



THE UNIVERSITY OF THE THIRD AGE

CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY **28th FEBRUARY 2019**
1.30pm LAURA TROTT CENTRE.

Today we have **ANDY SMITH**, a singer/songwriter and multi-instrumentalist who will be speaking and performing under the title of “**LIFE IN THE MUSIC**”

Our next monthly meeting will be on **28th MARCH 2019** when the guest speaker will be **TOM MASON** who will address us on “**ISLAND LIFE**”. TOM has visited us before and is a wonderful photographer and very popular speaker. Look up his internet page for more details.

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 mauve), 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

February - Exploring London Group 3

March - Spanish
April - Walking Football

GROUP SHARING

If you would like to join any of these Groups, contact the person named.

ANTIQUES & COLLECTABLES (Lea Valley) Chris Murphy 01992 446190 Kate Gorman 01992 465032

ASTRONOMY (Broxbourne) David Sharp 01992 422622

BALLROOM/SEQUENCE DANCING (Broxbourne) Stan Chatterton 01992 414290

BOARD GAMES (Waltham Abbey) Helen Wilson 01992 712765

CREATIVE WRITING & POETRY (Broxbourne) Jean Hack 01992 426255

DISCUSSION & DEBATING (Waltham Abbey) Richard Clayton 01992 768794

DRAMA (Waltham Abbey) Elaine Pritchard 01992 768446

FRENCH INTERMEDIATE (Ware) Pam Shields scribbling4bread@gmail.com

GARDENING 2 (Broxbourne) Suzanne Fitch 01992 444257

GERMAN FOR BEGINNERS (Waltham Abbey) Helen Wilson 01992 712765

GUITAR FOR BEGINNERS/IMPROVERS (Buntingford) Bill Hooper 01763 273123

HEALTH & RELAXATION (Broxbourne) Val Foley 01992 304830

HERITAGE GROUP (Broxbourne) Geoff Ansell 01992 444928

LATIN (Hertford) Anthony Holbourne 01992 300663

MERRY MEN (Waltham Abbey) Bernie Leverett 01992 763938

PILATES (Buntingford) Rosemary Poulton 01763 271598

STAMP COLLECTING (Broxbourne) Michael Facey 01992 468833

SUNDAY LUNCH (Waltham Abbey) Terry Hoye 07944 239235

WHAT TO DO IN A MEDICAL EMERGENCY!

This is not a first aid course.

For 22yrs I served on front line Ambulance work for, initially, the Hertfordshire Ambulance Service which eventually became the East of England Ambulance and Paramedic Service. I served as a Paramedic for 17 yrs dealing with whatever medical emergencies came my way, from Maternities to Death and resuscitation. I have already done several demonstrations which have proved to be popular and have been asked to offer more, demonstrating what I would do in an emergency; recognizing an emergency; and communicating with the ambulance service. So the main topics are Cardiac emergency, Strokes, unconscious patients and tips on doing effective CPR.

If there is enough interested I will undertake further sessions.

If interested please see me on the Information Table or contact me Stewart Wagstaff 01992 624706.

NEW GROUPS

READING FOR PLEASURE GROUP 2

We now have a Group Leader willing to set up a second Reading For Pleasure Group. Please register your interest at the monthly meeting, or contact **Ines Lees** on 01992 625776.

CESHUNT U3A GROUPS

NEW MEMBERS' GROUP Carole Batter 01707 879773 Pat Dixon 01992 766832

If you have joined Cheshunt U3A in the last three months or have just joined today, please come along to the New Members' Group.

We meet at the Fountains Cafe, Old Pond, Cheshunt at 11am on the first Monday in the month.

Our aim is to set up a friendly group where you can meet other new members, find out about Cheshunt U3A and the different special interests groups and meet group leaders.

We hope to see you there on Monday 4th March at 11o'clock. Carole Batter and Pat Dixon - Group Leaders

AFTERNOON TEA with QUIZ Mary 01992 426341

Nothing planned at present.

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

For the March sessions we are joining the two Groups together on Thursday 14th March. We are hopefully having a speaker from TEENS UNIT and we are going to raise money for them. One of our members has very kindly offered to make the cakes which we will purchase to have with our drinks, and we will have a raffle for a larger sponge cake. Hope as many as possible can come so that we can do them proud. **Gentlemen are more than welcome to join us**, although this group is now full.

ALMOST LOOSE WOMEN GROUP 2

We normally meet on the first Thursday of every month at The Red Cow pub, Windmill Lane, 10am to 12pm. but see above for the March meeting. WE CAN NOW WELCOME NEW MEMBERS.

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

The Art Appreciation group started the New Year with our annual meal in January. Our visit in February took us to the Queens Gallery to see the Russian exhibition. We all enjoyed it and especially enjoyed all the Faberge items. We finished the day with a walk through St James Park, the weather was perfect and as well as the daffodils we were thrilled to see the 3 pelicans posing for photos by the lake. Next month we are off to 2 Temple Place to see the Ruskin exhibition.

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

Thursday 14th March. The Town that didn't Stare.

Meet your guide at Chequer Mead, The Bluebell Railway Museum. Lunch at the Stable Tea Rooms. You will enjoy a two-course lunch with tea and coffee at this picturesque location, with an equally pretty name, Heaven Farm. Tour of the Town that didn't stare. After your delicious lunch, you will return to East Grinstead. Price £43.

BADMINTON/TABLE TENNIS

Jan WAGSTAFF 01992 624706

Due to a thriving membership, this group is closed to new members, The group meets on Monday evening at the Goffs Churchgate Academy 7pm to 9pm. The emphasis is on a social evening of activity and all abilities are catered for. New potential members, please see Friday group.

BADMINTON/TABLE TENNIS Friday Group Derek Wakeling 07890 019993

This group was formed Feb 2019 and is run on the same lines as the Monday group. Same venue, same time but on Fridays. The aim is to have a social evening, rather than too competitive, enabling members to rekindle interest or try the sports for the first time. If interested please get in touch or visit the table at the monthly meeting.

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 extended to all Cheshunt members.

BIRD WATCHING WALKS

Derek WEBSTER 07712 675105/ Antony

POPE 07949 739116

13 of the group visited Fishers Green on Monday 11th February 2019 on a sunny cloudy day and we saw 36 species of birds. The highlight of the day was seeing the Red-crested Pochard and Goosander.

Next visit:

Fowlmere on Monday 11th March 2019. Meet at Cheshunt station at 9.30 am. This is a car sharing trip and is a full day so please bring a packed lunch. If you need any further information please let me know.

Future visits

Rainham Marshes Monday 8th April 2019

Fingringhoe Wick Monday 13th May 2019

Paxton Pits Monday 3rd June 2019

BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

This month it was thumbs up from everyone in the reading group for 'Eleanor Oliphant is completely fine', by Gail Honeyman. Eleanor Oliphant leads a simple, organised life. She goes to work every day, wears the same clothes every day, orders the same lunch every day, and every weekend she buys two bottles of vodka. Eleanor Oliphant is happy - or is she? One day a simple act of kindness changes her life forever and Eleanor has to learn to live in the real world. Here is a beautifully written book with humour and pathos in abundance. The portrayal of Eleanor and other characters is written with skill and insight. This is a debut novel and I await Gail Honeyman's next book with much anticipation. I understand it is to be made into a film. Read it before you see it.

BOLIVIA/CANASTA Peter HARRIS 01992 429297 Peterharris30@live.co.uk

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 11th and 25th March: time 2pm. (Please park in Hillview). The venue has wheelchair access and will accommodate vehicles in the grounds as necessary.

CANASTA/CRIBBAGE

Cheshunt U3A currently run a Cribbage group on Tuesdays, however they have reached 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.

Venue - St Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens. The next dates are Monday 4th and 18th March 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 Allan SMITH 01707335409

CESHUNT 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 25 miles. 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 of the next session at Turnford will now be early in the New Year. All sessions are free but we ask for a £2 donation towards the student fund. If you are interested in attending please contact Steve Gollop on 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.

CURRY CLUB

Mary 01992 426341

Last Thursday 31 members enjoyed a very pleasant evening at the Raj Vogue, food was excellent and the service was very good. A return visit will definitely be arranged for later in the year. Nothing planned for the coming month.

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. *29 members enjoyed a late Christmas meal at the Highland Restaurant at the beginning of February, as always the food was plentiful nicely served, and we all had to work extra hard at the next days class.*

EXPLORING LONDON 1

Eileen FUNNELL 01992 422475

Wednesday 20th March

Museum of Optometrists

Saturday 27th April

Afternoon tea at the RAF Club

Next Planning Meeting: Friday 5th April Cheshunt Free Church 10.15 a.m.

EXPLORING LONDON 2

Rosemary TRUNDELL 01992 621155

Our first outing this year was to the Museum of London Docklands on 22 January. Although our visit was self-guided, we were lucky enough to catch a short talk on the River Thames frost fairs. The Thames froze over on a few occasions between the 17th Century and the early 19th Century, during the period known as the Little Ice Age. The most celebrated frost fair occurred in the winter of 1683-84. An enterprising printer sold souvenir cards written with the customer's name, the date and the fact that the card was printed on the Thames for which he charged sixpence. Our forthcoming trips are as follows:-

Tuesday 5th March - Walk around City Churches Part 2 led by Mick Coe

Thursday 18th April - Tour of the Globe Theatre, organised by Lesley Galea and June Hodge

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 15th March.

EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

On the 18th February the group visited The Watermen and Lightermen's Hall. The Company of Watermen was founded by Act of Parliament in 1514, to regulate the watermen carrying passengers across the Thames. In 1700 the Lightermen, carriers of goods and cargo, joined the company. Under a further Act of Parliament the company introduced apprenticeships for those wishing to learn the skills of Watermen and Lightermen, which still continues to the present day. We had a very interesting and entertaining guided tour of the 18th Century Georgian Hall detailing the history of the hall, company and explaining the artefacts displayed.

Our next few trips are:

20th March - Royal Albert Hall grand tour - organiser Bob Barton

17th April - Chiswick House tour - organiser Steve Gollop

7th May - Blue Badge Murder Walk - organisers Pam Brooks & Pam Slater

Planning meetings are held at 11.15am on first Wednesday of each month at Cheshunt Free Church (United Reform) 27 High St. Cheshunt EN8 0BS, entrance by side door. Next meeting will be Wednesday 6th March 2019.

EXPLORING LONDON GROUP 4

Steve SELL 01992 443012/

07572 078511

We have a planning meeting usually on the second Wednesday of the month. The next meeting will be on Wednesday 13th March 2019 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

In January we visited the Imperial War Museum in Lambeth. We travelled to Liverpool Street station and from across the road we used the very convenient 344 bus direct to the museum. As with all museums the tendency is for them to be busy and noisy with school parties in the morning. We had a blue badge guide arranged therefore for the afternoon, so everyone made their own choices in the morning. Many in the group visited the sobering adult only Holocaust gallery which tells the story of the dreadful Nazi persecution of the Jews and other groups before and during the Second World War.

Those who also visited the First World War gallery or took the curator led guided tour equipped with headsets were able to discover the story of that war through the eyes of the British people and the Empire, both on the home front and the fighting fronts. What impresses is that the exhibit reveals stories not only of destruction, suffering and loss, but also of endurance and innovation, duty and devotion, comradeship and love.

Our afternoon guided tour started with a brief history of the Imperial War Museum and the building's origin as Bethlem Hospital. We went on to discover the exhibits from the First and Second World Wars and in contemporary conflicts. Our guide told us some of the everyday and exceptional stories of people whose lives have been impacted by war. We finished our tour at the top of the museum in the Lord Ashcroft gallery; this display houses a large collection of Victoria and George crosses. It tells stories of men, women and children who performed extraordinary acts of bravery to help other people in desperate need and who acted with courage and bravery.

Future trips:

Thursday 14th March - Tower Bridge Tour

Tuesday 30th April - Roman Britain walk and a tour of the Guildhall or Guildhall Art Gallery.

Friday 24th May – Shakespeare's Globe; tour of the theatre, exhibition and Shakespeare's Southwark (Bankside)

EXPLORING LONDON 5

John DURRANT 01992 629215

Visit to Walthamstow: a cat wedding, the original Old Crock, the first all British powered flight, an Arts and Craftsman, Britain's toys and the Blackout!

On a foggy, frosty and icy Thursday, 31st January, thirteen brave members assembled at Cheshunt Station to make the short train journey to Walthamstow Central. Restored by

strong coffee, we explored the old village area, passing a 2.5 metre wide house, Victorian cottages and Almshouses and a blackout curtain factory before shortly arriving at the Vestry Museum. In 1730 Walthamstow Vestry (the Local Government of the time) erected a simple eight roomed house for use as a Workhouse and for Vestry meetings. The building was enlarged in 1756, 1779 and 1814 and has had a multitude of uses: Walthamstow police station and lockup, armoury, builders' yard, private house and since 1931, a local museum. Our short visit included a look at the first petrol driven car to be built in Britain, a Corinthian Capital, Britain's toy factory, and a model of the first all British flight of a powered aircraft.....which flew over Walthamstow marshes in 1909. The pilot and designer, AV Roe, later founded the AVRO plane factory, manufacturing Lancaster bombers during WW2.

Pressing on, we passed St Mary's Church and Cemetery, containing mass graves following the plagues of 1347 and 1665, the Nag's Head pub famous for a cats wedding and a stage coach linking Walthamstow to The City, a 15th century wattle and daub Ancient house, and the last surviving 18th century Mansion house. Passing the 1941 Portland stone Town Hall with a classical layout that is in the popular Swedish influenced inter-war style, we pressed on to Lloyd Park and William Morris gallery. Fortified by lunch, we toured the museum celebrating William Morris's achievement as a designer, craftsman, poet and socialist. Returning towards the station we glimpsed the street market, reputedly one of the longest in Europe, at over a mile in length. Walthamstow is most definitely well worth a walk about, whatever the weather!

Our next few trips are:

Tuesday 19th March - Westminster Abbey

Wednesday 10th April - Southwark Cathedral and Tower Bridge

Monday 20th May - Highgate Cemetery

Our next planning meeting will be at **10.00am** on Tuesday 12th March at St. Clements Church Hall, Cheshunt Wash, Turnford EN8 0LP. Parking is in the adjacent Lea Valley Car Park or Hillview Gardens opposite.

FAMILY HISTORY

Rena KING

rena.barry@sky.com

Owing to the holiday season, it is important you email me at **rena.barry@sky.com** for the date of the next meeting. Normally our monthly meetings take place from 2-4pm every **third** Monday of the month and meet at the Community Room inside Tesco's at Brookfield Centre, near the Bakery section. Everyone is welcome to come along and we will do our best to help you with our expertise and the use of a computer. Even if you have no one to ask about **your** family, we can still help you by working backwards in time. All you need to do is turn up and bring with you pencil, paper and any certificates relating to your family you wish to research.

GARDEN VISITS

Pat DIXON 01992 766832

FORTHCOMING VISIT to Pashley Manor Tulip Festival. £32.50

I am planning a visit to Pashley Manor Tulip Festival on Thursday 2nd May. This very popular festival is now in its 25th year and the grounds have been planted with over 35,000 tulip bulbs. The cost would be £32.50 which covers coach, admission and gratuities.

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, on Monday and Friday mornings, at Wormley Community Centre, and cover beginners to improvers. Classes are not suitable for absolute beginners so anyone wishing to join would need to have previous line dancing experience. Please contact me for details and advice, either by phone or email (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

The Walk in March will be on Tuesday 5th at 10.00 from the Baker Arms, 9 Ashdene Road, Bayford SG13 8PX. It will be a shorter circular walk of between 4.5 and 5 miles in length but will be very interesting and new to everyone. We will walk north to enter Bayfordbury Estate and then head east to walk through woodland alongside the rail line that eventually terminates at Kings Cross. Bayfordbury Estate has a 10 acre Pinetum in the grounds, containing over 150 species of conifers from all over the world (Including Giant Redwoods). Planting of the conifers started in 1767 by the Baker family (hence Baker Arms) and was extended by Clinton-Baker during the 19th Century. Restoration and conservation is now carried out by the Friends Association of which my wife Jenny is a member and ardent worker and she will take us through the site to show us the work that is being carried out — hopefully we will still see some of the many snowdrops growing there.

As well as the Pinetum, Bayfordbury is also where the University of Hertfordshire's teaching observatory is located for astronomy and astrophysics. It is one of the best equipped and largest teaching observatories in the country and has 7 large optical telescopes, 4 radio telescopes, solar telescopes and a high definition planetarium. The optical telescopes allow students to observe detailed images of objects in space from the sun, moon, planets and asteroids, through

star clusters and nebulae to galaxies hundreds of millions of light years away. Wow! It is well worth a visit and the website is very informative.

I'll assume no one needs directions to the Baker Arms, but if not call me on **07594427190**. The pub will open by 9.30 so we can pre-order our lunch.

We welcomed a new face for the walk in February - Derek - and were fortunate to have a total of 20 members walking the countryside around the village of Walkern with 19 staying for lunch.

April's walk will have Malcolm and Steve G at the helm and May's will be led by Frank, so watch this space.

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

We meet on Tuesdays @11.15 am at the Crocodile P H. The emphasis is a social morning of coffee/teas/beverages, snacks and chats. We lunch locally attend the cinema/shows and days out with other groups.

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

Running for over three years now we have just played our 2000 track!! Members bring a CD of their choice; some may explain what it means to them. Occasionally we have themes ie on the anniversary of Buddy Holly death we played several tracks relating to him. Absolutely all types of music have 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 Friday 8th and 22nd March 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. We have booked St. Clements Church, out of the way of prying ears, and we meet on Monday mornings. Details below.

It could be good fun or very painful. Find our desk and have a chat with us.

We had our first meeting on 6th October 2017 at St. Clements Church, Cheshunt Wash, EN80LU, opposite Hillview Gardens. We now have twelve members

playing Saxophones, piano, guitar, percussion and trumpet. We meet at 10am at the above location EVERY MONDAY.

OUT TO LUNCH GROUP (FORMERLY PUB LUNCH GROUP)

Mary 01992 426341

Please see me at my table for details of next meal.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

Seven members of the Photography Group went out on the 7th February to take photographs at Borough Market, nearby London Bridge and part of the Embankment. The weather was lovely and we all enjoyed the outing which was followed by a visit to Wetherspoons near Tower Bridge. On 13th February we held our regular meeting where we browsed through the results of the pictures taken the week before. We also had a guest speaker, Ken Payne, who gave us a demonstration of photo editing using Photoshop Elements 2018. The group enjoyed the demonstration and this will be repeated in the near future.

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 13th March 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/ 07971 033181

Shopping trip to Westfield /Stratford. Wednesday 27th March 2019.

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 8th and 22nd March, 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 Turnford on Saturday March 2nd at 1pm, You can arrive any time you like, order your food and it will be served once everyone is there. I will not be there for the 2nd of March so someone will do it for me. If you are not already signed up please ring me or see me at my table at the meeting on 28th February. If you are signed up and cannot come, please ring me before Saturday or ring the Bulls Head on 01992 463385 on the day.

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 7th and 21st March 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. Lionel is on 01992 303986.

SHORT WALKS

Bill NEVARD 01992 633959

Our next walk is on Friday 8th March, 10.15 for 10.30am start. Meet at the Car Park (still FREE) outside the Cafe in Broxbourne Old Mill Meadow for a 2 ½ - 3 mile circular walk. 310 bus stop and Railway Station nearby. See me at my table for more details. *On our last walk, 14 of us met Bob Barton at Hays Hill Farm when he led us on a breezy day, around Lea Valley Park.*

SINGING FOR FUN

Jim REID 01992 629997 or Janet WALLACE 01992

425675

43 members enjoyed their annual festive meal at the Bulls Head Turnford on 28th January 2019. This friendly group meets at Cheshunt Free Church on Monday afternoon 2pm - 3.30pm. £2 per session inclusive of tea/coffee/biscuit.

SPANISH

Christine DAWSON 01992 620888

The advanced Spanish group meets in the house of one of our members. We are a small friendly group and would welcome anyone who would be able to help us develop and practice our conversational skills.

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 from 2 to 3pm at the Cheshunt Free Church. Come along and try it out for free, £2 per class after that. Classes will be held on the following dates, Wednesdays 13th and 27th March, 10th and 24th April, 8th and 22nd May 2019. From June classes will return to *every* Wednesday.

THEATRE GROUP Pam CRAWFORD 07947384293

Wednesday 1st May, Savoy Theatre, London, “**9 to 5 The Musical**” starring Bonnie Langford, Louise Redknapp and Brian Conley. A smash hit musical featuring Dolly Partons famous score. All inclusive price of £50. Payment on booking please. Coach will leave from Old Pond at 11am.

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. 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.

TOP RAFFLE PRIZES 2 x £50 M & S VOUCHERS

COMMUNITY NEWS

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

The Cheshunt Lakeside Development (Delamare Road) will come before Broxbourne Borough Council planning committee on Tuesday 5th March 7.00pm prompt at the Council Offices, Bishops College. Local residents are welcome to observe. If they want to make representation you should contact: jack.painter@broxbourne.gov.uk cllr.siracusa@broxbourne.gov.uk - douglas.cooper@broxbourne.gov.uk

Adult Ballet Class

01992 622862 (ask for Jayne)

Every Wednesday from 11.00 - 12.00 noon for adults of all ages! An hours class of gentle ballet moves to improve your posture, flexibility and balance. All in a fun filled atmosphere at The Valle Academy Studios, Wilton House, Delamare Road, Cheshunt, Herts, EN8 9SG . No experience required. Each class is £5.00. Why don't you come along and give it a try? The new term has just started.

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.

CESHUNT OUTDOOR BOWLS CLUB

New members are always welcome; our next season is from April to September 2019, we meet every Wednesday which is our club night evening starting at around 5 - 5.30 pm for training, roll ups, and a cup of tea or coffee.

If this would be of interest to anyone contact Graham Boad 01992 614058 for more information.

ROSEDALE BOWLS CLUB

in Andrews Lane, Cheshunt is always looking for new members and a friendly welcome awaits you. If you are interested please contact for details: Malcolm 07771 597053 or Janet 07789 140163

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.

THE CHESHUNT U3A COMMITTEE

CHAIRMAN	STEVE GOLLOP	01992 629209
VICE CHAIRMAN	STEVE SELL	01992 443012
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
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 624868
EVENTS CO-ORDINATOR	JOHN DURRANT	01992 629215