

DIARY DATES FOR 2018 - (PLEASE NOTE - All meetings start promptly at 2pm)

14 February	Bernie Knill	<i>The life and times of Disraeli and the story of Hughenden</i>
14 March	Roger Shaw	<i>An illustrated talk of the perils of the people who went through the north-west of America in 1844 on the Oregon Trail</i>
11 April	Monica Weller	<i>who will explain about how she solved the case of the murder of Dr Helen Davidson who was murdered in Hodgemoor Woods in 1966.</i>



FROM THE EDITOR

On this Valentine's Day we might well ask who was Saint Valentine who causes us to celebrate love and very often declarations of undying love leading to marriage proposals. Unfortunately the story of Valentine and his death on February 14 in approximately 270 AD is bloodthirsty and gory – perhaps that is why we don't major on these facts. However, it is a time to show appreciation to our spouses and partners so perhaps you have already been to the florist for the customary red roses – we are never too old for romance!

Well, 2018 is racing on and here we are in mid February seeing the signs of spring in the coming of snowdrops and early daffs which are always a welcome sight. Has the worst of the weather passed? Probably not but our U3A is in a healthy state as we approach the end of our third year with approximately 660 members. We are fortunate in Chalfont St Peter in having the Community Centre as our venue for many of our activities week by week. Jan Sawyer, our committee member who looks after venue issues, has very kindly taken training in the use of the defibrillator. We hope we never have reason to use this vital piece of equipment, but should the occasion arise, we are prepared. In U3A we try to keep our minds active and healthy and many of our groups also offer opportunities for physical fitness – so let's remain positive, healthy and happy.

EXISTING GROUPS

Art Practical group - The small enthusiastic Art Practical group is looking for new members. Members choose their own project subjects and/or individual projects. The group has an experienced tutor, who can give guidance as and when required. Meetings are held on the first Thursday of each month at the Community Centre. For further details please contact Sandie Webb at artpractical@chalfontsu3a.org.uk

New Experiences Group - we took part in two new experiences in January. Eighteen of us tried our hand at meditating with a short taster session. Some of us found it easier than others but it was very relaxing, which was more than could be said for our second new experience – indoor skydiving. Thirteen of us went to the IFly wind tunnel in Milton Keynes to experience what it would feel like to skydive from an aeroplane. The only difference was we were only a few feet off the ground and didn't have to worry about the landing. Although we were the oldest group our instructor had ever taught we all thoroughly enjoyed the experience and, as far

as I know, we all avoided putting our backs out. In the next couple of months we have indoor climbing, painting, go-karting and the Go Ape high ropes course planned. If you are interested in joining the group please contact Angela Cranston

Excursions

Tuesday 13 March 2018 – Chatham Historic Dockyard, Kent

The cost is £33 per person and includes return coach travel from Chalfont St Peter, driver's gratuity, tea/coffee and Danish pastries on arrival followed by a full guided Royal Dockyard tour to include The Ropery and optional Submarine Tour. Plus entrance to the Discovery Centre and interactive galleries. The Dockyard is celebrating its 400th year anniversary and was used as an outside location for the nation's favourite television production "Call the Midwife". If interested and to check on availability of places, please email excursions@chalfontsu3a.org.uk or telephone Val Smith or Tricia

Pilates Group - The new Pilates Group has now been running for the past 5 weeks on a Monday at 4.30pm. Eighteen members, both men and women have been enjoying the benefits of the exercise, and have all noticed an improvement already. Pilates is a fantastic technique for strengthening and balancing all the muscles of the body, with an emphasis on core strength. It will also help rehabilitate and prevent injuries as well as improving posture and range of movement. If any member would like to join the waiting list for this group please email April Morgan at pilates@chalfontsu3a.org.uk

Theatre Group - I am sure many of you are aware that Maureen Huxtable has stepped down from her role as convenor of the Theatre Group due to health issues. Maureen's love of the theatre enabled her to establish the group and as a result of her experience and hard work we have a thriving group of theatre goers. I know you will want to pass on our thanks to Maureen and send her our very best wishes.

The group began the new year with a return visit to see 42nd Street. In March we are seeing the Hound of the Baskervilles at the Mill at Sonning, followed by Witness for the Prosecution in May. If you would like to join the theatre group email theatre@chalfontsu3a.org.uk - Sheila Tarrant and Danny Robins, group leaders.

NEW GROUPS

Groups Co-ordinators Nigel and Sue are always open to suggestions for new Interest Groups. Don't hesitate if there is a subject in which you have a special interest and think it might appeal to others please contact Nigel groupcoordinator1@chalfontsu3a.org.uk or Sue groupcoordinator2@chalfontsu3a.org.uk

COMMITTEE MEETINGS

The Committee meets regularly to ensure the smooth running of Chalfonts U3A and to make plans for the future. If you would like to join us for a meeting please email secretary@chalfontsu3a.org.uk

MEMBERSHIP RENEWALS

Chalfonts U3A membership runs from 1 April – 31 March each year. This means all memberships are due for renewal at the end of March 2018 and members have been emailed a Membership Renewal form for completion. You will be able to renew at the **monthly meetings** or by post and at coffee mornings from **10am – 12 noon on Tuesday 27 February, Tuesday 27 March and Wednesday 25 April**. Membership renewal forms will also be available at the monthly meetings and those not on email will have received their form in the post with the newsletter. Membership remains at £22 per person. You will already have a plastic badge holder with clip/pin for your membership badge, but if you prefer we have lanyards with holder for £1 each. Please bring exact change. We do hope that you will renew and continue to be part of the thriving Chalfonts U3A. If you have any questions or would like to know more do email membership@chalfontsu3a.org.uk or contact Val Smith

Gift Aid - If you pay tax and have not already done so please consider signing up for Gift Aid when you renew your membership for 2018/9. We obtain an extra £5.50p for every person who signs up for Gift Aid. This helps us maintain the Annual Membership fee at its present level. If you have any queries or doubts about the Gift Aid scheme please ring David Burbidge who will be pleased to answer your queries.

THAMES VALLEY NETWORK - www.u3atvnetwork.org.uk

The Photography Workshop on 1 March at Benson, Oxon (just 40 mins by car from CSP) is fully booked but cancellation places are possible - **Flyer Application Form**.

The Work of William Morris on 10 May at his home, Kelmscott Manor (near Lechlade) - a regular and very popular event - ***Flyer Application Form.***

Dunkirk and the Little Ships on 19 June at the River and Rowing Museum, Henley.

These workshops and events are open to all Chalfonts U3A members.

MEMBERS PLEASE NOTE NEW EMAIL ADDRESSES BELOW:

	<u>contactus@chalfontsu3a.org.uk</u>
Accessibility Tricia Reeve	<u>accessibilityofficer@chalfontsu3a.org.uk</u>
David Burbidge	<u>chairman@chalfontsu3a.org.uk</u>
Geoff Glover	<u>vicechairman@chalfontsu3a.org.uk</u>
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Tricia Reeve	<u>publicity@chalfontsu3a.org.uk</u>
Sue White	<u>speakercoordinator@chalfontsu3a.org.uk</u>
Peter Brady	<u>treasurer@chalfontsu3a.org.uk</u>
Jan Sawyer	<u>venuecoordinator@chalfontsu3a.org.uk</u>
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Suggestion Box	<u>suggestionbox@chalfontsu3a.org.uk</u>
Val Darbyshire	<u>beaconadmin@chalfontsu3a.org.uk</u>

Chalfonts U3A Website: <http://chalfontsu3a.org.uk>

National Website: www.u3a.org.uk

Thames Valley Network Website: u3atvnetwork.org.uk