

Hello everyone ...



And it's March! Which always sounds better than February – glad to have that out of the way. All I will say of the current weather is that at least it's dry. It could be worse!

Our Monthly Meeting on the 8<sup>th</sup> is particularly topical now with Russia waging war on Ukraine. Please also note that this talk will not be available on Zoom, either at the time or later.

I'd also like to draw your attention to the warning on page 2, and reiterate that if you get an email from someone you know asking for money, please check back with them by another method.

So many celebratory days in March but I've chosen to highlight Pi Day on 14<sup>th</sup> March - a day for celebrating the wonder of mathematics. The 14<sup>th</sup> March was chosen because the value of Pi is often taken as 3.14. Now will it be apple, cottage or humble?

Best wishes,

Val Darbyshire, Newsletter Editor

### New members to welcome into Chalfonts u3a

David Powell, Irene Powell, Sara Nestor, Alexandra Nestor, Pearl Hirst, John Hockenhull, Clyde Perkins, Stephen Walker, and Beth Sykes have all recently joined or rejoined. It's good to see you all and hope you enjoy your various activities and events within our group.

### MEMBERSHIP RENEWAL FOR 2023-2024

The next membership year starts on the 1 April 2023 and runs through until 31 March 2024. The subscription will be £20 per person.

At the beginning of April you will be sent an email with your membership number and information on how to renew. **There is nothing for you to do until you receive these instructions.** Those not using email will receive a letter.

If you have any queries please email Maureen Green, Membership Secretary [membershipsecretary@chalfontsu3a.org.uk](mailto:membershipsecretary@chalfontsu3a.org.uk)

### Still paying with cheques?

As many of you will know Nat West have recently closed their branch in Gerrards Cross. This follows the closure of the Chalfont St Peter branch of Nat West and the Lloyds branches in both towns – all within the last few years.

Our nearest branch is Beaconsfield for Nat West and Uxbridge for Lloyds. So paying in your cheques now involves a car journey and parking fees as well as the inevitable longer queues as there are fewer branches for people to use.

We have a very active u3a and the majority of you pay for membership, trips and activities directly using online or mobile banking.

This is a plea from your convenors, your Finance Officer, and Treasurer that those of you who currently use cheques switch to online or telephone banking.

It is free and simple and safe.

Please ask a family member or trusted friend to show you how to set up an account with your bank. It will make your life easier as well as ours.

Of course, while the banks still accept cheques so will we, but we would appreciate your support in reducing our workload.

### **A warning from one of our interest group convenors**

Unfortunately we are all subject to unwanted emails. We can all have our emails hacked.

This has happened to me very recently. It is giving me lots of problems, having to update everyone with my new account. There is also a very negative side to this, people have been asked, by the hacker, to help me out by buying a gift voucher. I know that some people have thought that by doing this they were being kind, and they paid up.

**PLEASE**, if you are asked for money from people, check that the email was from them and that they genuinely need help. I feel we need to be constantly reminded how easy it is for the scammers out there to get hold of our personal data and misuse it for their own ends.

### **Monthly meeting dates for your diary:**

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

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

**\*\* Please note that this talk will not be available on Zoom \*\***

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.

#### **12 April 2023 at 2pm – Does Foreign Aid really work?**

An interesting and thought-provoking talk from Roger Riddell, who spent many years on development issues, partly sponsored by Foreign Aid. He held government posts in Zimbabwe, and has written a book of his observations and experiences.

#### **10 May 2023 at 2pm - A History of Pinewood**

Mike Payne talks to us about the past, present, and future of one of Buckinghamshire's biggest assets. His talk brings some personal memories of the stars, and is told with a passion that stems from a lifetime of interest.

## **News from our Interest Groups**

I would like to take the opportunity of thanking all our hardworking group convenors who do such an excellent job. Lesley Bedford, Interest Group Co-ordinator

### **New Book Club**

We have had some interest in starting a third book club but could do with a few more people, if you are interested in coming along for a chat to find out more please contact me at [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

### **Beginners' Guitar groups**

Our beginners' guitar group is doing really well and the members feel that they are now more intermediate so if you are interested in a beginners group please let me know and hopefully we can get a second group off the ground. [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

### **New groups**

If anyone has an idea for a new group we would be very interested to hear more. [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

### **Philosophy**

The philosophy group has arranged the next two topics to appeal to a wider audience, so if you are even a little curious about the group these sessions would be an ideal way to find out more in a very relaxed way.

The next session, on March 16th between 14:00-16:00, will be a presentation on The Stoics, a collection of ancient Greek & Roman philosophers who advocated a way of living that would achieve happiness. There has never been a better time to learn some stoicism! No previous knowledge necessary, just sit back and sip a warm drink, while listening to the mellifluous tones of our Luke.

The following session, on April 20th between 14:00-16:00, will be a light-hearted discussion on the usefulness of philosophy in our everyday lives with a selection of snippets from everyone's favourite philosophy. Newcomers may participate in the discussion or simply watch as we tie ourselves in knots!

We have comfy chairs and DIY tea/coffee making facilities (£1 per cup) or bring your own.

We hope both sessions will be at the Epilepsy Centre, although this can only be confirmed nearer the dates.

If this sounds like it might be just the introduction you were hoping for, please contact the convenor, so that the venue can be confirmed, on: [philosophy@chalfontsu3a.org.uk](mailto:philosophy@chalfontsu3a.org.uk)

### **Old Time Music Hall Singing group**

The group has still not found a replacement pianist. It will be a real loss if a group that brings such pleasure to so many has to close. Have we no one amongst our vast membership who can help? Contact Bob Leven, group convenor, to save this group.

### **Badminton 2 group**

The Badminton 2 group is now up and running and more members would be welcomed. 9.30am every Thursday at the Chalfont Leisure Centre. Come along for a taster session! - Chris Pearcey, group convenor.

## New Experiences group

In February the New Experience group members chilled out and attended a talk and demonstration of mindfulness and meditation.

In the next couple of months the group is going creative with workshops in pottery and calligraphy. We hope to partake in some more active pursuits in the spring and summer. Angela Cranston, group convenor.

## Excursions group



In February we had our first excursion of 2023 for a guided tour of Harrow School to learn about their history and traditions. The tour offered us a chance to look at this world-famous public school, including its use as a location for Harry Potter films and other TV series. We were able to visit the spectacular Speech Room, the War Memorial Building, the Chapel and other equally impressive buildings.

This was followed by a truly remarkable afternoon tea in the Shepherd Churchill Dining Room. Harrow School doesn't do anything by halves and we were all suitably impressed.

Apologies to one of the groups as no photograph was taken.



The trip was repeated in early March and was equally successful.



### Future excursions:

**4 April 2023: Royal College Hospital (Home to the Chelsea Pensioners) and National Army Museum – more information to follow.**

If you wish to join the excursions group please email [excursions@chalfontsu3a.org.uk](mailto:excursions@chalfontsu3a.org.uk)

## Pickleball

The Pickleball group is currently full and has a waiting list. Richard Cranston, group convenor.





## Coffee Morning Group

We had another successful coffee morning at the Greyhound Inn on Wednesday 22nd February with a very good turnout.

Our next coffee morning at the Greyhound will be on Thursday 23rd March, coffee and croissants are £3.50 if you are interested in coming along, please contact [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk).

## Garden Visits

The Garden Visits group had a VIP guest at their Spring Lunch this year - Gardeners' Question Time expert and regular, Christine Walkden. Christine delighted her audience with tales of her travels in South Africa, Chile and Mexico and the wonderful plants that come from these countries.



Members enjoyed a lovely lunch provided by Ann Tennant and had their first glimpse of the Garden Visits programme for 2023. Highlights include the Beth Chatto garden, Tom Stuart's garden and The Prairie Garden in Sussex.

The programme kicks off with a visit to the Thriplow Daffodil Weekend and Country Fair in Cambridgeshire.

To join the group please email [gardenvisits@chalfontsu3a.org.uk](mailto:gardenvisits@chalfontsu3a.org.uk)



## Mixed Walking Cricket group



The mixed walking cricket group celebrated their first year playing together and enjoyed a group pic and some chocolate!

Always happy for newcomers so contact Eileen Powell, convenor. [mixedwalkingcricket@chalfontsu3a.org.uk](mailto:mixedwalkingcricket@chalfontsu3a.org.uk)

## Theatre Group

Our February outing to 'Witness for the Prosecution' on 9th was well attended and everyone seemed to enjoy the experience of sitting in the circular court room at County Hall and watching the play.

Our next theatre visit is to 'Moulin Rouge' on 16th March, and we are all hoping for another enjoyable evening.

Thank you all for supporting us and if anyone has any suggestions for a particular show, please let us know and we will see what we can do.

Look forward to seeing everyone who's coming to 'Moulin Rouge' on 16th March. Angela and Howard, group convenors.

## Walking group up to 6 miles.



On Friday 24th February 29 members of the group went on a 5 mile circular route from Hurley towards Marlow and back along the Thames.

The photograph is on Temple Bridge.

The walk was followed by a pub lunch.

Nigel Trotman, group convenor

## Online learning

Don't forget that your u3a activities needn't stop in the Chalfonts. There are also online learning opportunities via the national organisation, and these can be found at <https://www.u3a.org.uk/learning/national-programmes>

Other ways of keeping the brain cells busy can also be found at the same link. See Aileen's Game - a word puzzle devised by a u3a member and named in honour of his mother. It's unlike any word puzzle I've previously played so I admire anyone who can create such things. Try it out!

## 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)

# Chalfonts U3A Directory of Interest Groups

For general enquires about interest groups please contact  
**Lesley Bedford – Interest 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 Pearcey	<a href="mailto:badminton@chalfontsu3a.org.uk">badminton@chalfontsu3a.org.uk</a>
Badminton 2	Chris Pearcey	<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>
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>
New Members Coffee Mornings	Eileen Powell	<a href="mailto:newmemberscoffeemornings@chalfontsu3a.org.uk">newmemberscoffeemornings@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>
Pickleball	Richard Cranston	<a href="mailto:pickleball@chalfontsu3a.org.uk">pickleball@chalfontsu3a.org.uk</a>

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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 McAvoy	<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	James O'Flynn	<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>
Weekend Group	Kathy Beattie	<a href="mailto:weekendgroup@chalfontsu3a.org.uk">weekendgroup@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

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Treasurer/Finance	Chris White	<a href="mailto:treasurer@chalfontsu3a.org.uk">treasurer@chalfontsu3a.org.uk</a>
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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>
Webmaster	Gary Tomlin	<a href="mailto:webmaster@chalfontsu3a.org.uk">webmaster@chalfontsu3a.org.uk</a>

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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>