

**MONTHLY MEETING DIARY DATES FOR 2019  
AT THE CHALFONT ST PETER COMMUNITY CENTRE  
(Please Note - All meetings start promptly at 2pm)**

<b>9 January</b>	<b>Jean Meakin MA</b>	<i>Whose subject will be <b>The Curiosities of the English Language</b>. Jean has had a career of school and university teaching in the UK and abroad and is a highly experienced, qualified teacher.</i>
<b>13 February</b>	<b>Stefan White</b>	<i><b>Skulduggery in the Shrubbery</b>. Stefan is a professional speaker and he covers the life of John Tradescant and his family who were 17th century plant hunters and also gardeners to royalty. He talks about the plants and other items he brought back to England and the mysteries surrounding his life.</i>
<b>14 March</b>	<b>Peter Ellis</b>	<i><b>Climbing Everest from Tibet and a climb to Vinson Massif in Antarctica</b> - a large mountain massif 21 km long and 13 km wide lying within the Sentinel Range of the Ellsworth Mountains overlooking the Ronnie Ice Shelf near the base of the Antarctic Peninsula located about 1,200 km from the South Pole.</i>

**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 2019. At the **end of January** you will be emailed with a Membership Renewal form for completion. You will be able to renew at the monthly meetings or by post or at drop in sessions during February, March and April – dates to be announced later. Membership forms will be available at the monthly meetings and will be posted out to those not on email with the February 2019 newsletter. 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 [membershipsecretary@chalfontsu3a.org.uk](mailto:membershipsecretary@chalfontsu3a.org.uk) or contact Val Smith.

**Committee Succession:** Several members of our existing committee will be standing down at the end of this year having completed three years' service. If anyone is interested in joining the committee or would like to find out more, please come to the front of the hall after our January meeting. Or you can contact David Burbidge or Bob Borwick.

**EXISTING GROUPS**

**Badminton Group** - We are a friendly, mixed ability group with around 30 members. Most weeks we have at least 12 players aiming to keep fit lunging, diving and hitting the shuttlecock most of the time! This kind of cardiovascular workout can help keep us in good shape. The fast-paced nature of the game increases speed and improves reflexes. Keeping mobile lubricates joints, preventing arthritis and similar conditions from developing. Because badminton promotes physical fitness, it helps reduce stress and anxiety. We play doubles either mixed or all men/women. We meet once a week on Thursdays at 10.30am. We currently have two courts available at CSP Leisure Centre. If you are interested in playing we will need to start another group as we cannot take any more members. Please contact Angela Lindstrom on [badminton@chalfontsu3a.org.uk](mailto:badminton@chalfontsu3a.org.uk)

**Creative Writing Group** - Members of this friendly group take turns at hosting the meetings (though in the warmer months we meet in the garden at Madeira Café in Chalfont St Peter High Street), on the first Monday of the month. The next meeting will be on 28 January. Whether you are writing fiction, non-fiction or your memoirs, etc., and whether you write for pleasure or profit, you will be welcome to join us. For dates and venues contact [creativewriting@chalfontsu3a.org.uk](mailto:creativewriting@chalfontsu3a.org.uk).

**Discovering Art Group** - Following John Bailie's departure on an extended winter break, David Martin and Bob Bell have recently taken over as joint convenors. The following meetings are already planned, for the first quarter (note - no meeting in January). We are also looking at options for an excursion to a major art exhibition later in the year. All meetings begin at 2.00pm in the Community Centre on the first Thursday in the month. Contact convenors on [discoveryingart@chalfontsu3a.org.uk](mailto:discoveryingart@chalfontsu3a.org.uk)

**February** - Movements in Art. What do Byzantine, Mannerism, Baroque etc actually look like? Bob Bell will try to show the key characteristics.

**March** - A talk by Anna Maitland on the twentieth-century Polish artist, Zdzislaw Ruzskowski, who lived and worked in England for much of his life **April** – To be confirmed

**May** – A talk by an external speaker, Joan Greening, on Edward Burne-Jones, the pre-Raphaelite painter and leading figure in the Arts and Crafts Movement.

**Quizzing Group** - Well, I'm not entirely sure how it happened, but it seems that I'm now the Quizzing Group convenor while John Baillie enjoys a sabbatical in the winter sun. We'll continue competing in local charity quiz events, so do let me know if you hear of any, and maybe also the odd pub quiz, though it's difficult to organise large groups in small pubs so these might be at short notice. Looking forward to lots of quizzing in 2019. For more information contact Margaret Turner on [quizzers@chalfontsu3a.org.uk](mailto:quizzers@chalfontsu3a.org.uk)

**Table tennis group 2. Wednesday** - Convenors Eileen Powell and Pauline Borwick have the pleasure of looking after this motley crew! We have 4 tables in use at the Leisure Centre which are always full and without exception we have all improved and competition is high!! Studies have shown the benefits to our age group of playing table tennis for improving hand eye coordination, to improving memory, encouraging socialisation and of course fitness! The one thing we have really noticed are happy people as we all laugh from beginning to end of our sessions, usually at some of our amazing shots!! We are all becoming well-oiled machines!! We are ticking all the boxes on a Wednesday afternoon!! [tabletennis2@chalfontsu3a.org.uk](mailto:tabletennis2@chalfontsu3a.org.uk)

**Photography Group** - In December members met for a social gathering and a review of their photographic contributions over the course of 2018. Lunch was provided by two of the members, Phil and Cathy and we thank them for making the lunch so enjoyable. If any U3A member wishes to join, they are very welcome to come along. Please consider joining us if you enjoy taking photographs for pleasure and want to try and improve your skills. You don't need a fancy expensive camera to take good pictures. It's a skill that can be learned and enhanced by practice and guidance and other members can help you along if needed. We will be putting a schedule of the trips we intend to make in 2019 on the website. We meet on the third Monday of the month, throughout the year. Any member can take a look at the video slideshow and individual pictures taken by our members, by visiting the link on our Noticeboard.

**Flower Arranging Group** - Learning how to arrange flowers more creatively, rather than just placing them in a vase. The group has gone from strength to strength, members range from beginners to the more experienced. At our meetings we fortunately have an excellent florist who gives a demonstration. We then all "have a go" usually with wonderful creative results, with input/suggestions from our lovely florist. In November we made a windowsill / mantelpiece arrangement and in December we made a Christmas wreath and table arrangement. Each month we have a different theme, which has been previously discussed, so we know what we need to bring to the meeting. For further information please contact Angela Kemps on [flowerarranging@chalfontsu3a.org.uk](mailto:flowerarranging@chalfontsu3a.org.uk)

**New Experiences** - 34 members tried a truly new experience last month. In groups of six they were handcuffed to each other, blindfolded, then put in a locked room and given 60 minutes to escape. No force was required; just observation, lateral thinking and team work. As each clue was solved, a padlock combination was revealed which led to another clue. Soon the adrenalin was flowing and the little grey cells were working overtime. Once the final pieces of the jigsaw were put together (literally), the last padlock was opened and the key to the door revealed. Four of the six groups managed to escape from the room in 60 minutes with just seconds to spare. The other two very nearly managed it. Activities for 2019 include a jiving lesson, another painting workshop, a barn dance and possibly a circus skills workshop.

**Theatre Group** - Our final theatre visit for 2018 was to see Guys and Dolls at the Mill at Sonning. 2019 starts with a visit in January to the Royal Albert Hall to see Cirque du Soleil. Please let us have your suggestions for theatre visits for 2019 or if you would like to join the theatre group email [theatretrips@chalfontsu3a.org.uk](mailto:theatretrips@chalfontsu3a.org.uk) or use the Group Contact Button on the website. We would like to thank our members for their support during the year and wish everyone a Happy and Healthy New Year. Sheila and Danny, group organisers.

**Wine Appreciation Group 2** - We had our final meeting of the year which featured Australian wines. The group continues to attract new members and we meet on the third Wednesday of the month. The next meeting is on 16 January in CSP and we will be tasting French wines. New members welcome, including those who just want to try it once while considering joining the group on a more regular basis.

**Yoga Groups** - Our yoga group is going from strength to strength. Excuse the pun. After almost three years on from starting our Tuesday sessions, last year we started a Friday session as the yoga group is so popular. The Tuesday group is full but there are a couple of places left on a Friday if anyone fancies coming along and having a try out. Everyone works to their own capabilities. Please contact Jane Earle on [yoga@chalfontsu3a.org.uk](mailto:yoga@chalfontsu3a.org.uk)

**Walking Group (up to 6 miles)** - A record 46 walkers attended our annual Christmas Walk despite unfavourable weather forecasts. We did however have a very pleasant walk which ended with sunshine. 40 members sat down to an enjoyable traditional Christmas lunch after the walk. A week later we ran another walk to burn off the Christmas calories! New members are always welcome. Contact Nigel Trotman on [walking2-6miles@chalfontsu3a.org.uk](mailto:walking2-6miles@chalfontsu3a.org.uk)

## NEW AND PROPOSED GROUPS

**Chess Group** - We have already had some initial interest in forming a new Chess group. More members still required. Anyone interested should initially contact Nigel Trotman at [groupcoordinator1@chalfontsu3a.org.uk](mailto:groupcoordinator1@chalfontsu3a.org.uk)

**Hedge Laying group**- One of our members has suggested a Hedge Laying group. If members are interested in this skill please initially contact Nigel Trotman on [groupcoordinator1@chalfontsu3a.org.uk](mailto:groupcoordinator1@chalfontsu3a.org.uk)

### MEMBERS PLEASE NOTE NEW EMAIL ADDRESSES BELOW:

	<a href="mailto:contactus@chalfontsu3a.org.uk">contactus@chalfontsu3a.org.uk</a>
Accessibility	<a href="mailto:accessibilityofficer@chalfontsu3a.org.uk">accessibilityofficer@chalfontsu3a.org.uk</a>
Tricia Reeve	
David Burbidge	<a href="mailto:chairman@chalfontsu3a.org.uk">chairman@chalfontsu3a.org.uk</a>
Bob Borwick	<a href="mailto:vicechairman@chalfontsu3a.org.uk">vicechairman@chalfontsu3a.org.uk</a>
Val Smith	<a href="mailto:secretary@chalfontsu3a.org.uk">secretary@chalfontsu3a.org.uk</a>
Peter Brady	<a href="mailto:treasurer@chalfontsu3a.org.uk">treasurer@chalfontsu3a.org.uk</a>
Jan Sawyer	<a href="mailto:venuecoordinator@chalfontsu3a.org.uk">venuecoordinator@chalfontsu3a.org.uk</a>
Sue White	<a href="mailto:speakercoordinator@chalfontsu3a.org.uk">speakercoordinator@chalfontsu3a.org.uk</a>
Janice Buchanan	<a href="mailto:newsletters@chalfontsu3a.org.uk">newsletters@chalfontsu3a.org.uk</a>
Val Smith	<a href="mailto:membershipsecretary@chalfontsu3a.org.uk">membershipsecretary@chalfontsu3a.org.uk</a>
Tony Darbyshire	<a href="mailto:webmaster@chalfontsu3a.org.uk">webmaster@chalfontsu3a.org.uk</a>
Nigel Trotman	<a href="mailto:groupcoordinator1@chalfontsu3a.org.uk">groupcoordinator1@chalfontsu3a.org.uk</a>
Sue Fisher	<a href="mailto:groupcoordinator2@chalfontsu3a.org.uk">groupcoordinator2@chalfontsu3a.org.uk</a>
Suggestion Box	<a href="mailto:suggestionbox@chalfontsu3a.org.uk">suggestionbox@chalfontsu3a.org.uk</a>
Val Darbyshire	<a href="mailto:beaconadmin@chalfontsu3a.org.uk">beaconadmin@chalfontsu3a.org.uk</a>

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

National Website: [www.u3a.org.uk](http://www.u3a.org.uk)

Thames Valley Network Website: [u3atvnetwork.org.uk](http://u3atvnetwork.org.uk)