



Hello everyone ...

Many apologies for the late publication of this newsletter. I aim to get it to you in plenty of time for the Monthly Meeting which is always held on the second Wednesday of each month. However, this month it just wasn't possible, and I hope to return to normal service from now on.

The next issue will be number 100 and if you have any musings or stories around that magic number, please send them to me by the end of this month so that I can include them in that edition, subject to space.

In the meantime, I hope you find something in here to inspire you to keep yourself active. The full list of current Interest Groups can be found at the back of this issue. Please use this to contact either Interest Group convenors or the committee.

Happy 2023

Val Darbyshire, Newsletter Editor

## **A message from our Chair – Jane Barker**

### **Looking Forward- A New Year Resolution?**

As another year starts, we hope you are looking forward to joining your u3a friends on lots of different interest groups and activities. We have over 70 interest groups on offer, spanning all sorts of subject areas. You can join a group through our website or by emailing the convenor as shown on the list attached to this Newsletter.

Many of our members are already involved in running and supporting our interest groups, ensuring their continued success. We would like to encourage all members to consider stepping forward to help with running our u3a - either helping with an interest group, starting a new interest group, or joining the Trustees on our Committee. We rely entirely on volunteers for everything we do! If you are a relatively new member, or maybe joining shortly after retiring from work, or after raising a family, please consider volunteering. There is lots of help and support available for our volunteers, and you would find the role interesting and rewarding.

If you would like to explore the options further, please contact our Chair, Jane Barker, at [chair@chalfontsu3a.org.uk](mailto:chair@chalfontsu3a.org.uk) for information and a chat.

## Monthly meeting dates for your diary:

### 8 February 2023 at 2pm - A History of Moor Park Mansion

Alison Wall will introduce us to the history of Moor Park, starting from the time of Cardinal Wolsey down to the present day, including its use during the Second World War for the planning of the Battle of Arnhem.

### 8 March 2023 at 2pm - The Murder of Alexander Litvinenko

In October 2006 2 Russian Intelligence agents flew into London from Moscow. Their mission had one objective, to kill Ex KGB spy Alexander Litvinenko. We examine his life and death and the attempts to assassinate him.

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

### December's Monthly Meeting - David Tomkins – Magician

At our final monthly meeting of the year we were entertained by a wonderful magician, David Tomkins.



He spent an hour showing us various magic tricks, from taking a long piece of rope, cutting chunks from it and then ending up with the rope completely intact and with the bits he'd chopped off lying on the floor. And his rope was still as long as when he started the cutting with his scissors!

Another trick saw one of our members have a hole drilled in her tummy, though we should say that while he was doing this incredible bit of magic, she was laughing and giggling.

And so many more tricks involving cards, dots, toothbrushes, bags



David also showed that he is a very accomplished ventriloquist. During his show he gave us Roy Orbison and Elvis Presley. The pictures we included give you an idea of the fun we all had watching his performance!

For those not able to attend the meeting, here are some links that show his wonderful skills...  
<https://youtu.be/ayn4WGH-s5g> (This is David entertaining children with one of his puppets, and doing some other tricks.)

And here's a link to five minutes of David showing his skills with cards, puppets, and his sheer artistry at fooling us all with his magic...

<https://youtu.be/GCudkTCoy-Q>



At the end of his performance he was given a huge round of applause from our members for entertaining us so brilliantly!



## New members:

### We'd like to welcome the following new members to Chalfonts u3a

Anita Dorsett, Peter Spence, Stuart Love, Luke Degan, Janis Bazzard, Jonathan Baggott, Geoffrey Heal, Jill Blacklee, Clare Hardman, Joe Maley, Charlotte Wallwork, Betty Brunt, Varsha Kirkby and Anne Maeght.

We know it can be confusing when you join anything new but please ask (contacts at the end of this newsletter) and we look forward to meeting you all in due course.

## 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 details. [www.rivieratravel.co.uk](http://www.rivieratravel.co.uk)

## News from our Interest Groups

### New groups

We have new **Pilates** sessions which started on Monday 9th January if you are interested in joining one of our sessions please let Lesley Bedford know on [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

We also have a new block of 10 sessions of **Tai Chi** which started on Friday 13th January - once again if you are interested please let me know [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

### Bridge Group

The tradition of the Bridge Group Christmas Party resumed on the 21<sup>st</sup> December. With a record attendance, crazy seasonal attire and a tasty lunch with festive drinks there was still time for a full session of play and prize giving including a Player of the Year award for nonagenarian Doreen Dennis.



### Old Time Music Hall Singing Group

What a waste! 7 beautifully balanced, (huh!), well-rehearsed(huh!) singers (huh!), just waiting for the chance to give pleasure to old folks restricted to living in Care Homes. The trouble is that our wonderful pianist has had to retire on health grounds. She is bereft, we are bereft!

Just think of it ----- you are a pianist and you know, if you joined us, what pleasure you could help to bring to the humdrum lives of these people whose responses make it all worthwhile! Pay is reasonable; a cup of tea and, sometimes, a biscuit, after the show.

We meet twice per month to either rehearse or perform.

Not too demanding? If you are "a little rusty," don't fret because so are we! Apply in writing to [bobt@halifax99.plus.com](mailto:bobt@halifax99.plus.com)



## Cryptic Crossword Group Record Year

Our Cryptic Crossword members managed 2 awards from the Daily Telegraph in 2022. This may not sound much, but to win one is a treasured achievement; to win two is unheard of!

## 6–10-mile Walking Group

We had a lovely Christmas walk through Chenies, Latimer and along the Chess Valley on 20<sup>th</sup> December: we were so lucky with the weather, because it had rained all the day before!

We then finished the walk with a pub lunch at the Red Lion, Chenies. What a great day!

Marion Clegg and Sally Buckley (Leader and back marker)



## Singing for Pleasure Group

The group sang carols at the luncheon for the Widows of the Parish at the Hub on the 12th December, 2022. We were accompanied on the piano by Louise Childs and Stephanie made sure we were all paying attention. We were served an excellent three course lunch and a good time was had by all.

## New Members Coffee Mornings

A New Members Coffee Morning was held on 4th January at Gerrards Cross Community Association, East Common and was very enjoyable and well attended.

Eileen Powell, Vice Chair was ably assisted by Jane Barker, Chair and Maureen Green, Membership Secretary and were on hand to share information with our new members about our u3a.

## Mixed Walking Cricket

Just to highlight that we have restarted our indoor sessions after our Christmas break at Chalfonts Leisure Centre on Tuesday this month and if any members are interested in giving it a try we would love to see you!

Please contact Eileen Powell, convenor [mixedwalkingcricket@chalfontsu3a.org.uk](mailto:mixedwalkingcricket@chalfontsu3a.org.uk)

### **New Experiences Group**

The New Experiences group made some lovely Christmas wreaths in December. In January and February we are planning meditation and mindfulness and pottery workshops.

If you would like to join the group please contact Angela Cranston.



### **Cake Decorating Group**

Following on from an enjoyable taster session in September, the Cake Decorating Group has established regular sessions meeting on the second Tuesday of the month 2-4pm at the Community Centre.

The group is aimed at the beginner but those with experience are also welcome.

So far we have worked with fondant, learning how to roll, colour and marble it -and had two fun sessions decorating Festive cakes.

We look forward to Spring and Easter decorations this term.

### **Coffee Morning Group**

Coffee mornings have been held in November and December, at The Greyhound in CSP. Thank you everyone who came for the delicious croissants and coffee. It is such a relaxing way to get to know other people.

Contact the Group Co-ordinator if you would like to attend the next one on Thursday 24 January so we can be sure we have sufficient supplies. Coffee and croissant is £3.50 per person. [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

### **Tuesday Table Tennis Group -3.30 session**

Have you previously played table tennis or would like to start this fun game? If so you are welcome to join our friendly group at the Chalfonts Leisure Centre.

We can lend you a bat so you can join in the fun. Please contact the convenor if you are interested.

### **Theatre Group**

Our year ended with a trip to Top Hat at the Mill at Sonning which was great fun and a very enjoyable way to start the festive season.

Now 2023 is here we have a series of shows that we are going to with Noises Off on 26th January and on 9th February there's Witness for the Prosecution.

It's going to continue to be a busy year for our group and this is thanks to the amazing support and interest from our members.

# Chalfonts U3A Directory of Interest Groups

For general enquires about interest groups please contact

Lesley Bedford – Groups Coordinator - [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

Telephone: 07970 848617

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

INTEREST GROUP	CONVENOR	EMAIL
Badminton	Chris Pearcy	<a href="mailto:badminton@chalfontsu3a.org.uk">badminton@chalfontsu3a.org.uk</a>
Badminton 2	Chris Pearcy	<a href="mailto:badminton@chalfontsu3a.org.uk">badminton@chalfontsu3a.org.uk</a>
Ballroom Dancing	Carolyn Edwards	<a href="mailto:ballroomdancing@chalfontsu3a.org.uk">ballroomdancing@chalfontsu3a.org.uk</a>
Birdwatching	Tony Micallef	<a href="mailto:birdwatching@chalfontsu3a.org.uk">birdwatching@chalfontsu3a.org.uk</a>
Book Club 1	Carol Lyons	<a href="mailto:bookclub1@chalfontsu3a.org.uk">bookclub1@chalfontsu3a.org.uk</a>
Book Club 2	Marsha Partridge	<a href="mailto:bookclub2@chalfontsu3a.org.uk">bookclub2@chalfontsu3a.org.uk</a>
Bridge for Beginners	Bob Borwick	<a href="mailto:bridgeforbeginners@chalfontsu3a.org.uk">bridgeforbeginners@chalfontsu3a.org.uk</a>
Bridge	Sue Fisher	<a href="mailto:bridge@chalfontsu3a.org.uk">bridge@chalfontsu3a.org.uk</a>
Cake Decorating	Jane Douglas	<a href="mailto:cakedecorating@chalfontsu3a.org.uk">cakedecorating@chalfontsu3a.org.uk</a>
Chess	Tony Micallef	<a href="mailto:chess@chalfontsu3a.org.uk">chess@chalfontsu3a.org.uk</a>
Computing	Gary Tomlin	<a href="mailto:computing@chalfontsu3a.org.uk">computing@chalfontsu3a.org.uk</a>
Coffee Mornings	Chris Coteman	<a href="mailto:coffeemornings@chalfontsu3a.org.uk">coffeemornings@chalfontsu3a.org.uk</a>
Cribbage	David Burbidge	<a href="mailto:cribbage@chalfontsu3a.org.uk">cribbage@chalfontsu3a.org.uk</a>
Cricket- Mixed Walking	Eileen Powell	<a href="mailto:mixedwalkingcricket@chalfontsu3a.org.uk">mixedwalkingcricket@chalfontsu3a.org.uk</a>
Creative Writing	David Brodie	<a href="mailto:creativewriting@chalfontsu3a.org.uk">creativewriting@chalfontsu3a.org.uk</a>
Crochet	Jeanette Galletly	<a href="mailto:crochet@chalfontsu3a.org.uk">crochet@chalfontsu3a.org.uk</a>
Cryptic Crosswords	Bob Leven	<a href="mailto:crypticcrosswords@chalfontsu3a.org.uk">crypticcrosswords@chalfontsu3a.org.uk</a>
Current Affairs	Val Hadfield	<a href="mailto:currentaffairs@chalfontsu3a.org.uk">currentaffairs@chalfontsu3a.org.uk</a>
Cycling Longer Routes	Dave Duckworth	<a href="mailto:cyclinglongerroutes@chalfontsu3a.org.uk">cyclinglongerroutes@chalfontsu3a.org.uk</a>
Excursions/Outings	Tricia Reeve Val Smith	<a href="mailto:excursions@chalfontsu3a.org.uk">excursions@chalfontsu3a.org.uk</a>
Family History	Jan Sawyer Marguerite Fletcher	<a href="mailto:familyhistory@chalfontsu3a.org.uk">familyhistory@chalfontsu3a.org.uk</a>
Family History2	Linda Kedge	<a href="mailto:familyhistory2@chalfontsu3a.org.uk">familyhistory2@chalfontsu3a.org.uk</a>
Flower Arranging	Pending new convenor	<a href="mailto:flowerarranging@chalfontsu3a.org.uk">flowerarranging@chalfontsu3a.org.uk</a>
French Conversation Intermediate 1	Sandy Oldham	<a href="mailto:frenchconversation1@chalfontsu3a.org.uk">frenchconversation1@chalfontsu3a.org.uk</a>
French Conversation Intermediate 2	Ray Luker	<a href="mailto:frenchconversation2@chalfontsu3a.org.uk">frenchconversation2@chalfontsu3a.org.uk</a>
French Intermediate 3	Pat Lawson	<a href="mailto:frenchintermediate3@chalfontsu3a.org.uk">frenchintermediate3@chalfontsu3a.org.uk</a>
French Conversation Advanced	Judy Cutter	<a href="mailto:frenchfluent@chalfontsu3a.org.uk">frenchfluent@chalfontsu3a.org.uk</a>
Garden Visits	Jane Barker Jacqui Greenham	<a href="mailto:gardenvisits@chalfontsu3a.org.uk">gardenvisits@chalfontsu3a.org.uk</a>
German Conversation	Renate Danner	<a href="mailto:germanconversation@chalfontsu3a.org.uk">germanconversation@chalfontsu3a.org.uk</a>
Guitar	Bob Borwick	
History	Trish Hart	<a href="mailto:history@chalfontsu3a.org.uk">history@chalfontsu3a.org.uk</a>
iPad User Group	Phil McAvoy	<a href="mailto:ipad@chalfontsu3a.org.uk">ipad@chalfontsu3a.org.uk</a>
Italian Beginners	Awaiting a convenor	<a href="mailto:groupcoordinator@chalfontsu3a.org.uk">groupcoordinator@chalfontsu3a.org.uk</a>
Italian Beginners Plus	Lesley Bedford	<a href="mailto:italianbeginnersplus@chalfontsu3a.org.uk">italianbeginnersplus@chalfontsu3a.org.uk</a>
Italian Conversation Advanced	Awaiting change of convenor	<a href="mailto:italianadvconversation@chalfontsu3a.org.uk">italianadvconversation@chalfontsu3a.org.uk</a>
Knitting	Marsha Partridge	<a href="mailto:knitting@chalfontsu3a.org.uk">knitting@chalfontsu3a.org.uk</a>
Lawn Bowls	Pam Anderson Mike Alderton	<a href="mailto:lawnbowls@chalfontsu3a.org.uk">lawnbowls@chalfontsu3a.org.uk</a>
London Walks	John Hardwick	<a href="mailto:londonwalks@chalfontsu3a.org.uk">londonwalks@chalfontsu3a.org.uk</a>
MacOS Computing	Gary Tomlin	<a href="mailto:macoscomputing@chalfontsu3a.org.uk">macoscomputing@chalfontsu3a.org.uk</a>
Mah-jong	Sam Patel	<a href="mailto:mahjong@chalfontsu3a.org.uk">mahjong@chalfontsu3a.org.uk</a>
New Experiences	Angela Cranston	<a href="mailto:newexperiences@chalfontsu3a.org.uk">newexperiences@chalfontsu3a.org.uk</a>
Old Time Musical Hall Singing	Bob Leven	<a href="mailto:musichallsinging@chalfontsu3a.org.uk">musichallsinging@chalfontsu3a.org.uk</a>
Philosophy	Linda Hagreen	<a href="mailto:philosophy@chalfontsu3a.org.uk">philosophy@chalfontsu3a.org.uk</a>
Photography	Tony Darbyshire	<a href="mailto:photography@chalfontsu3a.org.uk">photography@chalfontsu3a.org.uk</a>

Pickle Ball	Richard Cranston	<a href="mailto:pickleball@chalfontsu3a.org.uk">pickleball@chalfontsu3a.org.uk</a>
Pilates all groups	Lesley Bedford	<a href="mailto:pilates@chalfontsu3a.org.uk">pilates@chalfontsu3a.org.uk</a>
Poetry & Literature	David Burbidge	<a href="mailto:poetry&amp;literature@chalfontsu3a.org.uk">poetry&amp;literature@chalfontsu3a.org.uk</a>
Portuguese	Brian Wapshire	<a href="mailto:portuguese@chalfontsu3a.org.uk">portuguese@chalfontsu3a.org.uk</a>
Quizzing	Margaret Turner	<a href="mailto:quizzers@chalfontsu3a.org.uk">quizzers@chalfontsu3a.org.uk</a>
RUG Really Useful Group	Sharon Duncan	<a href="mailto:rug@chalfontsu3a.org.uk">rug@chalfontsu3a.org.uk</a>
Rummikub	Georgina Cane	<a href="mailto:rummikub@chalfontsu3a.org.uk">rummikub@chalfontsu3a.org.uk</a>
Scrabble	Anne Higson	<a href="mailto:scrabble@chalfontsu3a.org.uk">scrabble@chalfontsu3a.org.uk</a>
Science & Technology	To be confirmed	<a href="mailto:science@chalfontsu3a.org.uk">science@chalfontsu3a.org.uk</a>
Short Mat Bowls	Sheila Woolgar	<a href="mailto:groupcoordinator@chalfontsu3a.org.uk">groupcoordinator@chalfontsu3a.org.uk</a>
Singing for Pleasure	Brenda O'Gorman	<a href="mailto:singing4pleasure@chalfontsu3a.org.uk">singing4pleasure@chalfontsu3a.org.uk</a>
Spanish Conversation	Linda Walton	<a href="mailto:spanishconversation@chalfontsu3a.org.uk">spanishconversation@chalfontsu3a.org.uk</a>
Spanish Beginners 1	Ivor Spector	<a href="mailto:spanishbeginners1@chalfontsu3a.org.uk">spanishbeginners1@chalfontsu3a.org.uk</a>
Spanish Beginners 2	Peter Shaw	<a href="mailto:spanishbeginners2@chalfontsu3a.org.uk">spanishbeginners2@chalfontsu3a.org.uk</a>
Spanish Improvers 1	Margaret Burbidge	<a href="mailto:spanishimprovers1@chalfontsu3a.org.uk">spanishimprovers1@chalfontsu3a.org.uk</a>
Sunday Group	Sue Fisher	<a href="mailto:sundaygroup@chalfontsu3a.org.uk">sundaygroup@chalfontsu3a.org.uk</a>
Table Tennis 1	Sue White	<a href="mailto:tabletennis@chalfontsu3a.org.uk">tabletennis@chalfontsu3a.org.uk</a>
Table Tennis 2	Eileen Powell	<a href="mailto:tabletennis2@chalfontsu3a.org.uk">tabletennis2@chalfontsu3a.org.uk</a>
Table Tennis 3	Gio Pedalino	<a href="mailto:tabletennis3@chalfontsu3a.org.uk">tabletennis3@chalfontsu3a.org.uk</a>
Tai Chi Beginners Tai Chi	Lesley Bedford Lyn Tatnell	<a href="mailto:taichi@chalfontsu3a.org.uk">taichi@chalfontsu3a.org.uk</a>
Textiles and Craft	Teri McAvooy	<a href="mailto:textiles@chalfontsu3a.org.uk">textiles@chalfontsu3a.org.uk</a>
Theatre Visits	Howard Dawson Angela Windsor	<a href="mailto:theatretrips@chalfontsu3a.org.uk">theatretrips@chalfontsu3a.org.uk</a>
Ukulele	Vivienne Blewitt Ray Higginbottom	<a href="mailto:ukelele@chalfontsu3a.org.uk">ukelele@chalfontsu3a.org.uk</a>
Walking 6 – 10 miles	Marion Clegg Sally Buckley	<a href="mailto:walking6-10miles@chalfontsu3a.org.uk">walking6-10miles@chalfontsu3a.org.uk</a>
Walking less than 6 miles	Nigel Trotman David Cooper	<a href="mailto:walking2-6miles@chalfontsu3a.org.uk">walking2-6miles@chalfontsu3a.org.uk</a>
Walking Strollers	Kate Trotman	<a href="mailto:strollers@chalfontsu3a.org.uk">strollers@chalfontsu3a.org.uk</a>
Wine Appreciation	Grace Hunter	<a href="mailto:wineappreciation@chalfontsu3a.org.uk">wineappreciation@chalfontsu3a.org.uk</a>
Wine Appreciation 2	David Hillis	<a href="mailto:wineappreciation2@chalfontsu3a.org.uk">wineappreciation2@chalfontsu3a.org.uk</a>
Yoga	Geoff Clegg	<a href="mailto:yoga@chalfontsu3a.org.uk">yoga@chalfontsu3a.org.uk</a>
Yoga Friday pm	Helen Hall	<a href="mailto:yoga3@chalfontsu3a.org.uk">yoga3@chalfontsu3a.org.uk</a>

## Chalfonts U3A Committee

Chair	Jane Barker	<a href="mailto:chairman@chalfontsu3a.org.uk">chairman@chalfontsu3a.org.uk</a>
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Secretary	Chris Hardwick	<a href="mailto:secretary@chalfontsu3a.org.uk">secretary@chalfontsu3a.org.uk</a>
Treasurer/Finance	Chris White	<a href="mailto:treasurer@chalfontsu3a.org.uk">treasurer@chalfontsu3a.org.uk</a>
Finance Officer	Christine Hillis	<a href="mailto:financeofficer@chalfontsu3a.org.uk">financeofficer@chalfontsu3a.org.uk</a>
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Membership Secretary	Maureen Green	<a href="mailto:membershipsecretary@chalfontsu3a.org.uk">membershipsecretary@chalfontsu3a.org.uk</a>
Newsletter & Publicity	Val Darbyshire	<a href="mailto:newsletters@chalfontsu3a.org.uk">newsletters@chalfontsu3a.org.uk</a>
Speaker	Geoff Clegg	<a href="mailto:speakercoordinator@chalfontsu3a.org.uk">speakercoordinator@chalfontsu3a.org.uk</a>
Venue Co-ordinator	Lesley Bedford	<a href="mailto:venuecoordinator@chalfontsu3a.org.uk">venuecoordinator@chalfontsu3a.org.uk</a>
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Chalfonts U3A suggestion box	<a href="mailto:suggestionbox@chalfontsu3a.org.uk">suggestionbox@chalfontsu3a.org.uk</a>
Chalfonts U3A website	<a href="http://www.chalfontsu3a.org.uk">www.chalfontsu3a.org.uk</a>

U3A National website	<a href="http://www.u3a.org.uk">www.u3a.org.uk</a>
Thames Valley Network website	<a href="http://www.u3atvnetwork.org.uk">www.u3atvnetwork.org.uk</a>