams. Thought that it might be quite nice to give this

a visit during the first week of September. If interested please see me at my table to confirm date and time.

EXERCISE GROUP - KEEPING FIT

Mary 01992 426341

Laura Trott Sports Centre, Grundy Park Cheshunt. Every Thursday 9.40am to 10.40am (earlier start to enable follow on class to start at their allotted time). Cost £3. The sessions are run by qualified instructors, whose aim is to ensure that we have fun whilst trying to get fit.

EXPLORING LONDON 1

Eileen FUNNELL 01992 422475

On the 14th August 2018, twenty nine of us enjoyed a tour of the iconic Palladium with our very informative guide Mark Cox. We learned it opened in 1910 as a music hall and was built by Walter Gibbons. In those days the back drop was wound up by hand and each performer had their own colour roller blind starting at the front and as each performer finished their act it would be wound up and the next artist would enter with their colour blind already in place and so on. As smoking was allowed you can imagine it got rather foggy and so a glass dome in the roof was able to be opened and act as a chimney to remove the smoke. The Palladium's famous revolving stage was installed in the 1930's for the crazy gang and removed in 2002 and now each production has to build its own stage which measures 42' wide by 38' deep and pay for it, so you can see why the price of seats cost as much as they do. This year will be the 42nd Royal Variety Show. The Palladium is owned by Sir Andrew Lloyd Webber and was the first theatre to have tip up seats. We thank Sheila Barton for organising this trip which we enjoyed so much.

Wednesdays 19th & 26th September – RAF Club Piccadilly

Next planning meeting – Friday 31st August. Please Note this is a week earlier than our normal meeting day.

EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

Our forthcoming trips are as follows:-

Wednesday 26th September - Coach trip to Hever Castle and Gardens jointly with Exploring London 3.

Monday 29th October - Tour of the Houses of Parliament.

We meet on the third Friday of the month from 1.00-2.00 pm at Cheshunt Free Church. Our next meeting will be on 21st September.

EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

In July, 26 members were given a back stage tour of the Royal Festival Hall. We were told about the history and origins of the hall along with anecdotes of some of the famous names who had performed on stage. On visiting the Green Room there was a pleasant surprise for one of our group. She mentioned her father had been a drummer in Humphrey Littleton's band a long time ago. On the wall was displayed the record sleeve of a recording made of

the bands performance at the hall along with the names of the band, including her father, a real 'who do you think you are' moment.

Next few trips are:

28 August Enfield Transport Museum followed by lunch at Whitewebbs Toby Carvery organised by Pat and Brian Bailey.

26 September Hever Castle and Gardens organised by Steve Gollop. This trip is now fully booked and there is a waiting list in operation. Balance of £17 to be paid at the main meeting on 23rd August or very latest at our usual planning meeting on 5th September. Departure is at 9am from Lloyds Bank, Old Pond, Cheshunt.

October TBA

14 November Hendon RAF Museum organised by Norman Reed.

3rd December Christmas Dinner at the Salisbury Hotel, Hertford organised by Christine Dawson and Bob Barton.

Our group holds a planning meeting on the first Wednesday of each month (Wednesday 5 September at 11.15am) at the new venue of Cheshunt Free Church (United Reform), 27 High Street, Cheshunt EN8 0BS. There is limited parking available and access is by the side door.

EXPLORING LONDON GROUP 4

Steve SELL 01992 443012/

07572 078511

We normally have a planning meeting on the second Wednesday of the month. The next meeting will be on Wednesday 12th September 2018 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

In July we took a guided tour of Hampstead Village. Despite the previous day, Thursday being forecast with record temperatures the media had promoted Friday as the day to avoid and therefore we had a rush of cancellations. It was warm however and there was a rush for a cool beer at the Flask Inn at the end of the walk. Because of the weather we started the day in the air-conditioned British Library before moving on to Hampstead for an afternoon walk. With our numbers depleted we benefited from smaller groups with our two guides Jan Poole and Laurence Summers. The latter seemed familiar; he reminded us that he had been our speaker at the May meeting on the Victorian Age. Hampstead was delightful; lots of famous residents' past & present, a Mary Poppins inspiration and great views. We returned home as it started to rain followed by the long anticipated thunderstorm.

Future trips:

Monday 10th September – History and Mystery Show at the Magic Circle. Group booking made; individual rates only available.

Wednesday 31st October – Tour of historic Windsor. Talk with refreshments about the Restoration of the Castle after the fire followed by tour of the state

apartments. Then re-live the wedding with a guided tour of the St. Georges Chapel, the precincts and the Long Walk. Travel by coach. A number of places left; members of other groups welcome to join us.

Friday 16th November – Highlights tour of the British Museum; Rosetta Stone, Egyptian mummies, Parthenon Statues (Elgin Marbles), Sutton Hoo treasure, the Portland Vase, Assyrian Lion Hunts & much more...!

Tuesday 18th December – Postal Museum and the Mail Train. Fully booked, reserve list only.

EXPLORING LONDON 5

Virginia Bernard: 07891 610945

On a very hot day in July we took a walking tour of Little Venice. The meeting point of the Regent's Canal and the Paddington Arm of the Grand Union Canal forms the central point for this charming London neighbourhood. The lagoon where the two canals meet is called Browning's Pool after the poet, Robert Browning, who lived in the area between 1862 and 1887. It might not be quite as grand as its European namesake, but the willow lined canal with its colourful narrow boats, elegant mansion houses and small enclaves of cafes, pubs and independent shops is a serene part of London. There are number of blue plaques showcasing famous past residents such as Alan Turing, code-breaker and computer science pioneer and our guide also pointed out the homes of the rich and famous who live there today. After our tour and a stop for refreshments we boarded a narrow boat for a leisurely ride along the Regents Canal to Camden Lock, where some of the group explored the various markets with their quirky mix of crafts, clothing and bric-a-brac.

Trips planned over the next couple of months are:

Mon, 16 September - Street Art Tour in East London

Tues, 9 October - Bank of England and Museum of London

Sat, 27 October - Apsley House

Sat, 24 November - Brixton Heritage Walk

Our next planning meeting will be on Tuesday, 11 September at St Clements Church Hall at 11 a.m. It's not possible to park in the church car park but there is plenty of parking in Lea Valley Park or Hillview Gardens opposite. Do get in touch if you need any further information.

FAMILY HISTORY

Rena KING 01992 631826

Our new venue at Tesco's Brookfield Centre proved a great hit with all the members who came along. Please note in your diary our next family history meeting will be Monday 17th September at 2pm. We usually meet every third Monday of the month and everyone is welcome even if you say you have no information about your family, come along and be surprised at what you can find out about your ancestors. Bring along some paper and pencil too. Please note there will be no August meeting.

Question: Assuming you are reading a reference book and you want to know if what you are looking for is listed in the book, what do you do? Answer: You simply consult the **index**! Well the same applies to family history, although not all indexes are available online just yet. The Civil Registration **index** of all births, marriages and deaths for England and Wales [GRO Index] started in 1837 and is one, if not the most, significant resource for genealogical research. Unfortunately the index is no longer available in book form and can only be consulted online. However, luckily for family historians the transcribing of the GRO index is an ongoing project currently being carried out by teams of volunteers and consulting the **GRO Index** for the period 1837-1992 is now freely available. This means that everyone is able to check out the index for entries relating to their family at www.Freebmd.org.uk completely free of charge! Unbelievably, on 3rd August 2018 the website reported that transcribers had completed over 344,760,247 entries, so your relations are bound to be listed! If this has whetted your appetite, why not come along to our group meeting and find out more.

GARDEN VISITS

Pat DIXON 01992 766832

The Garden Visits group visited Barnsdale Gardens in Rutland on Monday 23 July. The garden was developed by Geoff Hamilton of Gardeners' World fame. There were 38 different gardens to look at and we were given a two-hour tour by the head gardener. It was a very hot day and we took advantage of the shade provided by the many trees and shrubs. We enjoyed a lovely meal in the restaurant and many of us ate al fresco in the shady restaurant garden. There was a well stocked nursery where we could buy plants from. One of our group spotted Geoff Hamilton's son Nick in the nursery and they had a chat about Wormley where the Hamiltons lived in the 50's and 60's.

Forthcoming visit:

SISSINGHURST CASTLE GARDEN

Monday 17 September. A famous National Trust Garden located in Kent created in the 1930's by Via Sackville-West and Harold Nicolson. Cost is £35.50 (National Trust members £23.50) which covers coach, gratuities and entrance. There are still places available. Please come and see me at my table to collect a booking form or give me a ring.

LINE DANCING (Broxbourne U3A)

Lesley CASSON 01992 445938

We meet twice a week at Wormley Community Centre. On Mondays we have Improvers from 10.30am to 11.30am, followed by Beginners/Improvers from 11.45am to 12.45pm. On Fridays we have Improvers from 10.00am to 11.00am followed by a tea break, then Beginners from 11.30am to 12.30pm. There are some spaces in all the classes, but anyone wishing to join would need to have previous line dancing experience. Please ring or email Lesley for advice (lesleyb10@hotmail.co.uk).

MODEL MAKING

Jack SNARY

01992 638046

1st Wednesday of the month, 2pm, Crocodile Public House.

MORNING WALKS

Rob SCOTT

01992 445288

As I came away to the glorious Isle of Wight just after the last walk, I haven't had time to research a new walk for September, so will have to fall back on

another one that we have done before. The next walk on Tuesday September 4th at 10.00am will be from Dane End - parking in Windy Rise SG12 0NF. It will be a 6 mile circular walk, taking in Green End and Haultwick (pronounced Arctic). Probably the best way to get to Dane End from Cheshunt, is to travel north on the A10 until you reach the A602 (by the northern end of Ware), where you turn off left towards Stevenage. Cross the first roundabout, pass the turning for Tonwell and take the next turning on the right after a little less than a mile. Drive for a further mile or so and just after passing The Boot on the left hand side, turn left into Windy Rise. For any problems, call me on **07594427190**.

21 members turned out for the August walk, which was surprising, as it was extremely hot - so hot indeed, that when we stopped for our photograph in front of the Henry Moore sculpture entitled 'Large Figure in a Shelter', we could have fried bacon as well as an egg on the bronze. A dozen of us went across to The Bull for lunch afterwards.

MOTO (Members On Their Own) Dee James 01992 474437/Marion Clarke
01992 471098

We are an expanding group and we meet on Tuesdays at the Crocodile at 11.15am. We lunch locally; attend the cinema/shows and days out. Gentlemen are welcome to join us.

MUSIC IN THE AFTERNOON Peter & Jean HARRIS 01992 429297
peterharris30@live.co.uk

A slight change in title simply to reflect better what we are about. We meet to enjoy all types of music. Members bring a CD of their choice; some may explain what it means to them. Occasionally we have themes i.e. on the anniversary of Buddy Holly death we played several tracks relating to him. Absolutely all types of music has been played, Classical, Jazz, Electronic, 50's & 60's and current. It's always good fun.

We meet at St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The venue has wheelchair access and will accommodate vehicles in the grounds as necessary. A small charge of £2 or less, depending on numbers attending, is collected to cover the cost of hall hire and tea/biscuits. Next Music Appreciation will be on Fridays 7th and 21st September 2018 at 2pm.

MUSICIANS UNITED Peter HARRIS 01992 429297

Along with Budd Leech we have started a new group for Musicians. We are seeking members who have, in the past or still play a musical instrument. Our aim is to see if we can run some form of musical sessions.

No intention of playing to others, just for fun. We have booked St. Clements Church, out of the way of prying ears, and we meet on Monday mornings. It could be good fun or very painful. Find our desk at the monthly meeting and have a chat with us.

We now have twelve members playing Saxophones, piano, guitar and ukulele. Always more welcome, we are particularly looking for a drummer so please come along and enjoy the fun. **We meet EVERY MONDAY at 10am.**

OUT TO LUNCH GROUP (FORMERLY PUB LUNCH GROUP)

Mary 01992 426341

Next meal Monday 10th September at 12.30pm Highland Restaurant Broxbourne. Their new lunch time menu, starter and main course £9.95. Please note that £5 deposit required at time of booking, see me at my table for menu choices.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

We met on Wednesday 8 August and we welcomed a new member. We bought images in for critique and we enjoyed the discussion and learning from each other's work. We made plans for our night photography trip to central London to do some low light/night photography on 15 August. Six of our group went on our expedition to central London as planned. We started at Great Eastern Street where we took photographs of tube trains parked on a roof, there were areas of quite artistic graffiti in this area which provided good subjects for our photographers. We then went on to King John's Court where there were more examples of large scale graffiti. We then made our way to Brick Lane and streets off Brick Lane provided more photo opportunities. We caught a bus to the Tower of London where we enjoyed a meal in the Wetherspoons nearby. St Catherine's Dock, Tower Bridge and views of the Shard and other modern buildings by the Thames gave us spectacular low light scenes. The group thoroughly enjoyed the trip and would like to repeat it.

Our group is aimed at all levels of interest and experience and we look forward to welcoming new members to our group which meets on the second Wednesday in the month. The next meeting is on Wednesday 12th September at 2pm at St Clements Church in Cheshunt Wash. This venue has disabled access and there is parking in Hillview which is opposite St Clements Church. Please give me a ring on the above number.

RETAIL THERAPY

Ann POWELL 01707 889189/ 079710 33181

Shopping trip to Peterborough 5th September.

RUMMIKUB Delphine Andrews – 01992 637288 and Jean HARRIS 01992 429297

Those who have never played this game before quickly get to grips with it and enjoy it immensely. New players will be most welcome including members of other local U3A's. The venue is St. Clements Church, Cheshunt Wash, EN80LU, opposite Hillview Gardens. Dates for next month will be on Friday 7th and 21st September 2018, at 10.15am. (Please park in Hillview).

SAILING Teresa LEAVY 01438 223860

We sail every Tuesday at Broxbourne Sailing Club as part of Hertford and District U3A Sailing Group. Give Teresa a call if you fancy a taster session or joining. The sailing group is run via Hertford U3a but draws its members from several local U3a's.

SATURDAY LUNCH GROUP Shirley WEBB 01992 424693

The next lunch is at the Bulls Head on 1st of September 2018 at 1pm if you are not on the list already ring me or see me at the next meeting at Laura Trott centre 23rd August. I like to know before 30th of August for exact numbers. If you cannot come even be it on the day please ring me before 11am so we do not wait to serve the meals thank you. We all seem to have a good time, nothing exciting or out of the ordinary just a lot of talking and eating and laughter and companionship. See you on the 1st.

SEW KNIT PATCH & CHAT Sheila BUDD 01992892329

Come & join us in St Clements Church Hall, Turnford, Cheshunt Wash EN8 0LU. The group, under shared leadership, will be meeting on Thursday 6th and 20th September 2018 from 2- 4pm. Bring your own work, learn a new skill such as crochet or simply join in with the friendly chatter! Expect a warm welcome from all of us.

SHORT MAT BOWLS Lionel BANNISTER iban161@virginmedia.com

Now at the Laura Trott Centre every other Friday, 10.15am for registration for a prompt start session from 10.30am - 12.30 see you all at the next meeting on 31st August.

SHORT WALKS Bill NEVARD 01992 633959

Next walk is Friday 14th September 2018. A 2 ½ - 3 mile walk in the Lea Valley Park. Meet at Turnford Brook Car Park near St Clements Church. 10.15am for

10.30am start. Further details at Bills table. In view of the popularity of this group, is there anybody willing to be a Group Leader of another "short walks" group. Bill and the Committee will give help and advice.

SINGING FOR FUN Jim REID 01992 629997 or Janet WALLACE 01992 425675

This is a very popular group and meets on Monday afternoon 2pm - 3.30pm at Cheshunt Free Church. £2 per session inclusive of tea/coffee/biscuit. A warm welcome to all.

SPANISH LESSONS Pam SUMNER 01992 428959

The Advanced class is continuing but would welcome a teacher or anyone fluent in Spanish who would be willing to help to develop the conversation skills. Please contact Pam Sumner (01992 428959) or Christine Dawson (01992 620888),

TAP DANCING Diane POPE 01992632829/Maureen WOOLLARD 01992621939

We have moved to a purpose built studio at Cheshunt Sports Club, Albury Ride and will be open to take new members. We meet on Tuesdays, Advanced class 10.30am – 11.30am, Improvers class 11.30am – 12.30pm. Some experience is needed. See Diane for more information.

THAI CHI aaron@avsweb.co.uk

Slow relaxed movements to tone your muscles, feel calm and in harmony with nature. 1 hour class every Wednesday from 2 to 3pm at the Cheshunt Free Church. Come along and try it out for free, £2 per class after that.

THEATRE GROUP Pam CRAWFORD 01992308413

Wednesday 12th September, Richmond Theatre, "SALAD DAYS" One of Britains best loved and sunniest musicals. Fully inclusive price of £30.

Wednesday 21st November at the Criterion Theatre, THE COMEDY ABOUT A BANK ROBBERY, Price £38.00 incl. Pick up time 11 a.m. outside Lloyds Bank at the Old Pond. Payment by 1st October. Reviewers say it is the "Funniest Show in the West End", so if you fancy a real good laugh, book in a.s.a.p.

ADVANCE NOTICE: Monday 17th December – Hunters Meet £38, a few tickets left.

Friday 1st March – Brick Lane Panto £57. Tickets available

WALKING FOOTBALL

John DURRANT 01992 629215

The astro turf pitch at the Laura Trott Centre is the venue. We meet on Fridays 3pm to 5pm and the cost is £3 per head. Parking Charges are refundable and we can use the changing rooms if required. Rules are simple and the aim is for the games to be social. If interested please make contact by phone or at the monthly meetings.

WATERCOLOUR GROUP

Sid KING 01992 711617

Hurrah we now have space for more budding artists, come and join this enjoyable group. See me at my table for more details.

BOOKSTALL, PUZZLES .

If you wish to donate books and puzzles to help raise funds please bring them along to the monthly meeting. *Whilst we appreciate the donation of books, we would respectfully ask that you do not donate **hardbacks**, as we have little demand for them and they are becoming increasingly difficult to store.*

NEW DVD STALL If you would like to donate to our new DVD stall, please ensure the DVDs are in good condition and in their original boxes.

TRUSTY TRADER BOOK

This is kept on the information table to view, please do not remove.

We ask members to enter the names of trades' people they have used and found to be good and reliable. No guarantees' are implied or offered, please do your research but this might be a good starting point.

COMMUNITY NEWS

The groups listed below are independent and not operated under the U3A banner

The Diabetes Support Group now meets once a month at Tesco, Brookfield Farm in their Community Room. For further information please phone Carol Hill on 01992 302722. This group is for diabetes 2 only.

OWL MESSAGING. This is an e-mail facility from Herts Police giving very useful information. SIGN UP at www.owl.co.uk it is free and you have no obligation.

THE LAURA TROTT LEISURE CENTRE has arranged a reduced price membership for all U3A members who wish to join and use the new E-gym studio. Some U3A members have already joined and are seeing the benefit of the new equipment which offers a more peaceful and safer method of exercising for members that may be put off by using the main area in the gym. The team at the Laura Trott Leisure Centre have agreed a special U3A membership price of 5 months at £24.95 and will be offering U3A members the chance every few weeks

to come in and have a tour of the E-gym in order to see how the equipment works and meet the managers and team. If interested contact the centre on 01992 623345 ext. 2521.

PILATES

Becky Ashman 07964 631780

We meet every Thursday morning, 10.45 - 12noon at the Cheshunt Club, Albury Ride, Cheshunt. A friendly group with a qualified tutor who will adapt the exercises to your health and capabilities. Please bring an exercise mat or thick towel with you. New members very welcome.

CHAIR BASED KEEP FIT

Mary 01992 426341

Cheshunt Free Church, Every Tuesday 11.30am-12.30pm cost £3.00 per session. Taking part in a keep fit class can be fun whatever your age or ability. Each class is designed to help build and develop your strength, balance and flexibility and is designed for people who find an exercise class too energetic. The group will also be run by a fully qualified instructor whose aim is to ensure that you enjoy and have fun whilst trying to improve your level of mobility and fitness.

KNIT and NATTER with Shirley Webb (01992 424693)

Now **every** Tuesday at the Royal British Legion, Crossbrook Street. From 1pm to 3pm. Cost £1.

SCRABBLE 01992 633241 Every Monday 12.30pm Cost: £2.00, Beaumont Centre. Rowlands Fields, Turners Hill, Cheshunt.

*******TOP RAFFLE PRIZES 2 x £50 M & S VOUCHERS*******

THE CHESHUNT U3A COMMITTEE

CHAIRMAN	STEVE GOLLOP	01992 629209
VICE CHAIRMAN	STEVE SELL	01992 443012
TREASURER	ROB SCOTT	01992 445288
SECRETARY	TONI WALSH	01992 428129
ASSISTANT SECRETARY		
MEMBERSHIP SECRETARY	JANET WALLACE	01992 425675
ASS.MEMBERSHIP SEC	BARRY WALLACE	01992 425675
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	LESLEY CASSON	01992 445938
ASSISTANT GROUPS CO-ORD		
PROGRAMME PRODUCTION	BARRIE GALE	01992 632094 barriegale@msn.com
ASSISTANT PROG. PROD.	STEWART WAGSTAFF	01992 624706
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
U3A NETWORK REP	STAN TURNER	01992 306185
EVENTS CO-ORDINATOR	JOHN DURRANT	01992 629215