



January 2023

Newsletter No. 104



Christmas baubles decorated by the craft group

EDITOR'S NOTES

Welcome to 2023 and my first edition as your new editor. Thanks to Michael for producing previous editions and for the help in getting to know the ropes.

It is your Newsletter and thanks very much to those of you who contributed - with or without being nagged! I have been taking some informal feedback about what you might like to see in future editions - if you have any ideas, do please let me know.

Chris Burnikell

CHAIRMAN'S REPORT

I hope this report finds you all well and for those of us that were able to meet with family during Christmas, I hope you all had a blessed time.

We have had a couple of challenging years behind us, where we have not been able to meet in person with family and in our u3a groups. As we move forward in 2023 my hope is that we get back to meeting in person and we can start some new groups, always willing to hear ideas.

We always have time for more challenges, one having to move from St Pauls after a number of years, but we have found a new venue. I know it's not the same and it never will be, but together we can ensure that our time at Enfield Baptist Church can be rewarding and make new memories for us all.

So, moving forward in this new year I personally would like to visit some of the groups and meet members and learn a little about the different subjects.

As a organisation we rely on volunteers to take on the different roles to ensure all the groups are functioning well, with this in mind we need to fill the role of a group coordinator, if anyone is interested or if you wish to share the work with another person please see me or any of the committee members.

Kind regards and keep safe at all times.

Michael Witter

u3a COMMITTEE IN FOCUS

Get to know your committee....

Elected in October 2022, these are the people who keep the u3a running - and more members are always needed!

Chairman - Michael Witter

I joined the U3A after a discussion with a friend at badminton over a cup of coffee. He attended Barnet U3a and said if I wanted to fill my spare time/days with interesting subjects and people I should visit Enfield u3a.

So when I retired from Hackney Council as a Trading Standards officer I made my way to St Pauls and the rest is history.

I found everyone to be friendly and opening, I immediately joined the walking group, book club, museum and galleries group, and more recently the moving images group. I have also been known to go on the odd freedom pass trip without having a pass.

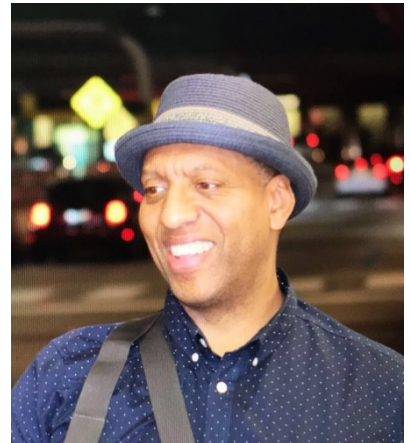
Within my first year I went to a committee as a visitor, (because of Pauline) later I took on the role of vice chair, London Groups Representative and editor of the newsletter. This year I have been given the responsibility of chair and it is being made a lot easier with great colleagues in the team.

I am the Church secretary/administrator at my local Baptist Church in Totteridge Road EN3 of which myself and family are members.

I am also a Boys Brigade officer for the 11th Enfield Company, I regularly go camping each year and I am one of the chef's in the kitchen.

I still play badminton once a week and I have been part of a performance group for a number of years that have represented Enfield Council at the London's New Year's Day Parade, Thames Festive and the local Festive of Lights.

I am a member of the Enfield mummers, who have performed at private street parties, Forty Hall in the Orchard Garden and have taken part in the Ware Festival 2022 just before Christmas.



Secretary - Maggie Hook

I first heard about the u3a at a pre-retirement workshop and joined Enfield u3a when I reduced my working hours before retiring fully in April 2017. In my working life, I was an administrator and worked in a wide range of types of organisation in industry, commerce, education, politics, and the NGO and health sectors.



I have been on the committee of Enfield u3a since October 2018 and Secretary since October 2019. It has been a wonderful opportunity to learn new things, make new friends and reconnect to my local community after years working full-time in central London.

I currently belong to the Art Appreciation, Mah Jong, Games, Sunday Lunch Club, Outings, Pub Quiz and Social Groups, but previously I have also been to Backgammon, Scrabble, Book Club and Discussion Groups.

Outside of the u3a, I belong to the North London Singers and volunteer for the RVS, selecting library books for delivery to the elderly housebound. And, of course, I enjoy spending time with my family, especially my grand-daughter, all of whom I am lucky to say live close by.

OFFICERS FOR 2022-23

CHAIRMAN	Michael Witter
VICE CHAIRMAN	Chris Truran
TREASURER	Stephanie Milverton
SECRETARY	Maggie Hook
PROGRAMMER ORGANISOR	Gaynor Green
SOCIAL ACCOUNT	Gill Fletcher
COMMITTEE MEMBER	Sue Sloggett
COMMITTEE MEMBER	Gaye Illsley
GROUPS CO-ORDINATOR	Vacancy

This is a small committee for an organisation with nearly 400 members, and we would welcome new committee members. If you would like to give it a try, you are welcome to attend a committee meeting. Just speak to any committee member or send a message via our website. Remember, this is YOUR u3a so please consider taking an active part in helping to keep it running.

MONTHLY MEETINGS



October - Iceland: Land of Fire and Ice.

travelogue of the country with background to the island's formation and volcanic activity. Based on two visits to the island, given by Chris Burnikell.



November - A toastmaster, or master of ceremonies, plays a vital role on the wedding scene. They are responsible for announcing toasts and introducing speakers.

This was an eclectic talk, we learned (among other things) the difference between the jackets worn by a toastmanster, a ringmaster and a lion tamer!

December - Paul Jaffa, resident pianist at the West Lodge Hotel, provided some seasonal tunes and excerpts from the musicals. In spite of the snowy weather we all enjoyed hearing the old favourites.



GROUPS REPORT

Groups continue to thrive - thanks to the leaders out there. There have been some changes in leaders, venues and timings so please check the list within this newsletter. If there are any errors, please let me know ASAP. Leaders are still required for the Gardening group and Holidays. We now have someone prepared to lead the Latin group. If you are interested in this, please email me so I can pass on your details. If you are interested in helping out with these there is lots of support available from the Trust and neighbouring u3as.

At the time of writing, we still urgently need a Groups co-ordinator. What does the role involve?

There are 3 main parts:

- To help set up new groups.
- To support and advise the Group Leaders
- To ensure good communication between the Group Leaders, the group members, the Committee and the U3A as a whole.

Again, there would be a structured handover and support. It is a role that could be done by two friends sharing the load. Groups are the heart of our organisation and it is vital that this role is filled if they are continue to thrive.

Chris Burnikell.



Social Group

Here are some of the group enjoying their Christmas party and Sue, who works hard to ensure everyone has an enjoyable afternoon every month. Next meetings: 25th January (Games and cards). 22nd February (John and Anne Wallington on Sicily); 22nd March (Games and cards, optional Easter Bonnet competition.)

Walking Group

In October a group of 24 set off to walk part of the New River between Enfield and Palmers Green. We met by the café in Town Park on a rather damp and misty autumn morning but the sun soon came out and we were removing layers of clothing by the end of the walk.

We left the Park passing Bush Hill Park golf course rejoining the River on Bush Hill and walking along it to Ridge Avenue, on passed Winchmore Hill cricket club and some attractive houses and flats overlooking the River. We then walked along the new paved section parallel with Green Lanes by the pumping station. After following the River through the suburbs of Palmers Green and up to a surprisingly isolated path the walk ended near the Triangle where we went our separate ways. It is not always a straight path but we were by the River for almost all of the route. Considering we were walking through a well built up area, it was surprisingly peaceful and there were some lovely autumn colours along the way.



Unfortunately, the planned central London walk for November had to be changed at short notice because of rail strikes. Instead, we had a stroll round Grovelands Park. There had been plenty of rain in the previous days but, luckily, we had a cloudy but dry day. Setting off from the café we walked first through the wooded area by the stream then round the edge of the park passing Grovelands (the Priory Hospital) Grade I listed building. The house was built for the Walker Gray family in the late 18th century. It was designed by John Nash and the grounds were originally landscaped by Humphrey Renton. There are still lovely views across the parkland from there. We then left the Park briefly to visit the old





Southgate village pound, a rare surviving example. This is a wooden structure which was used to contain stray animals. Owners were charged to recover them, 1s 4d [7p]) in the late 19th century. The last "pinner" was the landlord of the nearby Woodsman



Inn in 1904.

We managed to wrangle our group back into the park and returned via a rather muddy path to the café where several of us had some well-earned refreshments.

Freedom Pass Trips

October is the month when our trees put on a show of colour before baring themselves for the winter, so this was the time chosen for our visit to the West Lodge Arboretum. The trees did not disappoint.

With a rainy start, we took cover to view the grounds from the conservatory windows, with commentary by the gardener; but we were soon able to step outside for closer contact with the amazing variety in the collection.



As well as admiring the arrangement of colours in the deciduous trees, we were surprised at the variety of conifers in that area of the collection, some reaching to the sky while others only as high as a small bush, and with strange leaf formations resembling spaghetti in some cases.

There were many questions for our guide who showed obvious enthusiasm for the work in looking after them.

After a complete circuit of the garden, we were ready to be welcomed into the hotel for our pre-ordered afternoon tea and plenty of chat. *Joy Lewis*

Kelvedon Nuclear Bunker



Who would have thought that such a secret location could be situated just 20 miles from central London? Now clearly signposted, it would have been impossible to know what went on under what looked like a simple bungalow nestling under the trees in the hillside. 100 feet underground, and encased in 10ft thick

reinforced concrete, is a labyrinth of rooms designed to organise the survival of the population in the event of nuclear war. The RAF had the responsibility of reacting from here to a nuclear attack. The base had an important role as a

Regional Government HQ. Communication was vital, within Britain and the rest of the world, as was evident from the rooms full of teleprinters, a small BBC studio and some early computers. Every government department had its own desk.

Living conditions in the bunker were spartan. A separate bedsitter was provided for the Prime Minister with two smaller rooms for senior ministers. 'Hot-bedding' in dormitory accommodation was the norm for other members of this community which could have numbered around 600, with beds only inches apart and very little space for personal belongings.



Prime Minister's room



The public were advised what to do in the event of a nuclear attack by means of short films. Given the knowledge we have today, we were somewhat sceptical about some of this advice. Three months was the time estimated for remaining in the bunker after an attack, with a frightened, hungry and no doubt angry public to be dealt with above ground afterwards.

We admired the feat of engineering that went into creating this underground world and had excellent commentary to guide us through what was an informative and interesting experience. *Joy Lewis*

West End Theatre group

The theatre group run by Gaynor went to the Savoy Theatre to see *Pretty Woman*. What a fantastic show... excellent cast.

Was a little unsure how such an iconic film would transfer to stage, but what a superb show. They have kept the key aspects of the film and reproduced this on stage with a new and great soundtrack. Great singing and acting from all the cast. There were some incredibly fast costume changes that brought energy and colour with some fantastic dancing. The set design was great too and loved the use of the lift in the stage floor. Overall, it was a great production whole atmosphere was wonderful and the finale got everyone on their feet, a real feel-good show. A standing ovation was well deserved.

Review by Cheri Ford

**PRETTY
WOMAN** THE MUSICAL

Art Appreciation 2 - Gill Long

The Descent From The Cross - Artist - Peter Paul Rubens (1577-1640)



As part of our session this month we looked at the, Baroque Period.

We used two Youtube pieces, the first gave an overview of the period & the second, 'How To Recognise Baroque Art' which gave what could be called a check list of what to look for & how to recognise the works of that period. Very informative & interesting.

It was explained the word Baroque comes from a Portuguese/French word originally meaning 'irregularly shaped' & usually applied to a misshapen pearl.

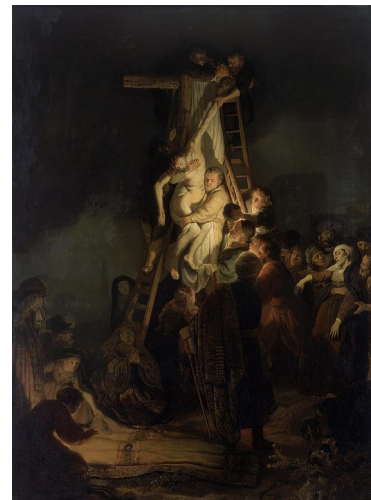
In art the word Baroque came to represent use of intense light & shade and dramatic, emotional, colourful, extravagant images with figures overlapping (as opposed to Renaissance art where figures would often be placed in isolation from each other).

Other artists of the period mentioned were Michelangelo Merisi da Caravaggio (1571-1610), Rembrandt van Rijn (1606-69)



The Crucifixion Of Saint Peter - Artist - Caravaggio
St. Peter is being crucified. He asked to be hung upside-down on the cross so as not to imitate his Lord.

_The Descent From The Cross Artist - Rembrandt
Rembrandt was, 'well known for his portraits but was also a master of landscapes & religious themes.'



Outings: Christmas lunch on the Lea

Thanks again to Gaynor for organising another successful Christmas lunch river boat cruise. In the freezing weather, we did wonder if it would turn into a rerun of 'Titanic' and, indeed, the boat did have to break through ice in several places, but we survived the slippery walk down our various side streets and the trek across a snowy field from the coach to the boat and were again astounded that such a lovely meal could be produced in such a small galley. Unfortunately, in order to ensure that the boat had enough power in the cold to fuel the ovens, we ended up having to manage without fairy lights and music, but it didn't spoil our enjoyment of a lovely day out with friends.



Happy diners!



A WORD ABOUT OUR FOUNDER, ERIC CLARE MIDWINTER, OBE

Eric Midwinter was born in Sale, Lancashire, in 1932, and was educated at a local grammar school and St Catharine's College, Cambridge. Starting his career as a teacher, he has held many influential posts. Since the 1980's his work has focussed on ageing, leading him to be co-founder of the u3a in 1982.

Eric Midwinter helped set up the u3a movement in the UK in 1982. The current u3a Chair, Liz Thackery, in conversation explores how the u3a movement came to be, its original purpose and how it has since developed. Within the conversation, Eric discusses how u3a was always intended to give older adults a voice. He says, "The starting point was the sense that older age should be looked on more positively, and obviously less negatively.

"I find it difficult sometimes now to believe how bad the imagery of older age was in the 1970s, even amongst medical people. There was a sense of older age being over the hill and oldness was very much identified as illness."

Liz Thackray responds, "It really was stark how much differentiation and lack of awareness there was that, the fact that people were a given age did not mean they had no contribution or nothing to give or to learn or to do." Watch the full conversation on [the u3a YouTube channel](#).



MESSAGE FROM LONDON FIRE BRIGADE

Many fires at home start accidentally. To help prevent accidents and keep you safe, we provide a free home fire safety visit service. By taking some simple precautions you can prevent a fire from happening - making everyone in your home a lot safer. During a visit, our officers will visit you at home, and provide fire safety advice suited to your individuals needs and home.

They can also fit free smoke alarms, and specialist alarms for people with visual or hearing impairments. You can find out more about what to expect on the [home fire safety visits page](#). <https://www.london-fire.gov.uk/safety/the-home/book-a-home-fire-safety-visit/>

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- CANASTA
- CRAFT
- ART
- THEATREVISITS
- BOOKCLUB
- PUBQUIZTEAM
- GALLERYVISITS
- SOCIALGROUP
- MOVINGIMAGE
- WALKING
- MAHJONG
- SPANISH
- SCRABBLE
- FRENCH
- GERMAN
- SUNDAYLUNCH
- ITALIAN
- HISTORY

u3a Groups

Try to find some of our groups in the Wordsearch (answers at back!)

GROUPS JANUARY 2023

Contact details are in your membership pack or available
with AGM posting in July

Subject	Group Leader	Day and time
Art	Eileen Flack	3rd Monday 1 pm
Art Appreciation I	Chris Abbot	1 st Wednesday 10.30 am
Art Appreciation II	Gill Long	3 rd Thursday 2 pm
Art Galleries/Museums	Pat Bishop	As arranged and notified
Board Games/Cards	Gaynor Green	3 rd Thursdays 2.00 pm
Book Club I	Soo Hynes	3 rd Monday 2.30pm
Book Club II	Jenny Kirby	3 rd Monday 2.00pm
Book Club III	Chris Burnikell	1 st Thursday 10.30am
Canasta	Dee Patterson	4 th Thursday 2pm
Cardmaking/Handicrafts	Chris Burnikell and Pauline Hunt	2 nd Fridays 10.30 a.m.
Chess	Ramesh	1 st & 3 rd Wednesdays 3 pm
Discussion Group	Ann Pretty	3rd Friday 10.30am
Freedom Pass Trips	Joy Lewis	As arranged & notified
French Int./Advanced	Deirdre Barrie	2 nd & 4 th Tuesday 2.00 pm
German	Peter Kenny	Monday 2.30pm <u>not</u> 2 nd in the month
History I	Hadi Samsami	Monday (alt) 11.30 am
History II	Cherie Ford	Tuesday (alt) 10.30 am
History III	Sheila Smale	1 st and 3 rd Thursday 2.00 pm
Italian for Beginners	Mike Eppel	Every other Tuesday 11.00 am
Mahjong	Chris Burnikell	2 nd and 4 th Monday 2.00 pm
Moving Image Club	Judy Hunt	1 st Wednesday 2.00pm
Outings	Gaynor Green	As arranged and notified
Photography	Sue Bell	4 th Tuesday 10 am
Play Reading I	Marianne Lanji	2 nd Thursday 12-2pm
Pub Quiz	Gill Fletcher	As arranged & notified
Rehearsals - Barbican/LSO	Jean Fawcett	As arranged & notified
Scrabble I	Ann Oakley	1 st Friday 2.00 pm

Scrabble 2	Mike Eppel	1 st Wednesday 2.30 pm
Social group	Sue Sims	4th Wednesday 2.00 for 2.30 pm
Spanish Beg./Intermediate	Ann Kent	Fridays 10.30 am
Sunday Lunch group	Gill Fletcher	3rd Sunday
Theatre Visits	Gaynor Green	As arranged and notified
Walking Group	Gill Fletcher	2 nd Thursday 10.30am

QUICK CALENDAR OF GROUPS

Mondays	pm: Book Club I; Book Club II; German; History; Mahjong;
Tuesdays	a.m: History II, Photography, Italian for Beginners p.m: French Intermediate/Advanced, Moving Images.
Wednesdays	a.m: Art Appreciation, p.m: Social group; Scrabble II;
Thursdays	a.m: Walks; Play-reading; Book Club III, Play reading p.m: History III, Art Appreciation II, Board Games, Canasta
Fridays	a.m: Discussion Group: Spanish, Cardmaking/handicrafts pm: Scrabble 1
Sundays	Sunday lunch group
As arranged and notified	Freedom Pass Trips; Barbican Rehearsals (LSO); Theatre Trips, Outings; Art Galleries/Museums; pub quiz.

CONTACTS:

Registered Charity No. 1070139

Website: www.enfieldu3a.org.uk

Trust Website: <https://www.u3a.org.uk>

London Region Website: <https://u3asites.org.uk/london-region/home>

LOCAL CONTACTS

General enquiries; Penny Hosking 07756 239378

Group Information: Chris Burnikell 02082452686 [chris @cburni.co.uk](mailto:chris@cburni.co.uk)

Membership; Chris Truran 07881 711508

Treasurer; Stephanie Milverton 07968 286560

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