



Editor's Update: It will soon be Easter and I hope you have managed to find some chocolate to enjoy. I have my own supply, but other members in my family seem to be able to track it down, leaving behind only tell-tale signs of their visit! Many of us have been affected by Covid as we have returned to socializing once more so, please continue to stay safe.

Third Age Matters Magazine: We have been notified that the Spring issue will be delayed by a few days and will be due on your doormat in early May. Continued thanks to members who send in their musings and please if you haven't done so before then seize the moment and email me – Eileen Powell newsletters@chalfontsu3a.org.uk



Chalfonts u3a Celebration Day

For those of you unable to make our celebration event Denise Beddows has kindly written a lovely account for us to enjoy

After much advance planning and a huge amount of hard work on the day, the event held on 5 April 2022 at The Hub in Chalfont St Peter to celebrate Chalfonts U3A's 7th anniversary finally got underway. Of course, this event

would have been held two years earlier to mark the 5th anniversary, had it not been for the 'pestilential precautions'. Still, with around 800 members currently, why shouldn't seven years be celebrated with just as much enthusiasm as five?

In the days beforehand, a veritable mountain of cakes was baked, displays were designed and the musical and singing groups rehearsed. When the 5th April came around at last, the village car parks quickly filled as the first rush of visitors began to beat a path to the door. As massively capacious as The Hub's main hall was, it was soon filled with excited folks from the surrounding villages, all keen to discover what the U3A is all about and what it might have to offer them.

Many of the seventy-plus diverse interest groups had visible displays, some of them highly artistic and appealing – not least those adorned with continental food and wines. There were some stunning textiles and handicrafts on display, as well as highly impressive photographic studies. At intervals, visitors were also treated to the audible delights of two singing groups and a ukulele band, and also the chance to watch a lovely flower arranging demonstration. There was plenty to fulfil visitors' intellectual needs, from literature to languages, quizzing to computing, philosophy, history, and family history, and, naturally, outdoor and sporting interests were well covered, as were excursions, theatre visits and outings.



The cake mountain was gradually demolished, teas and coffees were quaffed, and it was quite delightful to see so many faces, some new, some familiar, but all smiling broadly, as a pleasing number of people signed up to join existing groups or came up with suggestions for new activities. With so much

on offer to cover all areas of interest and ranges of abilities, it was little wonder that, by the end of the afternoon, around 500 visitors had been clocked coming through the door.

Monthly Meetings

Save these dates for our forthcoming monthly meetings

11th May at 2pm 'An introduction to Indian Culture'

An overview to give us a better understanding of the Indian way of life, its' values, gender roles, and behaviours – and the opportunity to find out first hand some answers to questions that you haven't had the chance to ask before!

8th June at 2pm 'The importance of a Lasting Power of Attorney'

The speaker works through Age UK and will talk about her experience of setting up and actually using an LPA to support her mother This is not a sales pitch!

And of course, there will be a cup of tea afterwards to catch up with friends! These meetings will also be available to access via Zoom with details being sent out 48 hours in advance.



Membership Renewal

Thank you to all those who have made their payments by bank transfer or by cheque. If you still haven't renewed, and we hope you will, the details on how to do this are on the email that was sent out on the 31 March. Don't worry though – you will be reminded again. Any queries please email membershipsecretary@chalfontsu3a.org.uk



Interest Groups Update

Do take a look Interest Group Directory with this newsletter and contact the group convenors directly if you want to find out more.

Mixed Walking Cricket

HOW ZAT!! Our cricket sessions at Chalfonts Leisure Centre on Tuesday mornings from 10-11am continue to be enjoyed and soon we will be venturing outdoors. We have room for new players, no experience necessary so please get in touch with Eileen Powell mixedwalkingcricket@chalfontsu3a.org.uk



New Experiences

Ten members of the New Experiences group regressed to their childhood with a visit to **Jump in Trampoline Centre**. We bounced, somersaulted, played dodgeball, and fought to knock each other from a balance bar into a foam pit with giant foam weapons. Exhausting, but great fun was had by all. Visit our website to see some of the group in action!

We also had two of our three **pottery workshops**, and some very creative pots were produced.



Next month we will be pitting our wits to solve puzzles and unlock padlocks to escape from a Wycombe Escape Room. Anyone interested in joining the New Experiences Group please contact Angela Cranston newexperiences@chalfontsu3a.org.uk

Excursions Group – update



Arundel Castle & Tulip Festival 26 April. Everyone who asked to go on this trip has been allocated a place and we are taking two coaches. If you would like to be put on the waiting list please email excursions@chalfontsu3a.org.uk

Bletchley Park – 20 May (repeated visit). This trip has been over-subscribed, so a ballot was needed and a waiting list made up. Everyone has been notified by email. .



Queen's Platinum Jubilee: Windsor Castle and Savill Gardens Change of date – now 7 July 2022 (was 5 May)

A visit to Windsor Castle in the morning for the Platinum Exhibition of the Coronation dress and then to Savill Gardens in the afternoon. Full details nearer the time.

Photography Group Meeting – Thursday 21st April in the afternoon



Our next meet up is a trip to West Wycombe Park, National Trust property and stately home of the Dashwood family.

<https://www.nationaltrust.org.uk/west-wycombe-park-village-and-hill>)

We will be leaving the car park at the CSPCC at 1.25pm, using as few cars as possible, and aim to get to this delightful garden and house for around 2pm.

After a walk for about an hour or so to capture pictures, we will meet back in the village of West Wycombe at 3.15/3.30pm in The Apple Orchard, a lovely cafe about two hundred yards from the main gate of Wycombe Park on the High Street. It might even be warm enough for us to sit outside and drink our tea/coffee!

We aim to be back in CSP by around 4.30pm. An email reminder will be sent to Photography Group members nearer the time.

The photos are of the lake and folly and the café.



New Yoga Group

A new (additional) yoga group is starting on Friday 29th April at 2pm in the Community Centre (Tony Graham room). The teacher will be Sarah, who currently takes the Friday 12.30 group.

Anyone interested, please contact groupcoordinator@chalfontsu3a.org.uk

Old Time Music Hall Performances in Care Homes

A request from convenor – Bob Leven

If you have a relative who is currently resident in a local care home, you might like to have a chat with the activities officer and suggest that they might be interested in a visit from Our Chalfonts u3a OTMH Singing Group who are always keen to add to their existing “portfolio.”

Contact convenor Bob Leven at musichallsinging@chalfontsu3a.org.uk



Fundraising Events at the Chalfont St Peter Community Centre

Beetle Drive with Lunch - Thursday 28 April 12.30 - £10 per head.

BEETLE DRIVE



Spring Table Top Sale – Saturday 14 May 2022 10am – 2pm



Barn Dance – Saturday 21 May 7pm –
£20 per head to include a home-made dinner.



For more information on these events and to book tickets or a table please email
carolbirkenshaw@cspcc.org.uk

Now over to our Members' Musings ...



I think I have an urge
to get up and clean the
house. Wait... no.
False alarm.



© JANE

"Whan that Aprill with his shoures soote
the droghte of March hath perced to the roote', this is the month of daffodils,
easter eggs and housework as Spring Cleaning invariably gets under way. This
age-old tradition is rooted in religious and cultural practices, and meteorology"
Geoffrey Chaucer

In Jewish custom, preparation for the springtime feast of Passover, or Pesach,
means a thorough cleaning of the house in March or April, to rid Jewish homes of even the
smallest remnants of *chametz* (leavened bread with yeast). Passover marks the liberation of
the Jewish people from slavery in Egypt, and for the length of the holiday, no leavened bread,
pasta, or cereal is eaten or allowed in the home.

To mark the Persian new year, which falls on the first day of spring, some Iranians still
continue the practice of "khooneh tekouni" or "shaking the house", to free the home of winter
and to sweep the dust of the old year away. In some Chinese homes, this period means
sweeping floors and cleaning homes to get rid of bad luck that may have accumulated during
the previous year. Once the house is clean, good fortune is welcomed by not sweeping for the
few days following the new year in order to prevent sweeping away any good fortune that
came in with the turn of the year

Traditionally, here in CSP, the onset of warmer weather usually induced folk to freshen and
clean homes. To keep out the winter cold, people burned coal, peat, oil, and wood indoors.
Lamps ran on whale oil or kerosene, so you can just imagine the dust, oily grime, and soot.
With the weather warming up, windows and doors were cracked wide open to let fresh air in
and banish the soot marks for the summer. Lime juice, tea leaves, vinegar, salt, soap, and
water cleaned everything, with gin sometimes used as the best solution for polishing soot off
mirrors!



So, if you are getting rid of accumulated dust, removing clutter built up over
Lockdown, cleaning up your pc files or culling old financial paperwork, may
you feel lighter, brighter, and renewed knowing that you are part of the
human collective welcoming in a new cycle of life.

Karen Dickson

Jean McCaskie

Thinking of Easter my thoughts turned to my childhood memories of growing up in Glasgow in the 1950s. It was an event as we prepared our caravan for our first holiday of the year. We set off for Ganivan sands just outside Oban. Aunts, uncles, and cousins joined us on our Easter weekend, but the really exciting part was making sure we had our Chocolate Easter eggs with us. We also boiled eggs in tea and then had great fun decorating them with faces and patterns. On Easter Sunday we couldn't wait for the tradition of rolling eggs down a hill until they cracked and then we could eat them! Happy memories.

