

Hello everyone ...

And it's June – glorious sunshine, long days, Fathers' Day, summer fruits, no Bank Holidays, the end of exams, the King's official birthday, roses, and lots of garden watering.

Whether you are away on holiday this month or sticking closer to home I hope you can enjoy the simple delights of the early summertime.

And my Special Celebration for this month is the Summer Solstice. This happens on Wednesday 21 June, at 3.27pm

precisely this year. And as that's just before afternoon teatime that's got to be worth some strawberries and cream, hasn't it?

Best wishes,

Val Darbyshire, Newsletter Editor

Volunteers Week

Volunteers' Week (1-7 June) is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities.

As you know Chalfonts u3a relies entirely on members who volunteer for everything we do. Many thanks to them all for their time and commitment.

To mark the occasion here are a few words about volunteering from one of our members - Kate Trotman.

Why do I volunteer?

Back in the days when I worked, I often spent time with my mother and her friends, who spoke about this wonderful organisation called u3a. I thought that sounded like a lot of fun with interesting trips and events held and that, when I was in a position to join, I would.

Later on, whilst I was still working, but my husband had retired, Chalfonts u3a was set up and I encouraged my husband to go along to the inaugural meeting. He set up one of the interest groups and I saw that he got a lot out of it, as well as putting a lot of hard work in. I then got involved a bit through him.

Now I have retired, I am able to offer my services to this wonderful organisation. Yes, it takes up my time, but never a week goes by when I don't have something to do. I have been lucky to meet a lot of lovely people with many varied interests. I have found lots of places to go on breaks and holidays.

I have listened to interesting speakers on varied subjects, some fun and others thought-provoking.

I started helping out with one of the groups when the convenor had some health issues and that has led to other things. Sorting out visits and outings has meant that I have done research into places to go and lots of emails and conversations with very pleasant people who only want the best for you.

I have been lucky enough to have met and made friends with people that I would not have come across in other instances. I have taken up some new hobbies too!

Volunteering is worthwhile and keeps the brain active, it makes you have contact with many people and broadens your horizons. We do it because we want to, which means we put a lot of effort into the activities. It makes you involved in the organisation and because of that you get an awful lot in return. What ever level you volunteer at you get back more rewards than you anticipated. Will I carry on? Certainly, whilst I can offer my help. Kate Trotman

New Members

A warm welcome to the following new, or rejoining, members:

Patricia Cook, Ian Cook, Joanne Ellis, Barry Stanton, Christine Stanton, Tim Spring, Reiner Enbergs, Sigi Enbergs, Pip Howell, John Park, Candace Pitkin, Hazel Williamson, Chris Williamson, Jackie Brosnan, Sheila Brown, Erika Byrne, Sue Whitehead, Charles Whitehead, Lucy Lakomy and Nicky Dann.

Please see the list of contacts on the back pages of this newsletter to contact anyone about anything to do with our u3a.

A reminder to interest group convenors

The database has now been amended to reflect the updated list of u3a members and convenors should check the current members list on Beacon.

Monthly meeting dates for your diary

14 June 2023 at 2pm – Wild flowers in the Chilterns

Dr Brenda Harold has always been fascinated by plants. Studying plants at university, going on to become a lecturer, and became Deputy Head at Brunel University. Brenda lives locally, and so can speak with knowledge and experience on our local flora.

12 July 2023

A double treat – both available on Zoom

2pm – CHALFONTS u3a AGM

3pm – How horses can educate us

Lynn Kirby will talk to us about her experiences of using horses as a way of aiding the development of education and relationships in children, their teachers and parents. Her techniques continue to be effective in cases of social and learning difficulties.

9 August 2023 at 2pm – The John Lewis & Partners story

Peter Cox will give us an illustrated talk on this unique mutual organisation. It's "Never Knowingly Undersold" pledge, and how things worked at the largest co-operative in the UK. Bringing us up to date, as online sales have had a disruptive effect on High Street trading.

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

News from our Interest Groups

Italian Beginners

We are looking to start an Italian beginners group and anyone interested in this please let me know and we will meet up for an informal get together to look at the way forward. Contact groupcoordinator@chalfontsu3a.org.uk

Coffee mornings

We had another successful coffee morning on Thursday 18th May at the Greyhound Inn. Our next coffee morning will be on Wednesday 28th June at 10 am at The Greyhound Inn. Coffee/tea and croissant is £3.50.

If you would like to attend please let me know on groupcoordinator@chalfontsu3a.org.uk as we need to ensure we have enough provisions for everyone.

Other ideas for groups

If you are a new member and have ideas for new groups please let me know. We have someone looking at an Opera Lovers Group if this is something you are interested in let me know. Also it would be good to get an art group of some form off the ground again. Additionally if anyone is interested in learning about Shakespeare please let me know. groupcoordinator@chalfontsu3a.org.uk

Thank you to everyone who convenes a group or helps in any way to support our u3a.

Garden Visits



Our programme of visits is now in full swing. On a sunny and dry day in May we visited Capel Manor in north London, home of an agricultural and horticultural college. This was reflected in the gardens, which had areas of "development" for the students to practice on (weeds)! But lots of interesting history and bits of information about the gardens were shared with us. We also experienced a cafe aimed at students - not the normal homemade teas and cakes!

After lunch we went on to the privately owned Theobalds Farmhouse garden. This was a beautiful 2 acre garden full of interesting "garden rooms" and

we were shown round by the owner and chief gardener Alison. It was enchanting, and the tea and cake up to our normal standard!

Both photos are of Theobalds Farmhouse garden. Jane Barker, convenor.



Lawn Bowls

We started our lawn bowls every other Tuesday on 16th May. Thanks to the good weather we have quite a few members turn up - hope it continues. Mike Alderton, convenor

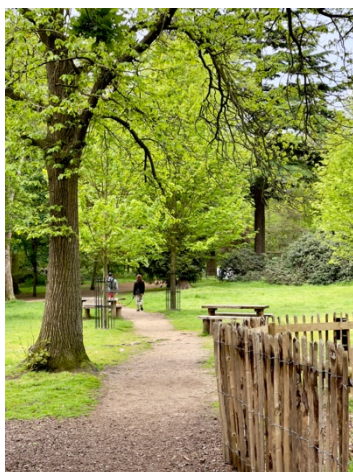
New Experiences Group

The New Experiences group have arranged a 60s disco on 2nd September from 7pm to 11pm. There will be a musical bingo quiz and a chance to join in with some karaoke if you wish. Cost will be about £5. This is open to all Chalfonts U3A members – you do not need to be a member of the New Experience group. So please come along and twist the night away.

You can bring your own drinks and nibbles.

If you would like to attend please contact Sharon Duncan on sha1duncan57@gmail.com
We need to have a response now because the event can only go ahead if there are sufficient numbers. Angela Cranston, convenor.

Photography Group



Three members of the group went down to Langley Park in May. At this time of year the park usually has a most magnificent display of rhododendrons.

Sadly we discovered the heat and dry spell of weather last year took its toll on many of shrubs and they've lost dozens of them. Luckily for us some did survive but we suspect the cost of replacing them may prove to be very difficult for the park. It's a lovely park and the pictures show

just how pleasurable it is to walk round.

After stopping for tea and coffee we walked back to the car park and met up with two of our previous committee members, Sue Fisher and Val Smith. So we thought we'd submit the picture we took of them with Andrew Laughland and Grace Hunter!



Book Group 1

Since we formed way back in 2015 we have read and discussed around 70 to 75 books of various genres from classics to psychological thrillers. It is amazing how during the meetings, with members giving their different views, it can quite often change how the book is perceived by the whole group.

Out of the 5 books we have already read, from the 10 chosen for this year, we have had very mixed reviews. The book we started with in January was *Lessons in Chemistry* by Bonnie Garmus. It is about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother. We score the books at the end of each meeting for writing style and enjoyment and *Lessons in Chemistry* scored almost full marks. It was decided that the book was well written, funny and powerful.

The book that was chosen for May was *The Black Dress* by Deborah Moggach. It is the story of a divorced lady who is looking for a new partner. Whilst in a charity shop she finds a black dress and decides to gate crash funerals of married ladies in the hope of meeting and socialising with the widower. Although the book was well received by the critics it was decided by the group to be a very poor story with no depth or plot. It scored only 4 for both style and enjoyment.

The group also has 2 social months, in June we will be having a full cream tea at The Grange which is the restaurant at Hearing Dogs for Deaf People. Carol Lyons, convenor.

Short Mat Bowls



Why not finish off a busy week with a relaxing but competitive game of short mat bowls? We have a couple of spaces and with holiday times coming up it would be good to have 2 extra people.

We meet in the hall of the Community Centre on Fridays about 1.50pm and finish at 4 pm No experience necessary. A new learning experience.

Sheila Woolgar, convenor

Excursions



The trip to the **Portsmouth Historic Dockyard** went well with great weather for the harbour cruise and visiting the newly re-furbished Mary Rose Museum, HMS Victory and HMS Warrior. A splendid day out.

The **Henley Boat** trip on 19 June is now full, with a waiting list and those who have obtained places in the ballot for the **Stratford upon Avon trip** on the 6 July have been notified. There is a waiting list for this trip.

On 4 August we are going to visit the **National Trust property of Chartwell** (home of Winston Churchill) and nearby **Quebec House** and on the 6 September

we go to **Boughton House** in Kettering for a house and estate tour with lunch and refreshments included.



Nearer the trip dates all members of the excursion group will be emailed with full details. If you wish to join the group please email excursions@chalfontsu3a.org.uk

Theatre Group

This month we had our second outing to Oklahoma on 9th May. Having got tickets for two performances the show met with mixed reviews and not everyone enjoyed it but unfortunately that's the nature of theatre visits - can't please everyone all the time!

We are going to see Mrs Doubtfire on 15th June and hope this will be a great success.

Thank you all for supporting the group and we will continue to arrange the theatre visits and hope everyone enjoys the forthcoming shows. Angela Windsor and Howard Dawson – convenors

New Members' Coffee Morning

The New Members Coffee Morning which was held on 31st May at Gerrards Cross Community Association had a small turnout but as always was valuable for updating those who have recently joined.

Mixed Walking Cricket



Mixed Walking Cricket group have now started playing outdoors on Tuesday mornings from 10-11 at Chalfont St Peter Cricket Club and following our exertions in the nets and a game we had to have coffee and croissants! Please contact Eileen Powell convenor for more details

mixedwalkingcricket@chalfontsu3a.org.uk



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

Chalfonts U3A Directory of Interest Groups

For general enquiries about interest groups please contact
Lesley Bedford – Interest Groups Coordinator - 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	badminton@chalfontsu3a.org.uk
Ballroom Dancing	Carolyn Edwards	ballroomdancing@chalfontsu3a.org.uk
Birdwatching	Tony Micallef	birdwatching@chalfontsu3a.org.uk
Book Club 1	Carol Lyons	bookclub1@chalfontsu3a.org.uk
Book Club 2	Marsha Partridge	bookclub2@chalfontsu3a.org.uk
Book Club 3	Helen Hall	treasurer@chalfontsu3a.org.uk
Bridge for Beginners	Bob Borwick	bridgeforbeginners@chalfontsu3a.org.uk
Bridge	Sue Fisher	bridge@chalfontsu3a.org.uk
Cake Decorating	Jane Douglas	cakedecorating@chalfontsu3a.org.uk
Chess	Tony Micallef	chess@chalfontsu3a.org.uk
Computing	Gary Tomlin	computing@chalfontsu3a.org.uk
Coffee Mornings	Chris Coteman	coffeemornings@chalfontsu3a.org.uk
Cribbage	David Burbidge	cribbage@chalfontsu3a.org.uk
Cricket- Mixed Walking	Eileen Powell	mixedwalkingcricket@chalfontsu3a.org.uk
Creative Writing	David Brodie	creativewriting@chalfontsu3a.org.uk
Crochet	Jeanette Galletly	crochet@chalfontsu3a.org.uk
Cryptic Crosswords	Bob Leven	crypticcrosswords@chalfontsu3a.org.uk
Cryptic Crosswords Too	Val Darbyshire	crypticcrosswordstoo@chalfontsu3a.org.uk
Current Affairs	Val Hadfield	currentaffairs@chalfontsu3a.org.uk
Cycling Longer Routes	Dave Duckworth	cyclinglongerroutes@chalfontsu3a.org.uk
Excursions/Outings	Val Smith, Kate Trotman, Sheila Tarrant	excursions@chalfontsu3a.org.uk
Family History	Jan Sawyer Marguerite Fletcher	familyhistory@chalfontsu3a.org.uk
Family History2	Linda Kedge	familyhistory2@chalfontsu3a.org.uk
French Conversation Intermediate 1	Sandy Oldham	frenchconversation1@chalfontsu3a.org.uk
French Conversation Intermediate 2	Ray Luker	frenchconversation2@chalfontsu3a.org.uk
French Intermediate 3	Pat Lawson	frenchintermediate3@chalfontsu3a.org.uk
French Conversation Advanced	Judy Cutter	frenchfluent@chalfontsu3a.org.uk
Garden Visits	Jane Barker Jacqui Greenham	gardenvisits@chalfontsu3a.org.uk
German Conversation	Renate Danner	germanconversation@chalfontsu3a.org.uk
Guitar - intermediate	Bob Borwick	guitar@chalfontsu3a.org.uk
History	Trish Hart	history@chalfontsu3a.org.uk
iPad User Group	Phil McAvoy	ipad@chalfontsu3a.org.uk
Italian Beginners	Awaiting a convenor	groupcoordinator@chalfontsu3a.org.uk
Italian Beginners Plus	Lesley Bedford	italianbeginnersplus@chalfontsu3a.org.uk
Lawn Bowls	Pam Anderson Mike Alderton	lawnbowls@chalfontsu3a.org.uk
London Walks	John Hardwick, Caroline Ashcroft, Susan Mills	londonwalks@chalfontsu3a.org.uk
MacOS Computing	Gary Tomlin, Les Klein	macoscomputing@chalfontsu3a.org.uk
Mah-jong	Sam Patel	mahjong@chalfontsu3a.org.uk
New Experiences	Angela Cranston, Sharon Duncan	newexperiences@chalfontsu3a.org.uk
New Members Coffee Mornings	Eileen Powell	newmemberscoffeemornings@chalfontsu3a.org.uk
Old Time Musical Hall Singing	Bob Leven	musichallsinging@chalfontsu3a.org.uk
Philosophy	Rob Robinson	philosophy@chalfontsu3a.org.uk
Photography	Tony Darbyshire	photography@chalfontsu3a.org.uk
Pickleball	Richard Cranston	pickleball@chalfontsu3a.org.uk

Pilates - all groups	Lesley Bedford	pilates@chalfontsu3a.org.uk
Poetry & Literature	David Burbidge	poetry&literature@chalfontsu3a.org.uk
Portuguese	Brian Wapshire	portuguese@chalfontsu3a.org.uk
Quizzing	Margaret Turner	quizzers@chalfontsu3a.org.uk
RUG-Really Useful Group	Sharon Duncan	rug@chalfontsu3a.org.uk
Rummikub	Georgina Cane	rummikub@chalfontsu3a.org.uk
Scrabble	Anne Higson	scrabble@chalfontsu3a.org.uk
Science & Technology	Richard Simmons, Tony Micallef	science@chalfontsu3a.org.uk
Short Mat Bowls	Sheila Woolgar	groupcoordinator@chalfontsu3a.org.uk
Singing for Pleasure	Brenda O'Gorman	singing4pleasure@chalfontsu3a.org.uk
Spanish Conversation	Linda Walton	spanishconversation@chalfontsu3a.org.uk
Spanish Beginners 1	Ivor Spector	spanishbeginners1@chalfontsu3a.org.uk
Spanish Beginners 2	Peter Shaw	spanishbeginners2@chalfontsu3a.org.uk
Spanish Improvers 1	Margaret Burbidge	spanishimprovers1@chalfontsu3a.org.uk
Sunday Group	Sue Fisher	sundaygroup@chalfontsu3a.org.uk
Table Tennis 1	Sue White	tabletennis@chalfontsu3a.org.uk
Table Tennis 2	Eileen Powell	tabletennis2@chalfontsu3a.org.uk
Table Tennis 3	Gio Pedalino	tabletennis3@chalfontsu3a.org.uk
Tai Chi – both groups	Lesley Bedford Lyn Tatnell	taichi@chalfontsu3a.org.uk
Textiles and Craft	Teri McAvoy	textiles@chalfontsu3a.org.uk
Theatre Visits	Howard Dawson Angela Windsor	theatretrips@chalfontsu3a.org.uk
Ukulele	James O'Flynn	ukelele@chalfontsu3a.org.uk
Walking 6 – 10 miles	Marion Clegg Sally Buckley	walking6-10miles@chalfontsu3a.org.uk
Walking less than 6 miles	Nigel Trotman David Cooper	walking2-6miles@chalfontsu3a.org.uk
Walking Strollers	Kate Trotman	strollers@chalfontsu3a.org.uk
Weekend Group	Kathy Beattie, Tina Gilvear	weekendgroup@chalfontsu3a.org.uk
Wine Appreciation	Grace Hunter	wineappreciation@chalfontsu3a.org.uk
Wine Appreciation 2	David Hillis	wineappreciation2@chalfontsu3a.org.uk
Yoga	Geoff Clegg	yoga@chalfontsu3a.org.uk
Yoga Friday pm	Helen Hall	yoga3@chalfontsu3a.org.uk

Chalfonts U3A Committee

Chair	Jane Barker	chair@chalfontsu3a.org.uk
Vice Chair	Eileen Powell	vicechair@chalfontsu3a.org.uk
Secretary	Chris Hardwick	secretary@chalfontsu3a.org.uk
Treasurer/Finance	Chris White	treasurer@chalfontsu3a.org.uk
Finance Officer	Christine Hillis	financeofficer@chalfontsu3a.org.uk
Beacon Administrator	Vince Barker	beaconadmin@chalfontsu3a.org.uk
Interest Group Co-ordinator	Lesley Bedford	groupcoordinator@chalfontsu3a.org.uk
Membership Secretary	Maureen Green	membershipsecretary@chalfontsu3a.org.uk
Newsletter & Publicity	Val Darbyshire	newsletters@chalfontsu3a.org.uk
Speaker	Geoff Clegg	speakercoordinator@chalfontsu3a.org.uk
Venue Co-ordinator	Lesley Bedford	venuecoordinator@chalfontsu3a.org.uk
Webmaster	Gary Tomlin	webmaster@chalfontsu3a.org.uk
Co-opted member	John Krushner	projects@chalfontsu3a.org.uk

Chalfonts U3A general enquiries	contactus@chalfontsu3a.org.uk
Chalfonts U3A suggestion box	suggestionbox@chalfontsu3a.org.uk
Chalfonts U3A website	www.chalfontsu3a.org.uk

U3A National website	www.u3a.org.uk
Thames Valley Network website	www.u3atvnetwork.org.uk