

Welcome to the March Newsletter.

We are all looking forward to the lighter evenings and there are signs that Spring is on its way and it may even stop raining!

This is my first edition as Editor and we have a bumper issue of news this month.

I hope that you will find something of interest.

David Powell, newsletters@chalfontsu3a.org.uk



New members

A warm welcome to our new members:

Danielle Franses, Jane Sparks, Philip Sparks, Elaine Crossley, Marie Dega, Nidhi Dalmia, Anne Fairweather, Jeremy Brandes, Bernadette Christie, Rory Christie.

Committee News

At our last meeting the Committee decided to propose the creation of an honorary (i.e. free!) membership for any of our members who have reached their 100th birthday. Please let us know if you qualify or know a member who does. We only know of one so far!

This month we welcomed David Powell as a co-opted member to our Committee. As you will have spotted David has very kindly volunteered to be our Newsletter editor and we wish him all the best with his new role. We also said farewell from the Committee to Val Darbyshire, a founder member of our u3a. Val has been an excellent contributor to our Committee, serving for two periods of time! Many thanks Val.

Gerrards Cross Community Association Events Day

Gerrards Cross Community Association are holding an Events day to promote all their clubs and activities on Saturday March 23rd from 10-4pm and as Chalfonts u3a run the new members coffee mornings at the centre we have been invited to have a table so as we can share our activities with those attending. If any convenors are able to give up an hour of their day to be there, I would be very grateful if they could contact me for more information.

Eileen Powell vicechair@chalfontsu3a.org.uk

New Members Coffee Mornings



At the New Members Coffee Morning held on Wednesday 7th February at Gerrards Cross Community Association we welcomed 18 members and were on hand to update them on interest groups and activities.

The next new members coffee morning meeting will be at Gerrards Cross Community Association on Wednesday 27th March from 10 to 11 am. Any new members who have been unable to attend in the past and would like to be notified of subsequent meetings please contact:

Eileen Powell newmemberscoffeemorning@chalfontsu3a.org.uk

Convenor workshops

Lesley Bedford as Group Co-Ordinator and I, as Vice Chair, have had an enjoyable time running 4 workshops in the past month and attendance has been good with 40 convenors participating.

We felt it was important to update convenors on a number of areas including ideas for developing their own group, using Beacon, the U3a National office for help with their subject; the pathway to room hire and finance issues, data protection and our own Facebook page.

We didn't let them sit down and just listen to us but set them activities to complete all in the name of learning!



This was the first time we had presented this format to convenors and feedback has been very positive. Our thanks to all who attended and committee members who came to help: Chris White and Christine Hillis with their Finance input, Chris Hardwick, Honorary Secretary, Vince Barker and John Hardwick for Beacon update and Gary Tomlin Webmaster who steered us through websites and Facebook and Gio Pedalino for setting up the equipment.

Eileen Powell Vice Chair and Lesley Bedford Group Co-Ordinator

A reminder, just in case..

All members are reminded that they should carry with them their emergency contact details, either on their phone or on a piece of paper in their bag/pocket.

Monthly meeting dates for your diary



13 March 2024 at 2pm – Buying and Selling at Auction

Please note that this meeting is not available on Zoom

Steven Bruce is an experienced Auctioneer. He will entertain and educate us about how things work at Auctions, the costs, pitfalls and some of his experiences.

If you'd like to bring along an item for discussion and valuation, then please let Geoff Clegg know at speakercoordinator@chalfontsu3a.org.uk

10 April 2024 at 2pm – Grandma flew Spitfires!

Richard Poad will talk to us about the forgotten World War 2 story of Air Transport Auxiliary (ATA) and the men and women of its multi-national pilot workforce, who provided the RAF with a non-stop supply of serviceable aircraft throughout the war.

8 May 2024 at 2pm – Dementia Friends presentation

Georgia Thornton from the Alzheimer's Society will speak to us about Dementia: looking into how dementia affects someone and turning this understanding into action. See also Zoom presentation available below on this topic.

All Monthly Meetings are held at CSP Community Centre, Gravel Hill, Chalfont St Peter, SL9 9QX

Other u3a Zoom events:

Tuesday 19 March at 2pm And speaking of Dementia

Sir Muir Gray CBE will share three strategies to reduce our risk of Dementia in a National u3a Zoom presentation

Details at <https://www.u3a.org.uk/our-impact/future-lives?highlight=WyJmcmF1ZCJd>

News from our Interest Groups

Old Time Musical Hall Singing

If you have a relative in a care home please let me know which one and I will try to arrange a visit by my Old Time Music Hall singing group with the relevant Entertainments Officer.

Bob Leven, co-ordinator musichallsinging@chalfontsu3a.org.uk

Cake Decorating Group

On Tuesday 12th March the Cake Decorating Group are having a demonstration on how to make a Cup Cake Bouquet.

If you feel you would like to come along and watch this and find out more about the group please email for further information cakedecorating@chalfontsu3a.org.uk

Theatre Visits

This month we went to the Bridge Theatre for a very enjoyable evening of Guys and Dolls. The performance was fun and thoroughly enjoyed by everyone.

Next month we are off to see Hamilton which should be a very enjoyable evening.

We have shows for April, May June, September, November and December this year as well as an annual outing to Chichester for the matinee.

Thank you all for your support and for being very helpful with paying promptly. Looking forward to seeing you in March.

Angela Windsor and Howard Dawson

Short Mat Bowls



Our short mat bowls group meet on Friday @ 2.00pm and we have been running a competition since November. Congratulations to Trish Hart for winning the cup.

groupcoordinator@chalfontsu3a.org.uk

Pickleball2 Group

We now have a healthy list of members wishing to participate in the new group.

To date, we have been unable to secure a slot with Chalfont Leisure Centre.

This is frustrating, I have approached a local school but they can only offer facilities after school hours (evenings).

Going forward, if this is our only option in the short term, I will seek out feedback from our current PB2 waitlist members as to potential interest/uptake.

Diane Eaton Convenor pickleball2@chalfontsu3a.org.uk

Garden Visits



The Garden visits programme for 2024 was published at the end of February to members of the group. It includes some lovely days out to gardens in Kent, Bedfordshire and the Cotswolds, as well as a couple of local visits. To join our group please mail gardenvisits@chalfontsu3a.org.uk

Here's a picture of the beautiful Borde Hill garden we visited last year to remind you of Summer!

Mixed walking Cricket



We are just about to celebrate 2 years since the group got off the ground and we continue to impress each other with our cricketing skills! Would love to see anyone interested in giving it a go at Chalfonts Leisure Centre Tuesday mornings 11-12midday through till the end of May then we hit the outdoors at Chalfont St Peter Cricket Club. Pictured are some of the group using the nets last summer.

Contact Eileen Powell convenor mixedwalkingcricket@chalfontsu3a.org.uk

Ballroom Dancing



We currently meet twice a month on the second and fourth Tuesdays of the month at 10am . We learn new dance steps to add to our existing repertoire. We have recently started to learn some sequence dances starting with the most popular and well known. Unfortunately we are not a beginners group but if you have some prior dance experience and would like to join us please get in touch as we have vacancies. Laura Fordrey ballroomdancing@chalfontsu3a.org.uk

New Experiences Group



The New Experiences Group had a tour of Windsor and Eton Brewery on 23rd February. They supply the King at Windsor Castle where he keeps their beer in his private pantry. The King also feeds his cows on their tipsy waste. We walked around the brewery and the process was explained to us. There is a tap room attached where we had lunch beforehand and sampled several of the 13 different types of beer they brew.

Angela Cranston newexperiences@chalfontsu3a.org.uk

Walking Group up to 6 miles

On 14th December 2023 David Cooper and Nigel Trotman both retired as convenors of the walking group after over eight years.

We thank all those members who gave support with running the walks in various ways. This is very important to the convenors.



The final walk, number 139, was from The Cock Inn at Sarratt followed by a Christmas lunch.

It has been a most enjoyable time with memorable local walks and weekend breaks taking place, with many good friends being made over the years.

We wish Frances Byrne every success in her new role as convenor of the group, and know that it will continue to thrive in good hands.

We look forward to joining future walks.

Excursions Group

Thursday 7 March



A morning trip to **Wembley Stadium** for a guided tour and then time in the afternoon at the Designer Outlet opposite for refreshments and a chance to look around the stores. This trip is now full but do email if you want to go on the waiting list.

Wednesday 24 April:



Tulip Festival at Pashley Manor, East Sussex followed by a steam train ride with a cream tea on board with the Kent & East Sussex Railway. Information about this trip has already been emailed out to excursion group members.



Tuesday 21 May



Visit to **Cambridge** for a guided walking tour to include entry into the famous Kings Chapel. Punting an option!



Monday 17 June



The **historic dockyard of Chatham** to include the “Call the Midwife Tour”, Ropery demonstration and buffet lunch. A full day out to explore this well-known venue and have the chance to go down a submarine.



Tuesday 23 July



A private visit to **Stratfield Saye**, home of the Duke of Wellington. This includes refreshments, lunch and a guided tour plus a stop at the Farm Shop for local produce.

August



If the weather's good – we might take a coach down to the seaside for the day! We were asked to arrange this last year – but we didn't have the best of summers!

Information about these outings will be emailed out all members of the Excursions Group nearer the date of the trips. If you would like to join the group please email Val and Kate on excursions@chalfonts.u3.org.uk

Photography Group

A few members of the group met up in February to look at the basic principles of photographing 'people'. We'd designated it as a *Portrait* tutorial but it was more appropriate to set the topic to be more broad than just 'portraits'

During the meeting the group took some time to look at photographs that showed how to take pictures of both children and adults. We've attached three pictures to help members who might want to improve their own people photographs.

The key to taking good pictures of family, friends, or even strangers, is to remember three basics, 'Light' - 'Focus' - 'Composition'.

Light? Most of us don't have fancy lighting systems that the professionals sometimes use, but using the *available light* can be more than adequate. You need to consider where the light is coming from, and where it's landing on your subject.

Focus should be on the eyes of the subject.

Composition - it's important not to be afraid to give the person/s you're photographing some direction with regard to their posture. People are often not sure how they should sit or stand, so giving guidance can help them.



Left: Little girl blowing bubbles! (Props with kids work really well!)

Right: This is a 'group' picture of two sisters with their elder brother. As you can see the photographer asked the brother to put his arms around the girls, and they responded by holding his arm and hand. Giving 'direction' will often make a photograph look more natural, and friendly!



Left; a picture of three siblings; two sisters and their new baby brother! All looking rather cozy!

The other picture we've included this month is of the members who came along: Group members: (L to R): Paul, Andrew, John, Margaret, Pat, Phil and David (taken on a Smart Phone!).



If any member of Chalfonts u3a wishes to join the group then please send an email to photography@chalfontsu3a.org.uk.

Good news for all you avid book readers! Book Groups 2 & 3 both have spaces for new members.



Book Group 2 meets on the 4th Tuesday of the month, from 2 - 4 pm. Meetings are sometimes in members' homes and also at the Epilepsy Society in Chalfont St Peter. We read a wide selection of genres and all members are invited to provide suggestions for books to read.

Book Group 3 meets on the 1st Tuesday of the month from 2 - 4 pm. Currently we meet at a members house and other members host the meetings. Books are chosen a year at a time, and everyone participates in book choices. If anyone is interested in joining either group, please email Marsha Partridge convenor for both groups bookclub3@chalfontsu3a.org.uk

Coffee Mornings

We unfortunately could not go ahead with our coffee morning in February due to the flooding issues, we have arranged a coffee morning for 10 am Thursday 7 March at the Greyhound all being well. If you would like to come along please let me know at coffeemornings@chalfontsu3a.org.uk

Thames Valley Network



A new Spring Quiz for TVN Members

Friday, 15th March, 2024 at 2.30 p.m. on Zoom

Quizmaster: Avis Furness

Participants will be randomly divided into teams

This event is free of charge. Please book electronically by clicking on the **TicketSource** icon immediately below the event on www.u3atvnetwork.org.uk . This is the

best and easiest option. You will receive an acknowledgement immediately and the Zoom link a few days before the event.

If you experience any difficulty, please email the organiser at tvnquiz@gmail.com giving your name and the u3a to which you belong.

Closing date for applications is Wednesday, 13th March

If you have not received the Zoom link by midday on 14th March, please contact the organiser as above.

To receive notification of forthcoming TVN events as soon as they are published, please email events_info@u3atvnetwork.org.uk

Did you know?

As well as the 70 Interest groups that we have in our own Chalfonts u3a, there are many more that are available to us online?

Interest Groups Online (abbreviated as IGO) is an online u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home.

Like with a u3a, the activities are run by members and are a great way to meet people from all across the u3a movement.

It costs £12 annually to join, and there's 140 groups to choose from!

Details: <https://www.u3a.org.uk/learning/interest-groups-online/interest-groups-online-groups>

Disco

Chalfont St Peter Community Centre are having a fund raising event - 60's and 70's disco on Saturday 13th April. 19.00-23.00 at Chalfont Community Centre. Tickets £10 pp. contact sha1duncan57@gmail.com

Please note this is not a u3a event

Riviera Travel Holidays

Riviera Holidays - Provider of holidays including cruises and signature tours. Unbeatable value for money & honest pricing, backed by price match guarantee. Which recommended.

Book with Riviera Travel, tell them that you belong to Chalfonts u3a and your u3a will receive a payment from Riviera which helps support our activities.

See advertisement in Third Age Matters magazine for further details. www.rivieratravel.co.uk



Chalfonts U3A Directory of Interest Groups

For general enquiries about interest groups please contact
Lesley Bedford – Interest Groups Co-ordinator - groupcoordinator@chalfontsu3a.org.uk
Telephone: 07970 848617

Or, if you know which group/s you wish to join please contact the convenor direct

You can find a list of all our Interest Groups here:

<https://chalfontsu3a.org.uk/interest-groups/>