



Hello again to all members

The weather has turned cold and wet with the changing of the clocks. The days seem so short now but there is plenty to do in u3a as you'll read later.

And if you are looking further afield November 2022 includes Guy Fawkes Night (5<sup>th</sup>), Armistice Day (11<sup>th</sup>), The Lord Mayor's Show in London (12<sup>th</sup>), Remembrance Sunday (13<sup>th</sup>), Odd Socks Day (14<sup>th</sup>), Dr Who Day (23<sup>rd</sup>), Buy Nothing Day (25<sup>th</sup>) and St

Andrew's Day (30<sup>th</sup>). I think we can all mark at least one of those days.

And lastly a plea to stay safe: All u3a Monthly Meetings and the meetings of many of our Interest Groups take place at CSP Community Centre.

If you are driving along the A413 from the Chalfont St Giles and Amersham direction there is no right turn into the entrance to the Community Centre. Not only is it dangerous but also illegal. It is signed. Please stay safe, drive on to the roundabout, come back along the A413 and make a safe left turn. I hear of too many near-misses from drivers turning illegally at this junction.

Thank you

Val Darbyshire, Newsletter Editor

### Monthly meeting dates for your diary:

**9 November at 2pm - Age UK Buckinghamshire - its work within the community and services.**

Sue Gehnich will present an overview of the big range of services that are provided by Age UK. Sue will also explore opportunities to volunteer your time to help in their worthy cause.

### 14 December at 2pm - A Christmas Special!

A monthly meeting with a difference!

We will be entertained by Ventriloquist & Magician David Tomkins, who has some super reviews from local groups. We'll hold a bit of a social get together after the show and are planning to serve mince pies and mulled wine as well as tea, coffee and biscuits.

So wear your Christmas jumper, Santa hat and some tinsel in your hair to join our early Christmas get together!

Don't forget to bring a cash donation towards refreshments!



## News from our Interest Groups

### Yoga



Our regular yoga groups have just started a new term of classes up to Christmas.

The classes are small and friendly and are specifically designed for our age group.

This is a lovely way to bring some relaxation and “my time” to your week.

**STOP PRESS!** When we met members at the Hub event in the summer, many expressed an interest in Chair Yoga, where we use a chair as an aid to our postures. We have arranged a trial class at 11:00 on Thursday morning 1<sup>st</sup> December at our Community Centre. There is no charge, but you do need to let me know if you plan to come, because we have a limit on numbers.

For the Chair Yoga or to try out our regular sessions, please get in touch! Geoff Clegg, convenor, [yoga@chalfontsu3a.org.uk](mailto:yoga@chalfontsu3a.org.uk)

### Short Mat Bowls



The group continues to provide Friday afternoon entertainment and improving skill levels under the watchful eye of Convenor Sheila Woolgar.

Contact Sheila at [groupcordinator@chalfontsu3a.org.uk](mailto:groupcordinator@chalfontsu3a.org.uk)

Although the Group has a full complement of players there is space for a couple more should any members wish to try their hand at this 'not so easy as it looks' sport.

### Old Time Music Hall Singing Group

For the last six years, we have been visiting Care Homes all over the area. From the responses of the various managements involved we have not only enjoyed ourselves, but the residents have enjoyed our visits too.

Sadly however, our wonderful pianist is retiring. Our U3A group has hundreds of members. Surely, one amongst you can, or knows somebody who can, join us as a replacement.

We normally rehearse/practice twice per month; not too demanding! If you read this and might be interested, please phone me for a chat and I'll "twist your arm."

I cannot stress enough what a benefit this is to people who have lost their independence. Bob Leven, convenor. 01753 882599

P.S. Some of the after-the-show tea and cakes are worth the trip alone.

## Italian Beginners Plus



A spooky picture of the group on Halloween looking like they are having an enjoyable time, books open and coffee on hand whilst Lesley their convenor is on holiday.

## Garden Visits

The Garden Visits group is looking ahead and has arranged its Spring Lunch for Tuesday 21st February 2023.

A lovely lunch will be followed by a knowledgeable speaker and the launch of the garden visits programme for 2023.

If you would like to join this popular group please contact

[gardenvisits@chalfontsu3a.org.uk](mailto:gardenvisits@chalfontsu3a.org.uk)

## Mixed walking cricket



We enjoyed our first session practising bowling and batting followed by a game. Anyone else interested in joining us? Contact Eileen Powell, convenor

More photos can be seen on the website.



[mixedwalkingcricket@chalfontsu3a.org.uk](mailto:mixedwalkingcricket@chalfontsu3a.org.uk)

## Theatre Group.

Thank you everyone for your support for our new committee – it was big shoes to fill after Sheila and Danny, but we are trying hard.

Life continues to be busy for us – Top Hat in a couple of weeks, Witness for the Prosecution and Moulin Rouge in the new year and the possibility of Noises Off – so watch this space. Thank you everyone for responding and paying promptly as this makes the bookings so much easier. Watch this space for more exciting events in the 2023!

Any suggestions for possible performances you'd like to see please contact either Angela or Howard with your suggestion and we will see if we can accommodate it.

[theatretrips@chalfontsu3a.org.uk](mailto:theatretrips@chalfontsu3a.org.uk)

## Singing for Pleasure

There are just six regular members in the Singing for Pleasure group and our group leader, who teaches us songs from across the range. We are hoping to perform at the Hub for the ladies at the Widows of the Parish luncheon in December. It will be our first public concert for us and we have been rehearsing with enthusiasm. Brenda O'Gorman, convenor,  
[singing4pleasure@chalfontsu3a.org.uk](mailto:singing4pleasure@chalfontsu3a.org.uk)

## **Strollers**

The Strollers group continues to meet usually twice a month. The group does tend to be small and friendly group.

We walk two to three miles on as flat a ground as we can find. It suits those who want to get out and about in nature but don't want to go on a hike. It suits those who are less able.

We have enjoyed Burnham Beeches and Denham Country Park, this month and of course enjoyed lovely refreshments in both places. We try to walk on gravel paths at this time of year, but that does mean that we are rather limited where we can go as we live on the edge of the Chiltern.

The walks are organised by the members who make suggestions of where to go and which day.

If anyone would like to join us and try out our walks they are always welcome.

Kate Trotman, convenor, Strollers Group [strollers@chalfontsu3a.org.uk](mailto:strollers@chalfontsu3a.org.uk)

## **New Experiences**

The New Experience Group made a visit to Puttshack in Watford last month. We played an all-singing, all-dancing version of Crazy Golf and the system even knew which ball was yours!

Iris Howell scored a fantastic score, beating everyone at Puttshack that day and several people won pizzas to take home. However, everyone had a great time and a lovely lunch. Angela Cranston, convenor, [newexperiences@chalfontsu3a.org.uk](mailto:newexperiences@chalfontsu3a.org.uk)

## **French Intermediate**

The second French Intermediate Group has just started and has had already had a couple of meetings.

We read various articles in French then translate them and discuss how to improve our French. We also have our own what's app and e-mail group which seems to be working well. Pat Lawson, convenor.

## **Suggestions for new groups**

Suggestions for new groups include Fitness and Italian Beginners. If you are interested in either of these ideas please contact Lesley Bedford, Group Co-ordinator, [groupcordinator@chalfontsu3a.org.uk](mailto:groupcordinator@chalfontsu3a.org.uk)

## **New Members Coffee Mornings**

There was a lively get together on Wednesday November 2nd at Gerrards Cross Community Association in East Common where 25 new members enjoyed tea/coffee and cakes. Lots of chat, making some new friends and finding out a bit more about Chalfonts u3a. I was ably assisted by Maureen Green, Membership Secretary and Jane Barker, Chair. I hope to run this coffee morning every 3 months for new members and will contact them with dates. Vice Chair, Eileen Powell

## **Pickleball**

The new group Pickleball group is now up and running. We start outdoors on Tuesday 1st November using Chalfont St Peter Tennis Club's newly built Pickleball court. From 29th November, we will move indoors to the Chalfont Leisure Centre.

Play starts at 1.30pm every Tuesday for one hour. Equipment provided. Those new to the game will be guided through the basics of the game and I'm sure will be joining in with the more

experienced players before the hour is up. Pickleball is a fast-growing racket sport in the UK, a cross between tennis and 'beach' bat and ball, and is suitable for all, especially those of a certain age. Richard Cranston, convenor [richard.cranston@talktalk.net](mailto:richard.cranston@talktalk.net)

## Photography

Update on last month...we had intended showing the film of a war photographer, Tony Vaccaro. He took some incredible pictures as an infantryman with the US Army from 1943 up to the end of the war. Unfortunately, we couldn't get the link to this film to work in the CSP library using their internet connection.

For any member of Chalfonts u3a the film is available for anyone to watch on the internet. The easiest way is to put this phrase into your preferred search engine (there are others apart from google!)..."Tony Vaccaro Under Fire The untold story of a pfc"

It should take you to a page of links and then look for one on the [dailymotion.com](http://dailymotion.com) website. It's a amazing film and one that shows why Vaccaro was revered once his pictures were shared several decades later. In the film he goes back to the places he took to photos and tells the story behind them.

He's also a great speaker and brings the pictures to life with his narrative. Watch out for the two young girls he took a picture of with a US soldier and the end of the war...and then he found them again nearly 70 years later!

Our trip this month is very local, this time to the other half of the Chalfonts name...abbreviated to CSG; and some say it's the prettier (but I couldn't possibly comment!).



We will be meeting at the CSP Community Centre at 1.50pm and then making the short journey to spend an hour or so in the village. We are then intending to have a drink/cake and a chat at The White Hart Inn, adjacent Three Households, on the roundabout, at about 3.15pm before heading back.



Anyone interested in joining the group please contact Tony Darbyshire, convenor [photography@chalfontsu3a.org.uk](mailto:photography@chalfontsu3a.org.uk)

## London Walks

After a break of some 5 months the London Walks Group recently embarked on a Soho Saunter. With almost 80 u3a members divided between 3 Guides, we started outside Wyndham's Theatre on Charing Cross Road and ended some 2 hours later at the rear of the London Palladium.





En route, we passed through Leicester Square, China Town, and saw the pub that was the centre of Dutch resistance during the war. Into Soho Square, with its House of Charity members club, Hospital for Women and the statue of King Charles II complete with a bunch of flowers.

On past Ronnie Scott's Jazz Club with the famous Little Italy Restaurant opposite and through a much more respectable Soho, no longer the den of iniquity it once was.

We paused outside the Windmill Theatre to be told that the display of nudity was not obscene, provided the models stood in a motionless pose. Also their famous motto 'We never closed' was not strictly true, as they had to comply with the compulsory closure that affected all theatres in 1939, but were however, the first to reopen.

Finally we approached the end of our walk through Carnaby Street, now pedestrianised and a shadow of how it was in the swinging sixties.

### **National u3a programme**

And finally, there is more of the u3a to be found at

<https://www.u3a.org.uk/learning/national-programmes> and  
<https://www.u3a.org.uk/events/educational-events>

Just because the weather isn't very nice at the moment you can still find a wide range of opportunities to learn for fun, exploring new ideas, skills & interests, without leaving home.

So that's it for this month. I end this edition as I began – with the weather. We can't do anything about it but enjoy the best of it and remember that the worst of it always passes faster if we keep busy.

Best wishes  
Val Darbyshire