



THE UNIVERSITY OF THE THIRD AGE

# CHESHUNT U3A

Charity no. 1150779

MEETING THURSDAY **25<sup>th</sup> OCTOBER 2018**  
1.30pm LAURA TROTT CENTRE.

Today we have **PHIL HOLT** who will be speaking on “**HIGH FLYING TALES – THE RED ARROWS**” Phil is an accomplished and experienced speaker with very interesting tales to tell about this legendary group.

Our next meeting will be on **22<sup>nd</sup> NOVEMBER 2018** when the guest speaker will be **ANDY THOMAS** who is one of the UKs leading speakers on Mysteries/Histories. His talk is entitled “**THE STORY OF ENGLISH FREEDOM**”

Monthly meetings will usually be held on the 4<sup>th</sup> 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](http://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](http://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

November – Model making.

December – Members only

January 2019 - MOTO

### Membership Renewal 2018/19

As the Cheshunt membership year ends on 31<sup>st</sup> 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.

### 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.

### CYBER CRIME PRESENTATION

Waltham Abbey U3A have arranged for a presentation on this very current subject to be given on Tuesday 6th November at Waltham Abbey Town Hall start 10.00am. Entry is free by numbered ticket only and they have sent 40 tickets for us to pass out to interested members. Steve GOLLOP has the tickets today, so see him if interested.

### CHRISTMAS MEETING

This is on Thursday 20<sup>th</sup> December 2018 and we have booked "ANDANTE" a musical duo to entertain us with songs and music. This is strictly members only; you must produce a NEW MEMBERSHIP CARD to gain admission. The FREE raffle prizes include 10 x £50 M & S vouchers. Also FREE Tea and coffee.

### GROUP SHARING NEWS

We now have in place a Group Sharing Agreement with our neighbouring U3As. Anyone wishing to attend one of the listed groups should first contact the Group Leader. You must prove that you are a paid up member of Cheshunt U3A by showing your membership card.

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

DRAMA (Waltham Abbey) Elaine Pritchard 01992 768446

GERMAN FOR BEGINNERS (Waltham Abbey) Helen Wilson 01992 712765  
GUITAR FOR BEGINNERS (Buntingford) Bill Hooper 01763 273123  
LATIN (Hertford) Anthony Holbourne 01992 300663  
MERRY MEN (Waltham Abbey) Bernie Leverett 01992 763938  
SUNDAY LUNCH (Waltham Abbey) Sue Bonsall 01992 714194  
TABLE TENNIS (Broxbourne) Wendy Shirley 01992 893037

### DATES FOR YOUR DIARY

NEW YEAR DISCO Mary 01992 426341  
Saturday January 19th 2019. British Legion, Crossbrook Street.  
Cheshunt. As I received good feedback for Kens Disco who provided the  
evenings entertainment in June, I have booked him again for this event.  
TICKETS WILL GO ON SALE AT THE NOVEMBER MEETING.

CHRISTMAS SPECIAL Mary 01992 426341  
Sunday December 16th 2018. Sunday Evening Special at the Highland  
Restaurant, Broxbourne. Meal and Entertainment "Abba and 70's and 80's  
disco". Price £24. If interested please see Margaret at my table at the  
October Meeting. £10 deposit required at time of booking,

### CHESHUNT 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 friendly group where you can meet other new members, find  
out about Cheshunt U3A, meet group leaders and find out the different special interests  
groups. We hope to see you there on Monday 5<sup>th</sup> November at 11o'clock.

AFTERNOON TEA with QUIZ Mary 01992 426341  
Next Quiz will be held on Tuesday November 6th  
with our Christmas Quiz on Tuesday December 4th at Halsey Masonic Hall,  
Cheshunt. Time 2pm.

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 November 8<sup>th</sup> and December 13<sup>th</sup>.

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. no session in October then November 1<sup>st</sup> and December 13th. There is now a waiting list in operation.

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

*We travelled to Cambridge specifically to the Fitzwilliam Museum. We thoroughly enjoyed the three exhibitions there. It is a wonderful Museum that we would recommend that anybody visit.*

AWAY DAYS - Rose Lovelidge 01992 630899 - Mob; 07973313416  
email [rose.cheshuntu3a@gmail.com](mailto:rose.cheshuntu3a@gmail.com)

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 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 welcome. However due to a thriving membership of this group we have reluctantly decided to close it to new members, and have started a waiting list. We are investigating ways we can expand the group though. If interested please get in touch. *In the meantime a Table Tennis session is held weekly at Waltham Abbey Community Hall by Broxbourne U3A, if interested please ring Wendy Shirley on 01992 893037 they are in need of more players.*

### 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

*9 of the group visited Two Tree Island on Monday 8th October 2018 on a sunny but cloudy day and we saw 30 species of birds. The highlight of the day was seeing the Little Egret and Greenshank.*

Planning Meeting and film show on Monday 12<sup>th</sup> November 11.00 am to 1.00 pm  
Meet at Cheshunt Free Church Cheshunt EN8 0BS.

Future visits:

Rye Meads Nature Reserve on Monday 10<sup>th</sup> December 2018.

## BOOK CLUB Reading for Pleasure

Carol HILL 01992 302722

The Reading for Pleasure book this month was The Green Mile by Stephen King. This story is set in a US Jail on Death Row (known as The Green Mile) in 1932 during the Great depression in America. The story follows the fate of three inmates who were sentenced to death in the electric chair and the prison guards who watched over them. The group were quite divided about this book which at times was quite harrowing. However, we all agreed that it was very well written, very descriptive and that the author had a brilliant imagination!

## BOLIVIA/CANASTA

Peter HARRIS 01992429297

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 5<sup>th</sup> and 19<sup>th</sup> November, 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 29th October and 12<sup>th</sup> November 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

### 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 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 of the next session at Turnford is:

Thursday 15th November, 10.30 – 12.00.

There may also be some vacancies on sessions run by Ware U3A at the Ware site on both 7th & 21st November, 9.30am – 11.00am.

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 01992 629209 email: [stevegcheshuntu3a@gmail.com](mailto: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  
No further meals planned at present.

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  
Tuesday 30th October Whitewebbs Transport Museum  
Next Planning Meeting - Friday 2<sup>nd</sup> November 10.15 Cheshunt Free Church

EXPLORING LONDON 2 Rosemary TRUNDELL 01992 621155  
*Many thanks to Steve Gollop and Exploring London 3 for inviting our group to join them on their September coach trip to Hever Castle and Gardens. We all had a wonderful day out. The castle was fascinating, the gardens were spectacular and the sun shone all day long.*

Our forthcoming trips are as follows:-

Wednesday 14th November - Cinema Museum

Wednesday 28th November - Christmas Lunch at the Civil Service Club

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 16th November.

### EXPLORING LONDON 3

STEVE GOLLOP 01992 629209

*At the end of September, we organised a coach trip, combined with Explore London 2, to Hever Castle. On the day, someone was obviously watching over us as the weather was beautiful, the M25 was clear and the coach driver expertly navigated through some very narrow country lanes to get us there. All of this allowed us time to enjoy a full day at the castle, including an audio guided tour of the childhood home of Anne Boleyn and to stroll around the lovely gardens and lake. Some were even brave enough to attempt the Water Maze. Ice creams were in order come the end of the day.*

29 October Southwark Cathedral organised by Steve Gollop

14 November Hendon RAF Museum organised by Norman Reed.

3 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 7 November at 11.15am) at 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 have a planning meeting on the second Wednesday of the month. The next meeting will be on Wednesday 14th November 2018 from 11.00am at St. Clements Church Hall. Parking is in the adjacent Lea Valley Park or Hillview Gardens opposite.

*In September we travelled to Euston and negotiated our way past the HS2 works and down a side road. We were treated to a voyage of discovery in a very inconspicuous building in Stevenson Way. On selected Monday mornings, they produce 'History and Mystery at The Magic Circle'; this is an introduction to their work, a tour of the HQ and their small museum, some excellent close-up magic and a short show in the small theatre. All the group 4 members attending had a great time.*

Future trips:

Wednesday 31st October – Tour of historic Windsor. Re-live the weddings with a guided tour of the St. Georges Chapel, the precincts and the Long Walk. Travel by coach. One place left on the coach if you are interested.

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 11th December – Christmas Carol & Seasonal Traditions Guided Walk/ Christmas lights by bus.

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



Wednesday 19th December – Christmas Meal at Bulls Head

Thursday 10th January – Imperial War Museum

### EXPLORING LONDON 5

Virginia Bernard: 07891 610945

Trips planned over the next couple of months are:

Sat, 27th October - Apsley House and The Wellington Arch

Apsley House is the London townhouse of the Duke of Wellington. Its official designation under a 1947 Act of Parliament is the Wellington Museum. It houses a large collection of paintings and other artworks and memorabilia. It is perhaps the only preserved example of an English aristocratic town house from its period. Wellington Arch was originally planned to commemorate Britain's victories in the Napoleonic wars and to be the entrance for a grand ceremonial route towards Buckingham Palace.

Sat, 24th Nov - Brixton Heritage Walk

The name Brixton is thought to originate from Brixistane, meaning the stone of Brix, a Saxon lord. At the end of the 18th century villages and settlements form around Brixton as the original woodland was reduced until the area was covered in farmland and market gardens known for game and strawberries. The opening of Vauxhall Bridge in 1816 and improved access to Central London led to a process of suburban development. Brixton has a rich and varied history and is now home to multi-ethnic communities and has a vibrant mix of bars, restaurants and markets selling a variety of goods.

If anyone is interested in joining any of the trips, please don't hesitate to get in touch, either on my mobile above or via email, [bernard691@gmail.com](mailto:bernard691@gmail.com).

### FAMILY HISTORY

Rena KING 01992 631826

Our new venue the Community Room inside Tesco's store at Brookfield Centre is proving to be ideal. It is to the left of the Bakery counter at the back of the store. Our monthly meeting takes place 2-4pm on the third Monday of every month and the next one will be Monday 19<sup>th</sup> November. There will not be a meeting in December. Bring some pencil and paper along with you. We have the use of a computer and also lots of experience in our small group. Everyone is welcome to come along, even if you have no one to ask about your family....we can help you get started.

### GARDEN VISITS

Pat DIXON 01992 766832

I will be planning some more trips for 2019 so please see me at my table in the New Year.

### LINE DANCING (Broxbourne U3A)

Lesley CASSON 01992 445938

*"On Friday 28th September and Monday 1st October, we held our annual Macmillan coffee mornings. Some of our members made cakes which were greatly enjoyed with a tea or coffee, and we also held raffles, raising a total of £300. Thanks to everyone who helped out*

*on the day with refreshments and decorating the hall, and to everyone who contributed to this very worthwhile organisation."*

We meet on Monday and Friday mornings at Wormley Community Centre. All classes are currently full and we have a waiting list in operation. Please ring or email Lesley for more information ([lesleyb10@hotmail.co.uk](mailto:lesleyb10@hotmail.co.uk)).

### MODEL MAKING

Jack SNARY

01992 638046

1<sup>st</sup> Wednesday of the month, 2pm, Crocodile Public House.

### MORNING WALKS

Rob SCOTT

01992 445288

Our next Morning Walk will be at 10am on Tuesday 6th November starting from The Goat, 25 Vicarage Causeway, Hertford Heath, SG13 7RT. It will be a 6 mile circular walk, taking in Balls Wood Nature Reserve, Monks Green, Goose Green, Elbow Lane (which is the local name given to the Roman Road Ermine Street) and finally through part of the Nature Reserve owned by Haileybury College.

The latter started life as a training college for civilservants destined for India. It was commissioned by the East India Company in 1806 and remained as such for more than 50 years, before opening as a school in 1858. The Goat is thought to be the oldest building in the village and was recorded as being the sleeping quarters for soldiers in 1756. Dick Turpin and his horse are alleged to have spent some time here but now classic car enthusiasts bring their vehicles outside on the 1st Sunday of every month. The local Nature Reserve is home to grass snakes, slow worms, great crested and smooth newts, great spotted woodpeckers, treecreepers and nuthatches. There are many oak trees, coppiced hornbeam and birch in the woodland, as well as carpets of bluebells in the spring.

I think everyone knows how to get to the start, but if not - through Hoddesdon and after Morrisons, keep on the A1170 before turning left at the second roundabout on to the B1197. Travel almost all the way through Hertford Heath, but just before the end, turn right into Church Hill and follow this around to the left and The Goat will be opposite. Any problems: **07594427190**.

*It was great to have two dozen walkers out in October and we enjoyed some wonderful panoramas over the surrounding countryside. More than a dozen of us stopped for a well deserved lunch in The Fox afterwards to round it off. Thank you!*

### MOTO (Members On Their Own)

Dee James 01992 474437/Marion Clarke

01992 471098

We meet on Tuesdays at the Crocodile P H at 11.15am. We lunch locally; attend the cinema/shows and days out. Our next meeting is October 30th. Come along and enjoy good company.

MUSIC IN THE AFTERNOON Peter & Jean HARRIS 01992 429297  
[peterharris30@live.co.uk](mailto: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 2nd and 16<sup>th</sup> November 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.**

### 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 Budd 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](mailto:peterharris1@sky.com)

### OUT TO LUNCH GROUP (FORMERLY PUB LUNCH GROUP)

Mary 01992 426341

Nothing planned at present.

### PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

We met on 10 October and we welcomed two new members. We spent the afternoon looking at members' work and discussing various lighting situations, movement in photography and offering our suggestions for improvement. Our stand at the U3A main meeting was well received and we shall be displaying our prints on the stand regularly. We viewed the prints from our previous photo shoot in central London where we had concentrated on night photography. We discussed a forthcoming photo shoot for 17 October at Connaught Waters in Chingford where we hoped to take autumn landscapes. However due to adverse weather conditions we went to Waltham Abbey Church and photographed the interior of the church. This was followed by a welcome coffee and tea break at the cafe opposite. 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 14 November 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

Christmas shopping trip to Milton Keynes Wednesday 21st November 2018 leaving Cheshunt, outside Lloyds Bank at 9.30 am cost £20 which covers coach and gratuities.

### 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 2nd and 16<sup>th</sup> November 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 3rd November at the Bulls Head at 1oclock. We are a good crowd with plenty of chatter and some good laughs. If you are not already signed up for that date, ring me if you would like to join us or visit me at the table at the next meeting at Laura Trott centre. Look forward to seeing everybody soon. I can't believe the next dinner in December will be like a Christmas dinner.

### 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 1st and 15<sup>th</sup> November 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 26<sup>th</sup> October. Lionel is on 01992 303986.

### SHORT WALKS

Bill NEVARD 01992 633959

Next walk is Friday 9<sup>th</sup> November 2018. Meet at Gunpowder Park, EN93GP. Sewardstone Road, south of Waltham Abbey. 10.15am for 10.30am start. An exploration of the Park. Further details at Bills table. *28 of us enjoyed a glorious autumn sunshine walk on our route from Cheshunt to Broxbourne.*

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

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 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 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.

Monday 17<sup>th</sup> December – Hunters Meet £38. Menu choice now to Pam.

Starter: Melon or Tomato soup, Main course Turkey or salmon, sweet Christmas pudding of Fruit salad.

Friday 1st March 2019 – Brick Lane Panto £57. Tickets available.

All monies now due.

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.

## COMMUNITY NEWS

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

### NEW CHASE FARM HOSPITAL

The NEW Chase Farm Hospital is now open and all departments are now located in the new building including the Urgent Care Centre. The A & E is at Barnet Hospital. Car Parking is in the multi storey car park. Pay when leaving.

### CAN YOU HELP?

You may be aware that Lea Valley Parks have started charging for parking at Cheshunt by the Railway Station. Our cycle group meet in the car park every Wednesday. We have up to about 8 cyclists that come down with their bikes in/on their cars. Some of our members who live close to Cheshunt Station, have offered to let Members park on their drives for no cost, to do this we are allocating one car to one drive so everyone knows who's who !

If you live close to the Station and would be willing to offer a space on your drive for a member to park, free of charge on a Wednesday from about 9.15 am to 1.30pm at the very latest, some cyclists only ride every other week, we would be very keen to hear from you. email Stewart at [stewart.wagstaff@sky.com](mailto:stewart.wagstaff@sky.com) or phone 01992624706, or see Allen on the cycling table or myself on the Information Table.

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](http://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