



July 2023

Newsletter No. 106



".....whatever may be your background or beliefs, I shall endeavour to serve you with loyalty, respect, and love as I have throughout my life."

King Charles III

EDITOR'S NOTES

Welcome to our "Coronation " edition of the Newsletter. It seems a while ago now that we watched, in the rain, the ceremony and celebrated such an historical event. June saw such good weather, lots of you have been out and about with u3a. Let's hope it continues. Contributions to the newsletter are always welcome: email to *chris @cburni.co.uk*

Chris Burnikell

CHAIRMAN'S REPORT

I hope you have been all enjoying the good weather we have been having over last few weeks and looking forward to a lot more.

We have a number of activities being organised by London Region U3a for all of us to get involved in over the summer period (study days, summer school), please take advantage and book your places.

We now have a new group coordinator Sue Sloggett who has taken over from Chris Burnikell, I would like to take this opportunity to thank her for all her hard work, stepping in at the last minute and for being patient.

What can you do to keep Enfield u3a running?

I feel very sad that I am put in the position of having to write this item for our newsletter, but Enfield u3a is at a critical point in its history. As you know, u3a is a UK-wide network of learning groups run by and for members. This means that Enfield u3a is totally reliant on the generosity of members volunteering their time and energy to keep it running.

At the moment, Enfield u3a has nearly 400 members but is run by a small committee of eight people, plus a small group of helpers and Group Leaders.

Having already over-run their official tenure, both the Treasurer and Secretary will be standing down at the AGM, leaving a committee of only six people, which is far too few (we are allowed up to 12). More importantly, Charity Commission rules mean that it is not possible for Enfield u3a to continue running without a Treasurer. It will also be very difficult for us to carry on without a Secretary and more general committee members. We also need someone to audit our accounts once a year.

I am sure you all enjoy your u3a and would not want it to fold. It is therefore vital that you consider what you can do to help keep it going. This sounds like a long list of requests, but remember this is **your** u3a and it would be a very sad day if, after over 25 years of success, it couldn't continue because of lack of support from members.

If you are able and willing to help, please contact me c/o Maggie Hook: maggihook@hotmail.co.uk, or speak to me at the July monthly meeting.

Have a wonderful summer

Kind regards

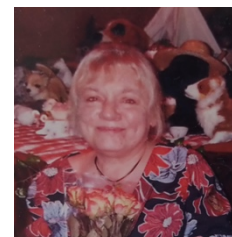
Michael Witter, Chair

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!

Gaynor Green - Programme Coordinator

I discovered the U3A on a trip to the library to find out what groups were available after retirement. I was lucky the librarian had the details of the U3A as she was planning to join herself after her upcoming retirement.



I joined in early 2016 and was invited to join the committee later that year taking over as Programme Organiser responsible for booking the speakers a year later. Up until the pandemic I ran several groups and attended several more but during this time my old dog became poorly and needed more attention and towards the end of it I was blessed with my first grandchild. Consequently I gave up several groups apart from games/cards and outings. After my dog died last May at the ripe old age of 16, I took on the Theatre Group.

I still run these three groups and book speakers and I also belong to a couple of quiz teams and go on Freedom Pass trips. I also belong to a bowls club. I belong to a short mat bowls group and also enjoy a weekly over 50's social group and occasional visits to fringe theatre. My grandson has just had his 2nd birthday and I look after him one day a week and am expecting a granddaughter in September.

Gill Fletcher -Social Account

Although I was brought up in Enfield, I spent over 30 years in Yorkshire so, when I returned to Enfield as a retired person, I wanted something to keep my brain active and give me a social life. The u3a has been a great help with both.



Most of my work was with information, initially scientific then I joined the Citizens Advice service where the information was more legal and social. Just as you thought you might have got the hang of a subject someone (usually the government) changed the rules. So, it kept me learning as well as supporting volunteers as they grappled with complex information.

Now I exercise my brain with board games, canasta and the occasional quiz. I belong to the walking group, Sunday lunches, social group and join in with outings, theatre, museums and Freedom Pass trips. I also do my best to keep track of the u3a social account.

I'm very grateful to the u3a for helping me settle back into life in Enfield. I've made some good friends and it's not often I go into Town without bumping into someone a know.

Vice Chairman - Chris Truran

Although we captured the image of our Vice Chair, the text didn't match! With apologies to Chris, here is what he wrote:

I attended St Ignatius college in Enfield and then attended Southgate Technical College. I almost worked on the Thames Barrier but instead I joined the Metropolitan Police on 6th March 1975. I trained as a Scenes of Crimes Officer (SOCO). I worked in central, north and north-west London. Prior to my retirement in 2013 I was persuaded to come and give some technical support to our U3A. (Mothers can be very persuasive!!)

I have been President of Enfield Probus, Scout Fellowship manager, member of the Regional Management board of Benenden Healthcare with 19000 members so I have plenty of time to give my talks about forensics and Fingerprints, so I have lots of spare time !!!



With the help of Gaye Illsley, we deliver the Power Points presentations before the meetings and any that our speakers use for their talks. I have also kept our membership records since 2014.

MONTHLY MEETINGS

Details of forthcoming talks:

August 9th. -Meet Mike Farley as Henry VIII

Mike is the U.K's No.1 Henry VIII look-a-like with his booming voice and uncanny resemblance to Holbein's pictures. He has made numerous appearances on TV, radio and in films as the King. This talk is an amusing and informative romp through the life and wives of the infamous monarch.

September 13th - John Dunsterville (Dusty). Rock'n'roll to rocking chair.

Dusty tells and sings his story of 50 years as a lead session guitarist. Expect to hear some great nostalgic songs and crazy stories of his life from aspiring little boy to a full musicians life on the road.

GROUPS REPORT

On 28th June a coffee morning, with some cake, was held to say a big "thank you" to all our group leaders. It was good to see everyone and exchange information. I can also let you know that I officially handed over the job of Groups Coordinator to Sue Sloggett, who is already on the Committee. I have every confidence that Sue will bring new ideas to the role and that, with your support, groups will continue to thrive.

Our membership is growing, which is fantastic, but many of our subject groups are full. We now have a lot fewer groups than we did 5 years ago. We need to set up more subject groups so that new members can join. Do you have an interest which you would be willing to share with others? Are you a member of a successful group? Could you start up a "spin-off" group along the same lines? Again, help would be provided by the Group Co-ordinator.

Specifically, we need members to find someone to take over running the Freedom Pass Group. Joy has done sterling work organising it for many years so that lots of members have enjoyed a multitude of diverse and interesting outings. Could you take it over rather than let it close? A "job-share" would work if you felt it would be too much to do on your own. The Group Co-ordinator would be happy to help set you up and get started.

Chris Burnikell.



GROUP SPOTLIGHT

There are 4 different 'games' groups offered to u3a members. Plus a general games group. Below the group coordinators have given an insight into their origins and how they operate.

Scrabble

Scrabble is a word game in which players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15x15 grid of squares. Forming words in crossword fashion. The game was invented in 1938 by the American architect Alfred Mosher Butts but was originally called Criss-Crosswords. It was not until 1948, when a resident of Newton, Connecticut, called James Brunot bought the rights to manufacture the game that it was renamed Scrabble. The game is sold in 121 countries and is available in more than 30 languages. Approximately 150 million sets have been sold worldwide, and roughly one-third of American and half of British homes have a Scrabble set.

I run one of the 2 Scrabble groups. There are currently 10 of us in the group and we meet on the first Wednesday of the month, in the afternoon, at The Jolly Butchers Pub in Baker Street. We usually have enough members turn up to have 2 Scrabble sessions running at the same time and we play for 2 hours, which gives us enough time to play 2 games per meeting. It is educational as you can learn new words you may never have heard of before and perhaps use them in conversation to impress your friends! The skill of the members varies from beginners to those who have been playing the game for years but all can learn how to play, and it is a pleasant way to spend a couple of hours.

Mike Eppel

Chess

Chess is a board game for two players, called White and Black, each controlling an army of chess pieces in their colour, with the objective to checkmate the opponent's king. The recorded history of chess goes back at least to the emergence of a similar game, chaturanga, in seventh century India. Chess is an abstract strategy game that involves no hidden information and no elements of chance.



Our chess group is shared with Barnet u3a. Members meet at Oakwood library and the group is run by Ramesh. Members are at different levels of skill and beginners are welcome.

Board Games

The Games/Card group started about 5 years ago. We meet in the Dugdale Centre once a month.

We only play 4 different games as all are easy to learn and enjoyable. The first is Rummikub which is long established and many will have heard. Next we have two small boxed games. One is called Crowns which is a numbers game based on collecting runs and sets which starts with 3 cards and builds up to 13. The other is Quiddler which is a word game which starts with 3 cards and builds up to 10 with each person making as many words as they can or one word if particularly brilliant or lucky.

Lastly we play Kalooki with 2 packs of normal playing cards. Up to 5 can play. All games apart from Quiddler are based on the same principle, so once you know rummy hands they vary slightly in their rules.

Gaynor Green

Mahjong

Mahjong is a tile-based game that was developed in the 19th century in China. It is played by four players with a set of 144 tiles based on Chinese characters and symbols. In turn, players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form four sets and a pair. A player can also win with a small class of special hands.

While many variations of mahjong exist, most variations have some basic rules in common including how a piece is drawn and discarded, how a piece is robbed from another player, the use of suits (numbered tiles: circles, bamboo and characters) and honors (winds and dragons).

The group was well established but post Covid I took over the group and we relocated to the Jolly Butchers pub. There are now 14 of us, which means we usually have 3 tables. Games can vary in length, but we normally get through 4

or 5 in an afternoon. We have welcomed beginners who have quickly picked up the basics of the game, and would welcome anyone who is interested to come along and watch a game before pairing up with a more experienced player.



Canasta

We are currently a group of 18 members who play at the Jolly Butchers pub on Baker Street, the fourth Thursday of the month. The Manager there doesn't charge us for using her tables as long as everyone buys a drink which can include tea or coffee.

Canasta is an easy game to learn and can be played by 2, 3 or 4 people (2 pairs).

We have a variety of players in our group, ranging from some who have played for a long time to those who were complete beginners when they joined us.

Unlike games such as Bridge, the only criteria to playing well is if you are lucky enough to be dealt good cards!

So if you enjoy playing card games come along and give Canasta a try - you'll find plenty of support to get you started.



Dee Patterson

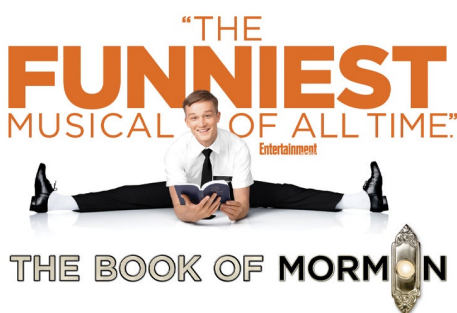
West End Theatre group

A trip to the Garrick theatre saw the group watching the story of Bonnie and Clyde - as a musical! I wondered how such a grim and violent story would translate to this kind of genre, but have to say I was pleasantly surprised. The musical centres on Bonnie Parker and Clyde Barrow, the ill-fated



lovers and outlaws whose story has been infamous since they achieved folk hero status during the Great Depression. The quality of the performances was excellent. The composer, Frank Wildhorn, described the music as a "non-traditional score, combining rockabilly, blues and gospel music". This production is now touring the country.

The Prince of Wales Theatre is truly a beautiful theatre. It was extensively and glamorously refurbished in 2004. The seats are comfortable and there are plenty of toilets: not many theatres can match that! The auditorium is complete with glitterball, and I loved a little cherub statue that rotates playing his trumpet at the start and after interval.



The story starts with the Mormon youths being dispersed all over the world to spread the word, but we follow the group sent to Uganda. The tribe in the village we visit are not impressed with this very American religion until an over enthusiastic youth interspersed the teachings with his own way-out ideas. The villagers begin to sign up to be Mormons and want to go to Salt Lake City. The Mormon elders are pleased and visit only to be horrified with the play put on by the villagers of their version of the Book of Mormon.

Although the "f" word was flying around, it was used amusingly, and I don't think anyone took offence. However, it did touch on a couple of sensitive issues on practices in Uganda. All in all, though, this was a surprisingly "feel good" show with lots of mad energetic dancing and singing and almost continual laughter. Everyone seemed to leave with toes tapping and a smile on their face.

Gaynor Green

Freedom Pass Visits

Our visit in May was to 2 Willow Road, Hampstead, a National Trust property, part of a terrace of three houses, designed by Hungarian architect, Erno Goldfinger, for his own use. He was one of several European architects who emigrated to Britain in the 1930s. Between them, they helped to popularise the Modernist movement in this country.



Initially meeting fierce opposition from Hampstead traditionalists, Goldfinger managed to create the houses after demolishing the Victorian cottages that had occupied the position. We learned from our guide how much skill in design was needed to overcome the difficulties presented by the curving, sloping site. There are four floors to the houses, the lower one seen only from the back.

Although concrete was used extensively in the construction, the brickwork-facing softened the exterior to present what his supporters described as a modern take on 18th century design, in keeping with many of the older houses in the area. The large picture windows, which were a great innovation at the time, face North, giving the best light for drawing and painting.

The interior seemed to us quite cramped at first, with a small entrance hall and spiral staircase leading to the living quarters. The supporting walls were ingeniously designed with plenty of hidden storage space while the connecting

walls enabled the smallish rooms to be opened out for parties. Many examples of modern art purchased by Goldfinger were on display and his designer hand was evident everywhere, from large items of furniture to the pen holder on his desk.

In June we visited this fascinating garden in Chelsea. Sheltered by high walls on a site which once led down to the Thames, it is one of the oldest and most respected botanic gardens in Europe.

It was established by the Worshipful Society of Apothecaries of London as a training centre for its apprentices and to widen the knowledge of established apothecaries of the time.

Its future was assured by a donation of funds from Dr Hans Sloane, together with his vast collection of plants. The garden is unique in being the only botanic collection focused on medicinal, herbal and useful plants.



From our well-informed guide, we learned a lot about how Chelsea Physic Garden champions the role that plants play in human life. She led us around a library of plants laid out in beds representing various roles that they play in providing us with food, textiles and medicines. As just one example, a yew tree was pointed out as playing a vital role in the cure of cancer.

In the 1990s, scientists discovered that, although toxic in high doses, compounds extracted from yew needles can be lethal to leukaemia and other cancerous tumours in humans. It led to a huge degree of success in treating childhood leukaemia.

We learned how much scientists and botanists work together to examine the 'intelligence' that plants store, from the humblest of weeds to the tallest trees. They are also very mindful of the rich store of knowledge retained by tribal communities around the world and the need to conserve and utilise this knowledge.

Joy Lewis



Social Group

In May, the Social Group were entertained by the Barnet u3a ukulele group. It was a really lovely afternoon on singing along to many well known songs. . It was really good and everyone enjoyed it so much, so thank you to Ralph, leader of the group.

In June members were treated to a strawberry and scone cream tea, with a quiz. Everyone had a splendid time and thanks to Sue for preparing all of the strawberries!



Future programme: :

26th July - Hamida and Sophia - sari demonstration

23rd August - Social afternoon, Games and cards

27th September Colin Barrett talk - when war came to Enfield

25th October Chris Burnikell- Travels in North America

22nd November - Christmas party

Walkie Talkie Group

The April walk was a linear walk through some of central London's varied neighbourhoods. 24 walkers met at the Hard Rock Café at Hyde Park Corner and we strolled our way to the walk's end at Kingsway in Holborn. This walk, led by Graham, had London's rock and roll as its theme. As the walk progressed, he paused at some of the locations with connections to London's rock music history and provided background history to give context. Sights included Tin Pan Alley (Denmark St), Saville Row, where the Beatles gave their last live performance



and a building where Jimi Hendrix and Fredrick Handel were neighbours but 200 years apart.

In May we ventured further afield crossing the Thames to explore Abbey

Wood. Very kindly, Stephanie's daughter-in-law, Gabby, who lives there met us at the station where the shiny new Elizabeth Line took us and guided us through the woods. The area takes its name from Lesnes abbey and the ruins can still be explored. The area has now been developed as a public park. We had a very peaceful walk through some beautiful trees. There were still some

bluebells as well as some very clever wood carvings (by chain saw) on dead trees. We only explored a small area of the park and there would be plenty more to see. We were very grateful to our local guide.

In **June**, Philip and Denise guided us along the old course of the New River. In the 18th century, before modern pumping was installed the river meandered along the 100 ft contour around North Enfield. I We met at Forty Hall and set off via the walled garden, passed the pig farm and vineyard through to Whitewebbs Park. We walked across part of the old golf course, noting the "council inspired re-wilding" that nature has done since the golf club was closed, on through the trees to the new beaver enclosure. The path of the river then runs along the edge of Whitewebbs and Spurs training ground to Myddleton House. Sadly, the gate there is permanently locked so we could not call in to view the original New River Company bridges still in position on the old route.

Gill Fletcher



Visit to Blenheim Palace

On 17th April a group of 48 of us travelled by coach for a day trip to Blenheim Palace, the home of the Churchill family. On receiving our armbands , the large group split upto explore the house and gardens.of the palace first. These gave an impressive

idea of the costumes, furniture and activities of the family from the time of Queen Anne, who gave land and money to John Churchill in thanks for victory at the battle of Blenheim, until the present day. In addition we saw the room where Winston Churchill was born. Other groups took the miniature train to the Walled Garden, Butterfly House and Maze or took a trip by minibus to view the extensive grounds.

Later our group decided to pay for a trip "downstairs " where we saw the family dining and snooker room, the well equipped kitchen and laundry room, the bell system for servants and the vault for the family silver. Many thanks to Gaynor for arranging a really enjoyable day out.

Helen Ammar

Day at the Races

In June a group set off in their finery to Royal Ascot - the last visit was 2019. This year, the sun shone and everyone had an exciting time- some winning and some losing - as it usually is!



Art Appreciation 2

Although we have been meeting since 21st June 2018 (almost to the day!) we still have the occasional technological blip. As at one meeting recently when the television did not want to communicate with the computer. After some coaxing, checking of the leads and a review of the procedure we were able to settle down once again to view the selected Youtube clips which contain a wealth of information for us.

Sub-titles are often a source of amusement with lots of wrong spelling especially of names and places.

We took a close look at the, 'Coronation Invitation' with so much symbolism in the artwork.



The Official Invitation was designed by, Heraldic Artist Andrew Jamieson. The original being painted in watercolour & gouache. The overall picture is of a, British Wildflower meadow with the, 'Green Man' wearing a crown of oak leaves & hawthorn - a Pagan symbol of Spring & Rebirth - symbolising the new reign. A rose, thistle, shamrock & daffodil representing the four nations of the

United Kingdom along with many other British flowers, lily of the valley, cornflowers, bluebells, wild strawberries, violets, forget-me-nots & a sprig of rosemary for remembrance. The flowers were placed in groups of three acknowledging that King Charles is the third monarch of that name. Birds & insects were also included such as the wren, robin, ladybird, butterfly & bee. Animals from the, coats of arms, the lion, unicorn, boar & dragon were also to be found.

Gill Long



Please note, that the information given below on groups is as accurate as possible. If you are in any doubt about arrangements, please contact the group leader directly.

CALENDAR OF GROUPS

Mondays	pm: Book Club I; Book Club II; Art German; History 1; 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; Chess
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; Theatre Trips, Outings; Art Galleries/Museums; pub quiz.



Subject	Group Leader	Day and time
Art	Eileen Flack	3rd Monday 1pm
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	2 nd Fridays 10.15 a.m.
Chess	Ramesh	1 st & 3 rd Wednesdays 3 pm
Discussion Group	Ann Pretty	3rd Friday 10.30am
Freedom Pass Trips	<i>Vacancy</i>	As arranged & notified
French Int./Advanced	Deirdre Barrie	2 nd & 4 th Tuesday 2.00 pm
German	Peter Kenny	Monday 2.30pm
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	Mike Eppel	Every other Tuesday 11.00 am
Mahjong	Maggie Hook	2 nd and 4 th Monday 2.00 pm
Moving Image Club	Diana Medlicott	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
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 2.30 pm
Spanish Beg./Inter	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

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: Sue Sloggett susan.10@blueyonder.co.uk 07983 475731

Membership; Chris Truran 07881 711508 truranc@gmail.com

Treasurer; Stephanie Milverton 07968 286560
stephanie_milverton@hotmail.com

All paths lead to you
Hill-top or low,
you are the white birch
In the sun's glow.

—BLANCHE SHOEMAKER WAGSTAFF

