



CHESHUNT u3a

Registered Charity No. 1150779

MEETING THURSDAY 23rd March 2023

SPEAKERS

Today's talk will be given by **Gary Matthews** on the “**Gardens of Easton Lodge**”, where he is a volunteer. The fascinating story of the historic Easton Lodge Estate from the late fifteen hundreds to the present day.

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Next month's meeting will be held on **Thursday 27th April**. The speaker will be **Mike Barbakoff** on “**World War II - The History of Bletchley Park**”. Mike is a volunteer guide for the Bletchley Park Trust, Turing-Welchman Bombe Trust and the National Museum of Computing.

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Cheshunt u3a Committee Election and AGM will take place at the Main Meeting held on 27th April 2023

* CHESHUNT U3A MEMBERSHIP RENEWAL *

For April 2023-2024 Please see Page 6 for dates & details

Meeters and Greeters this month are from **Rummikub**.

Chair's Annual Report 2023

Cheshunt u3a, now in our thirteenth year, continues to be a vibrant organisation to which so many members voluntarily give their time organising activities, arranging meetings and dealing with all the administration requirements to make it run smoothly. Our membership numbers have seen strong growth following the pandemic and now exceed the level we were at in March 2020. As at March 2023 we have well in excess of 700 members.

I would like to thank all those members who continue to lead our extensive range of groups. I would especially like to thank those members who have replaced the previous leaders of groups where the previous leaders have been forced to step down due to health issues or for other reasons. The group leaders make their own decisions and we can only offer the opportunities those leaders are prepared to take on. If a group is full or does not operate the way you want it to then do, please, step forward yourself and start up a separate group. We continue to participate in a Group Sharing Agreement with several other local u3as which gives members the opportunity to enjoy further activities not usually provided by Cheshunt u3a.

As usual our monthly talks have covered all manner of things. We have been entertained by a butler to the royals, a retired Chartered Engineer, a spymaster and a retired Headteacher. Talks have covered Lasting Powers of Attorney, maritime heroes, highwaymen, and book publishing.

When our u3a started we held meetings in Wolsey Hall. However, the local Council were set on its closure, despite the representations made by your committee. We moved to the Laura Trott Centre because there is not another venue large enough for our meetings in the Cheshunt area. However, we must accept we now use what is a multi-purpose Hall which is really designed for sports activities. We have overcome the sound issues by investing in our own equipment and I must thank Stewart Walter, our Vice Chair for controlling the sound system at our meetings. The extremes of temperature in the Hall at certain times of the year is however not easily resolved. In the Winter it will be impossible to warm such a

large area sufficiently in time for our meetings. Similarly, in the Summer if we get extreme temperatures the Sports Hall will be very warm and there is only so much we can do to provide ventilation; unfortunately, air conditioning is not installed in the Sports Hall. I can only recommend you dress accordingly and bear in mind the meeting only lasts a couple of hours.

As a committee we feel it is important to maintain links with other local organisations so at the monthly meetings, along with the regular interest and group tables, we offer local community groups the opportunity to highlight their activities. These have included Cheshunt Fire Service, Park Run, and Three Valleys Male Choir. As well as providing information for our members it also makes others aware of what we do and the interests we have.

According to the Third Age Trust website nationally there are more than 1,000 u3as with more than 430,000 members. Each u3a is a mutual aid organisation, operationally independent but a member of the Third Age Trust, which requires adherence to the guiding principles of the u3a movement. The Trust reported the u3a turned 40 years old in 2022 and is '*fit for the future!*' All u3as are encouraged to hold special events to raise the profile of our organisation. We are very grateful to Jacqui Fry for organising our stand at Tesco Brookfield Centre on 21st September 2022. The event was very well supported and helped encourage new members. Music was kindly provided by the A Team, a band of musicians which traces its formation to the Jazz Orchestra of Cheshunt u3a along with partnership arrangements with other u3a groups along the A10 corridor.

Cheshunt u3a could not operate successfully without the dedication and commitment shown by all of those serving on your committee and I thank them for all the unseen work they take on throughout the year.

Along with the committee I would also like to thank the Group Leaders who do such a good job in organising the activities so much enjoyed by the members. We remain grateful for the support we receive from the staff here at the Laura Trott centre. They have worked with us ever since we were forced to move from Wolsey Hall

in 2017, providing us with storage facilities and setting up the Sports Hall in accordance with our specifications. We have also called upon their First Aid support on several occasions.

And finally, every member plays a part in making this a pleasant and vibrant organisation to be part of. It is run by the members for the members. I believe this collective spirit will ensure Cheshunt u3a continues to be a place where people come to enjoy activities, make friends and help make it fun for everyone.

**** Cheshunt u3a AGM 27th April 2023 ****

At the meeting on 27th April we will be holding our 12th AGM which will start at 2:15pm prior to the raffle and guest speaker. The AGM is an opportunity for members to raise questions with the committee about the way our u3a operates. Any questions for the AGM or nominations for new committee members (proposed and seconded) should be submitted to: Cheshuntu3asecretary@virginmedia.com on or before 13th April 2023.

See Page 23 for the AGM Agenda

Monthly meetings will usually be held on the **fourth Thursday** of each month at **1:30pm** at the LAURA TROTT CENTRE. **Please note the Hall doors to the u3a Meeting will not open until 1:30pm. The main Meeting will commence in the Hall by 2:30pm.**

MEMBERSHIP CARDS

When attending the monthly meetings, please bring your membership card along to book yourself in at the respective desk. Please also take it to any group meetings, as the group leaders will want to keep their own records.

VISITORS

A Temporary Membership Fee of £2.00 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.

Ⓟ PARKING PERMITS - LAURA TROTT LEISURE CENTRE - MONTHLY MEETINGS

The **current parking permits** for the u3a monthly meetings are valid until **31st March 2024**. New permits are available for collection at the New Members Table **today** and at the regular monthly meetings, excluding the December meeting. It will now be necessary to **add your Vehicle Registration Number** in the space labelled 'Permit Number'.

*** *Splash your cash on our popular raffle* ***

Raffle prizes for the monthly meetings have to be collected as the winning numbers are drawn or they will be redrawn.

REFRESHMENTS TABLE

Tea, coffee and biscuits are available until **2:30pm** during the main monthly meeting.

SAFETY NOTICE

Following an accident at a meeting, we would remind members to be very careful when carrying hot drinks.

*** IMPORTANT ***

PLEASE READ THE FOLLOWING REGARDING

ANNUAL U3A MEMBERSHIP RENEWAL APRIL 2023

To make renewal of your membership a little easier we are offering several opportunities for you to do so.

Membership will still run from 1st April 2023 - 31st March 2024.

Renewals will be accepted as follows:

<u>Thursday 23rd March</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>
<u>Thursday 27th April</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>
<u>Thursday 25th May</u>	<u>1:30pm - 2:30pm</u>	<u>Main U3A Meeting</u>

Payment by standing order is preferred or card payment accepted when your Renewal Form* is completed. **Your New Card will be available for collection from the main meeting in April onwards, not when you pay.** Alternatively, if you provide a Stamped Self-Addressed envelope it will be posted to you.

Our annual membership fee remains unaltered at **£12.00 per person or £8.50** if you pay your main membership to another u3a. We will need your membership number for the relevant u3a, if choosing the latter amount.

If you wish to continue to receive a copy of the THIRD AGE MATTERS magazine there is an additional charge of £3.50 per year to cover postage costs.

*The membership fees will then be **£15.50 and £12.00 respectively.***

* **Membership Application forms / Standing Order forms** are available at the main meetings or alternatively may be found on www.u3asites.org.uk/cheshunt 'Welcome' page then click on '**RENEWAL FORM FOR 2023-24**'. Please return the form on one of the above dates or scan and email to the membership secretary on Cheshuntu3amembership@gmail.com.

GROUP LEADERS - PROGRAMME / NEWSLETTER ENTRIES

April's Programme / Newsletter Copy is required by Close Of Play on Tuesday 18th April 2023. Please email copy to cheshuntu3aprogram@hotmail.com

Meeters and Greeters Rota 2023

April - The Spanish Group

May - Singing for Fun Group

CHESHUNT u3a Website Administration

For years we have been using the u3a 'Sitebuilder' format to display all the events we run. We now feel it is time for a much-needed change, using an up to date Website Builder. We have a few sites in mind, but would value input from any of our members who may have a good working knowledge of site building. If interested, please give me a ring on **07941 551102** or email me at peterharris1@sky.com.
Peter Harris (Webmaster)



It's this way guys / Photograph by Stewart Walter, Photographic Group

Cheshunt u3a Groups 2023

NEW MEMBERS' GROUP

Jan 01992 624868
Carole 01707 552361

If, after your first visit and looking through the programme, you're not sure what is of interest to you, we'd be happy to discuss this with you over a coffee or tea (and cookie??) on **Monday 3rd April at 10:30am.**

AFTERNOON TEA & QUIZ

Mary Hanney 01992 426341

Well done to the A Team for another amazing win at the March Quiz. Our next quiz is on **Tuesday May 2nd at 2:00pm** at Halsey Masonic Hall, Cheshunt.

ALMOST LOOSE WOMEN

Carol Farren 01992 629028
Ann Powell 01707 889189

Meetings on **second Thursday of month.** Unfortunately, the group is full and we are unable to accept any more members at present.

ART APPRECIATION

Clarice Pillar 0208 804 0900

A small group of us braved the foul weather on Wednesday for our first group visit in a long time. After having coffee at Liverpool Street we caught a bus to the Museum of the Home. It has undergone massive renovations which has greatly improved the experience.

We thoroughly enjoyed it and would encourage others to visit. We finished with an enjoyable lunch in a brewery housed under the train arches, very atmospheric, good service and varied menu.

Next month we hope to visit the **Guild Hall Art gallery.** Thank you to the group for your support.

BADMINTON/TABLE TENNIS

Stewart Wagstaff 07594 475051

The group meets **every Monday evening at 7:15pm to 9:15pm.** The Venue is Goffs Churchgate Academy, College Road. We have two Badminton courts and three Table Tennis tables. This is a social group and the abilities within the group are quite wide! If interested please make contact.

BOOK CLUB Reading for Pleasure Carol Hill 01992 302722

This month we met at Lilian's house, to discuss two books: Cold Comfort Farm by Stella Gibbons and The Guest List by Lucy Foley.

Cold Comfort Farm received very mixed feedback - most of the group didn't enjoy it at all, while a couple of us found it rather fun, if a little odd, bearing in mind that it was written as a parody of other books written at the time.

The Guest List was enjoyed by more of the group (but not by all) as a modern who-dunnit with some questionable aspects in terms of plotline.

A lovely lunch was provided by Lilian, and a delicious cake by Doreen.

Next month we shall be discussing The Midwife Murders by James Patterson.

BOLIVIA Peter Harris 01992 429297 peterharris30@live.co.uk

Dates for Bolivia **27th March, 10th and 24th April at 2:00pm**. New members always welcome for a light-hearted afternoon of cards. Bolivia is a derivation of Canasta played with three packs of cards. If anyone would like to play, or learn how to play, please come along and enjoy a very sociable afternoon.

We are now back at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

BRITISH SIGN LANGUAGE GROUP Jacqui Fry 07745 264787

Sorry no sign language publications until after March.

CANASTA/CRIB Sylvia Lyons 07851 055346

Canasta/Crib dates are **3rd and 17th April at 2pm**.

Back at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

CARD MAKING Barbara Hones 01992 410160

Group meets **first Tuesday** in the month and the cost is £1.50. There are 7 of us and we are now full.

COACH TRIPS

Heather Douglas 07984 791184

The February trip to Milton Keynes was enjoyed by all.

Payment for the **April Winchester** trip, which is currently full, is due by the **March meeting**. Please pay promptly so I can offer the seat to those on the waiting list if you have decided not to go.

A **June** trip to '**Sandringham in Bloom**' will be available for booking at the **March** meeting with payment due by the **April** meeting.

Full details at my table.

CRIBBAGE

Jenny Christian 01992 306859

Unfortunately, this group is full at the moment. Cribbage group held at 32 Mylne Close. **Tuesdays 2:00pm to 4:00pm**. No charge.

CURRY CLUB

Mary Hanney 01992 426341

Sorry that we didn't manage to get together for a curry in March, but we will definitely be paying a visit to the Raj Vogue, Cheshunt in April. Please contact me for further details.

CYCLE GROUP

Stewart Wagstaff 07594 475051

We now turn out around 40 riders **every Wednesday morning!** The riders have a mix of electric and conventional bikes. At present there are six separate groups of various abilities meeting at various locations. Most groups aim to stay off road on decent tracks within the Lea Valley, venturing further afield at times on quiet roads and cycle lanes. If interested please get in touch. Cheers Stewart

EXERCISE GROUP KEEPING FIT

Mary Hanney 01992 426341

Every Thursday Laura Trott Sports Centre. Registration **9:30am** class will commence at **9:40am**, cost £4.00. These sessions are run by fully qualified instructors, whose aim is to see we have an enjoyable time, whilst trying to stay fit.

EXPLORING LONDON 1

Eileen Funnell 01992 422475

Tuesday 28th March

V&A Museum

April - Date tba

Royal Courts of Justice

Wednesday 17th May

Royal Naval College, Greenwich

June - Date tba

Salmon Factory

Next Planning Meeting – **Friday 14th April**.

EXPLORING LONDON 2

Rosemary Trundell 01992 621155

Our March trip was to the magnificent Mercers' Hall in the City of London. The Mercers' Company was formally incorporated in 1394 by a Royal Charter granted by Richard II. The Company was a trade guild representing the interests of members who exported woollens and imported silks, velvets, fine linens and other luxury fabrics. Richard Whittingham, William Caxton and Sir Thomas Gresham were among early members of the company.

By the 16th Century many members of the Company had lost any connection with the original trade and today the Company exists primarily as a charitable institution supporting a variety of causes. The present Mercers' Hall is the third to occupy the site. The first Hall burned to the ground in the Great Fire of London in 1666. The second Hall was destroyed during the Blitz of 1941. The present Hall was opened in 1958.

Our forthcoming trips are as follows:-

Tuesday 25th April - Guided tour of Bruce Castle Museum

Wednesday 3rd May - Walk led by Mick Coe from Victoria Park to Limehouse, mainly following the Regent's Canal.

We meet on the third Friday of the month at Cheshunt Free Church. Our next planning meeting will be on **Friday 21st April at 11:00am.**

EXPLORING LONDON 3

Steve Gollop 01992 629209

We had planned to visit Sutton House for our March trip, unfortunately we were unable to arrange a date with them. We will now be going to The Wellcome Museum.

Our forthcoming trips are:

Wednesday 29th March – Wellcome Museum, meet at 9:30am at Cheshunt Station. The entry to the museum is free but please let us know if you are attending. April; date to be arranged – Brighton with optional tour of Brighton Pavilion. We will be booking a coach for this trip. Seats will initially be offered to EL3 members but we expect there will be spare places after that. If interested please speak to us at the table today. **Tuesday 16th May** – Smithfield guided walk.

Next planning meeting is **Wednesday 5th April 11:15am** at Cheshunt Free Church, 27 High St. Cheshunt.

EXPLORING LONDON 4

Steve Sell 01992 443012

Recently we visited the Museum of London Docklands Museum. Some of the group visited the Executions Exhibition which closes in the middle of April. It features a very detailed look at how public executions shaped Londoner's lives and the city's landscape over 700 years. It included interesting sections on Charles I execution orchestrated by Oliver Cromwell and his regicides and the fate that befell them later when Charles II was restored to the throne.

After lunch the whole group enjoyed a highlights tour with a very entertaining Museum Guide. It started in the introductory gallery of Warehouse No.1 and continued looking at the galleries such as 'Trade Expansion', London, Sugar & Slavery, Sailortown, The Docklands at War and finishing with the modern transformation of the London Docklands area and how this evolved.

Future events:

Friday 28th April – Chelsea with a short visit to the National Army Museum followed by an afternoon tour of the Chelsea Physic Garden.

Tuesday 23rd May – The Inside Story on Covent Garden tour

The next planning meeting will be on **Wednesday 12th April 2023 from 11:00am** at St. Clements Church Hall. Limited parking in front of the Church.

EXPLORING LONDON 5

John Durrant 07515 971162

On 21st February a large group enjoyed an interesting and informative tour of Covent Garden. Home of the Royal Ballet, The Royal Opera and The Orchestra of the Royal Opera House, the current building is the third to occupy the site. The first, the Theatre Royal, Covent Garden, was completed in 1732 and was originally a playhouse. This was destroyed by fire in 1808, and was rebuilt, to be destroyed again by fire. The current building was opened in 1858, and underwent a large extension, which was completed in 1999. This added the adjacent Flower Market, now known as the Floral Hall.

We toured the Costume department, and learnt of the workshop and costume store in Thurrock. No costume is ever thrown away, and some of the oldest in regular use date from the 1960's. We watched members of The Royal Ballet rehearsing for the evening show, and were shown the magnificent auditorium. Tiers of boxes in a horseshoe shape provide fabulous views of the stage.

Finally we browsed the display of historic posters and programmes on display in the foyer of this famous London landmark.

On Thursday, 9th March we enjoyed a guided tour of the highlights of the Victoria and Albert Museum. Under the expert attention of our guide Paula, we were steered through the magnificent Parlour from the Old Palace in Bromley by Bow. Dating from 1606, the beautifully carved wooden panelling, the stone chimney-piece, featuring a frieze of carved birds and monsters, which were probably originally picked out in gold and colours, and the elaborate plasterwork ceiling are all magnificently preserved.

The magnificent plaster cast of Trajan's Column is one of the stars of the V&A collection, and has towered over the cast collection in two halves since the opening of the Courts in 1873. A monumental feat of moulding, electrotyping, casting and engineering, the column perfectly demonstrates the complexity and skill of copying in the 19th century.

Other highlights included a 1670 manicure set, featuring a tiny spoon for removing earwax, a tongue scraper and a toothpick. The Hereford Cathedral Choir screen, designed by George Gilbert Scott is a premier example of Victorian Gothic metalwork. It was removed and stored in packing cases until restoration began on 1997. It is now displayed in the Ironwork gallery.

The Great Bed of Ware created much interest, being made locally in the 1590's in the typical style of the period in carved wood. It has ropes rather than springs and reputedly slept 4 couples! Over 10 ft 8 inches wide, it is remarkable for it's large size. It is thought that an Innkeeper of Ware had it made as a curiosity to attract customers, as Ware is located 22 miles north of London, a day's journey from the capital on horseback or by coach. Mentioned by Shakespeare in Twelfth Night in 1601, and by Ben Johnson as 'The Great Bed of Ware' in a play of 1609, carved initials and red wax seals left by visitors may be seen on the bedposts and headboards today.

Future visits:

Wednesday 19th April - Museum of the Home

Friday 12th May - Kensington Palace

Thursday 8th June - Canal Museum

Next Planning Meeting on **Tuesday 11th April 2023 at 10:00am** in the Beaumont Centre.

FAMILY HISTORY

Rena King 01992 631826

Please note that we meet every **third Monday** of the month (but not on a Bank holiday) and our next meeting is on **Monday 17th April 2023 from 2:00-4:00pm** in the Tesco Community Room, Brookfield

Centre Store. All welcome to come along and learn about new and updated information now available for all family historians.

GARDEN VISITS

Pat Dixon 01992 766832

Green Island Gardens on Tuesday 2nd May. Leaving Cheshunt Pond at **9:00am**. Please collect a booking form from my table.

Wisley Gardens on Tuesday 6th June. Please collect a booking form from my table

HOLIDAY with Cheshunt u3a

Mary Hanney 01992 426341

Gunton Hall 7th August - Friday 11th August 2023 currently fully booked.

Balance of payment £368 per person due at the April meeting. Please be advised that insurance is advisable but not compulsory.

Further details regarding excursions will be able at later meetings.

LINE DANCING(Broxbourneu3a)

Lesley Casson 01992 445938

We meet on **Monday and Friday mornings** at Wormley Community Centre. The group has been running for several years so is not suitable for beginners.

MODEL-MAKING

Jack Snary 01992 638046

The group meets on the **first Wednesday** of the month at **2:00pm** in the Crocodile Pub, College Road, Cheshunt EN8 9NQ. Members' interests cover plastic kits, dolls houses, aircraft, trains, boats, war gaming figures, fair ground rides and vehicles.

Wednesday 5th April meeting subject: "Transporting that model".

Wednesday 3rd May: It's called home!



Pumpkin Carriage - built by Vanessa Lucas / Photograph by Peter Childs

MORNING WALKS

Rob Scott 01992 445288

Our next walk will be on **Tuesday 4th April starting at 10.00am** from The Fox, Aspenden, Buntingford. SG9 9PD. It will be a circular 5.5 mile walk, which some of us have done before through some lovely Hertfordshire countryside. It is rich in history - open fields, woodland - passing the site of the former medieval village of Wakeley. We'll be walking along the tree lined Stane Street, which was the Roman Road, linking Baldock with Braughing and Colchester. We will see the quaint 17th-century thatched cottage of the writer Charles Lamb, which he named Button Snap.

The pub will be open at 9:30am for us to pre-order our lunch, but please park along the road outside if not eating.

To get to the start from Cheshunt, head north on the A10, passing Hoddesdon, Ware and Puckeridge; continue until the roundabout just before Buntingford, to take the second exit on to London Road. After half a mile, turn left on Aspenden Road (signed Aspenden, Westmill) passing beneath the A10 bypass to see the lovely village green of Aspenden village. The pub is a very short distance on the left hand side, but if there are any problems getting to the start, give me a call on **075944 27190**.

After a bit of parking confusion for the March walk, it was marvellous to see 30 members out on a very mud free morning and we had yet another new face to swell our numbers - Tony O'Neil.

MUSICIANS UNITED

Peter Harris 01992 429297

We are back meeting weekly on **Mondays at 10:00am**

To date we have 12 members, Saxophonists, Clarinets, Keyboard, Bass guitar and rhythm guitar and percussion. Playing mainly Jazz please come along. The standard varies greatly.

Venue St. Clements Church, Cheshunt Wash EN80LU, opposite Hillview Gardens.

MUSIC IN THE AFTERNOON

Peter Harris 01992 429297

Yes, it is back!! Current dates **31st March, 14th and 28th April at 2:00pm**. Bring along a CD of YOUR choice. Anything goes, pop, classical, jazz even Heavy Metal. Venue St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

OUT TO LUNCH GROUP

Mary Hanney 01992 426341

Nothing booked for April.

PHOTOGRAPHY GROUP

Rodney Dixon 01992 766832

The group met on Wednesday 8th March to review the results of our still life photography session. As this proved to be very popular we have decided to repeat this at our next meeting.

Our group meets at the Tesco Brookfield Community Room on the second Wednesday in every month. Teas and coffees will be provided courtesy of Tesco. Do see me at my table at the main meeting if you are interested in joining our friendly group of amateur photographers. Our next meeting will be on **Wednesday 12th April at 2:00pm.**

RUMMIKUB

Peter Harris 01992 429297

Current dates **31st March, 14th and 28th April at 10:15am.**

Back at St. Clements Church, Cheshunt Wash EN8 0LU, opposite Hillview Gardens.

SAILING

Teresa Leavy 01438 223860

We sail **every Tuesday** at Broxbourne Sailing Club as part of Hertford and District u3a Sailing Group. The group is currently full, but give Teresa a call so she can update you on the latest situation.

dandc@hewkin.com

SEW KNIT PATCH & CHAT

Chris Hewkin 01992 625709

WE NEED NEW MEMBERS TO BE VIABLE!!! We meet at St. Clements Church Hall on every **1st and 3rd Thursday of the month from 2-4pm.** so bring along your handiwork, swap patterns and ideas and have a chat and a cup of tea and lots of laughs. (Please park in Hillview Gardens opposite.) Our next meetings will be on **Thursday April 6th and 20th.**



SHORT MAT BOWLS

Mary Hanney 01992 426341

Fridays 10:30am to 12:30pm at the Laura Trott Centre. £4.00 per session or £3.70 if "Friends of Civic Hall". If interested contact Mary.

SHORT WALKS

Andy Smith 07930 356976

A big thank you to Heather Douglas for leading our last short walk from Pindar and around 70 Acre lake on the 10th March, Despite the terrible weather forecast 6 brave souls turned up and enjoyed this walk.

A change of plan for our next walk on **Friday 14th April** as the footpath from Cedars Park is closed for 6 Months. So the Walk will again meet at Pindar Car Park **10:15am for 10:30am** for a circular walk taking in Hooks Marsh and Friday Lake. This will be a flat walk on footpaths of around 3 miles and will again be lead by Heather: **Telephone 07984 791184.**

I'm hoping to be fit enough to join you all on the May Walk!

SINGING FOR FUN

Gill 01992 463134

Janet & Barry 01992 425675

We meet **every Monday** at the United Reform Church in Cheshunt High Street, EN8 0BS, from **2:00pm to 3:30pm.**

We are not a choir we just have a good sing song as singing is good for you. We have all sorts of music including Country, 60s, and music from the shows etc. Fee is £2.00 and you also get a cup of tea with biscuits.

SPANISH

Christine Dawson 01992 620888

Can you speak Spanish? Are you willing to help our small friendly group practise our conversation skills - or lack of them! If you can help us please contact me. Mucho gracias.

THEATRE GROUP

Jackie Yeardye 07939 149997

52 Members are booked to see Strictly Ballroom on the **22nd March** at Cliffs Pavillion, Southend., hopefully all will enjoy the show.

12 members are off to see The Book Of Mormon on the **31st March.** There is no coach for this trip as we will be travelling to London by train, meeting at **Cheshunt Station. at 10.45** to catch the 10.58. This will give us time to have some lunch before the show.

On the **15th June** we are going to the Dominion Theatre in London to see Grease. These are front 4 rows in the circle seats

and price includes coach and driver's tip. The coach will leave Cheshunt Old Pond at **11.00am outside Papa John's**. Please be on time as the coach can only wait for a maximum of 10 minutes. There are still some seats available for this show. N.B; payment needed at the March meeting.

Please note: once paid for, refunds can only be given if we are able to re-sell the tickets.

Also please remember to bring an **emergency contact number** with you. Hopefully this will not be needed.

Irene Barnard is currently helping me with this group.

WALKING FOOTBALL

John Durrant 07515 971162

We play on the Astroturf pitch at the Laura Trott Centre. We meet on **Fridays 2:00pm to 4:00pm** and the cost is £4.00 per head. Rules are simple and the aim is for the games to be both sociable and fun. If interested please make contact by phone or at the monthly meetings.

WALKING NETBALL

Jacqui Fry 07745 264787

We have both men and women in our group and some who have not played netball for 50 years! It is a fun session and available for all ages. If you want something different to get you moving and most of all have fun. **Every Wednesday at 2:00pm to 3:00pm**. Sessions are held in the Laura Trott Centre (Sports Hall). Cost £4.00.

WATERCOLOUR GROUP

Jack Snary 01992 638046

This group has now joined forces with Broxbourne u3a. The Broxbourne Art Group meets in the Bollescroft Main Hall from **10:30am to 12:30am, Mondays**. (Bollescroft is the building in the car park next to the Spotlight.) The cost is £5.00 per meeting, including tea, coffee and biscuits - car parking is free.

ZUMBA GOLD

Trudi Marrion 07702 262904

Zumba Gold - Every **Tuesday at 1:00pm**, at the Scout Hut (behind the Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG. £4.00 per session. Group Co-ordinator Trudi Marrion 07702 262904

Come and join us for a fun filled hour of music and dancing at your own pace. Spaces are available, so if you are interested in joining us or would just like more information about the class please send a text message to Trudi Marrion on the above number quoting your U3A number.

GROUP SHARING

If interested please use contact details:-

Beginners' Spanish
Discussion
Embroidery
Gardening 1
Reading For Pleasure
Shakespeare Group
Tai Chi

Tony Frankland	07515 368170
Ann Sims	01992 465629
Margaret Cramphorn	01992 441327
Geraldine Stone	01992 442609
Rose White	01992 621436
Lee Rayner	07426 447812
Ann Glover	01992 466808

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Winter Landscape / Photograph by Stewart Walter, Photographic Group



COMMUNITY NEWS



The groups listed below are independent and not operated under the u3a banner.

ADULT BALLET CLASS

01992 622862 (ask for Jayne)

Every **Thursday 12:00 noon to 1:00pm** 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.

BINGO AND SCRABBLE

Celia Carne 01992 633241

Every **Monday and Wednesday 1:30pm** - Beaumont Centre. Rowlandsfields, Turners Hill, Cheshunt. EN8 9BG. The Scrabble Group hopes to get going in the near future.

CHAIR BASED KEEP FIT

Mary Hanney 01992 426341

Cheshunt Free Church. High Street Cheshunt. **Every Tuesday 11:00am to 11:45am**. Cost £3.00.

CHESHUNT LIBRARY

Board Games **Thursdays 2:00pm** - adult drop-in sessions - no booking required. Free Tea & Coffee.

FITNESS PILATES

Every **Thursday 12:15pm and 1:30pm**. Scout Hut (behind the Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Standing and Seated class. No floor work. Slow controlled movements for mobility and strengthening all areas of the body. Improves balance and coordination and promotes well-being.

To book your space or to find out more information, please contact Sandra Batho on 07739 842617.

KNIT AND NATTER

Mary Manning 07795 146461

Now every **Tuesday** at the Royal British Legion, Crossbrook Street. From **1:00pm to 3:00pm**. Cost £1.00 including refreshments. **£2.00 from January 2023**.

PARKRUN

Eddie Slaughter 07908 546009

A free run, walk, chat, meet up, opportunity to make new friends. Keep fit for all ages, any shape or gender. **Every Saturday morning** at The Gunpowder Park, Sewardstone Road, **9:00am start**. 5K/3.1 miles at your own pace. For further information please contact Eddie Slaughter on 07908 546009.

PILATES

Becky Ashman 07964 631780

We meet every **Friday morning, 10:45am to 11:45am** at the Cheshunt Football Club, Theobalds Lane, 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.

TAI CHI

Aaron aaron@avsweb.co.uk

Slow relaxed movement to tone your muscles, feel calm and in harmony with nature.

One hour class from **2:00pm to 3:00pm**. We meet at the Scout Hut (behind Beaumont Centre) Rowlandsfields, Cheshunt. EN8 9BG.

Come and try it for free, £4.00 per class after that. Classes are held every **Wednesday. Telephone 07595 041433**

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& **BOOKS AND PUZZLES WANTED**

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 you do not donate **hardbacks**.*

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TRUSTY TRADER BOOK

The Book is kept on the Information Table to view and is only available at the Monthly Meetings. The trades people listed have done work for members who feel they can recommend them. However, Cheshunt u3a offer no guarantees and suggests you use the lists as guidance only and do your own research. The trades people listed are not endorsed by the U3A.

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CHESHUNT U3A WEBSITE

Visit our website on 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.*

CHESHUNT u3a FACEBOOK GROUP

It's easy to join, just open an account with Facebook, it's free. Once signed up, open Facebook, press menu at bottom of screen, press group, enter Cheshunt u3a in search groups at top of screen. A message appears, (see results for Cheshunt u3a), press this.

OUR PRIVACY POLICY

Cheshunt u3a requires a certain amount of private information from its members to enable effective operation. 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 by phone or at a monthly meeting. Members' information held by Cheshunt u3a will not be disclosed to any third party.

**AGM AGENDA Thursday 27th April 2023
At the Laura Trott Centre**

NB The meeting will commence at 2:15pm.

Please take your seat in plenty of time.

Welcome and apologies

Minutes of the Previous AGM (March 2022)

Matters arising

No matters arising from the last AGM

Chair's annual report

Any questions

Proposer and seconder for Chair's report

Treasurer's annual report

Any questions

Proposer and seconder for Treasurer's report

Proposal to increase the cost of annual membership to £15.00 from
April 2024

Election of Committee members

Nominations received for volunteers to replace members of the
current committee.

Any Other Business

*Our next AGM will be held on Thursday 25th April 2024
(Subject to confirmation)*

Any questions for the AGM or nominations for new committee members (proposed and seconded) should be submitted to: Cheshuntu3asecretary@virginmedia.com on or before 13th April 2023.

THE CHESHUNT u3a COMMITTEE

CHAIR	STEVE SELL	01992 443012
VICE CHAIR	STEWART WALTER	01992 631592
TREASURER	ROB SCOTT	01992 445288
SECRETARY	CHRISTINE LUFF	01992 621543
ASS SECRETARY	STEWART WALTER	01992 631592
MEMBERSHIP SEC	CHRISTINE DUGDALE	07989 655983
SPEAKER SECRETARY	SUE ALLUM	01992 307019
GROUPS CO-ORDINATOR	LESLEY CASSON	01992 445938
PROGRAMME PROD ASS PROG PROD	RAY & VANESSA LUCAS STEWART WAGSTAFF	01992 621258 07594 475051
RUG CO-ORDINATOR	JEAN WARDROP	01992 632641
WEBSITE CO-ORDINATOR	PETER HARRIS	01992 429297
RAFFLE ORGANISER	SUE ALLUM	01992 307019
EVENTS CO-ORDINATOR	JOHN DURRANT	07515 971162
SAFEGUARDING	JACQUI FRY	07745 264787
COMMITTEE MEMBER	MALCOLM LUFF	01992 621543
COMMITTEE MEMBER	ANDY SMITH	07930 356976
CO-OPTED CM	HEATHER DOUGLAS	07984 791184
CO-OPTED CM	FRANK SLUTER	07704 730421