



Hello everyone ...

Hope you're coping with the heatwave. As nice as it is to see the sun I'd like someone to turn the volume down a little. My apologies if you're revelling in it, I'm glad someone is.

The Royal Observatory at Greenwich states that the autumnal equinox will occur on Saturday 23 September at 7:50am BST. I visited their website to find the exact time and date and to find out what this meant for the seasons (*should I be wishing you a Happy Autumn yet?*) – and ended up thoroughly confused.

Did you know there are meteorological, astronomical and phenological methods of determining seasons – and disagreement within those categories. Therefore I think it best if I just wish you a happy day, week, month and year!

Best wishes,

Val Darbyshire
Newsletter Editor

New members

A warm welcome to our new members:

Andrew Wright, Pam Degen, Lesley Keddy, Felicity Coombs, Sheila McKenna, Paul White, Anne King, Camilla Sproson, Margit Siebel, Alma Gent, Nick Hitchman, Natalie Hitchman, Shelagh Breen, Barbara White, Ian Cohen, Linda Cohen and Cynthia Drapkin.

Please be sure to check out the information on our website and the list on the back two pages of every newsletter.

The next **New Members Coffee Morning** will be held on Thursday September 14th at Gerrards Cross Community Association on East Common SL9 7AD from 10-11 where Eileen Powell, Vice Chair, will be on hand to share information about our interest groups and any other queries new members may have.

There is plenty of free parking and you will be signposted to the cafe. If there are any other newish members who haven't been able to attend previous get-togethers and would like to attend please let Eileen know so as we have enough cakes etc!

Contact Eileen at newmemberscoffeemorning@chalfontsu3a.org.uk

Interest Groups Online – Free taster sessions

A new initiative from the National u3a – the first ever Interest Groups Online Fair will be taking place from **Monday 2 to Friday 6 October**. There will be three taster sessions each day and these will take place at 10am, 11.30am, and 3 pm.

Interest Groups Online (IGO) is an online community of learners who meet mostly by Zoom. The IGO Fair is an opportunity to try out u3a's online learning community for free! Try a session about Early Women Doctors, British Cemeteries, Film Studies or something entirely different.

If you like the taster session, from October, membership of IGO is just £6 for 6 months and you will have access to over 75 groups across a wide range of topics. Visit the interest groups online page at [interest groups online groups page](#) to browse all groups.

Book your taster sessions at this link [IGO Online Fair](#)

Message from your finance team and convenors.

It would be really helpful when paying for an activity or outing to always use the reference provided.

This makes life a little simpler for those of us dealing with cheques and online payments. With such a vibrant and active u3a you can imagine the number of payments we process every week. We know that some banks don't let you use the '/' symbol – that's ok, we can still ensure that the payment is allocated correctly. We also know that Nationwide make it very difficult to change a reference and of course we accept that. Many thanks.

Monthly meeting dates for your diary

13 September 2023 at 2pm – Arranged marriages in India and how they work

Ramji Abinashi gave us an excellent insight into Indian Culture in May last year. Following requests to hear from him again, he will now show us the history, conventions and procedures involved in arranged marriages. We'll learn about some of the pros and cons of this tradition too!

11 October 2023 at 2pm – The Joys and Perils of being an Author

Colin Wade talks about his career as an author, his influences and writing motivations. Colin explains some of the things that he was not expecting when it came to publishing and selling his books (the peril bit!)

8 November 2023 at 2pm – How we remember and why we forget

Dr Jim Ellis will give us a fascinating talk about our memory, how it adapts, and the effects of ageing:

- How does our brain make sense of new things?
- Do we all do this in the same way?
- Where did you leave your glasses?

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

News from our Interest Groups

New groups

Depending on interest we are hoping to start a **Walking Hockey** group, please let Eileen Powell know if this is something you are interested in by emailing to vicechair@chalfontsu3a.org.uk

We have had some interest in a **Beginners Italian** group and are hoping to get this off the ground in the next month or so. If you are interested please let me know on groupcoordinator@chalfontsu3a.org.uk

If you have any questions regarding groups or have a new idea for a group please let me know on groupcoordinator@chalfontsu3a.org.uk

Excursions Group

As many of you already know interest for the recent excursions has far exceeded the number of places available and ballots have been necessary and waiting lists drawn up. We are constrained by the number of visitors a venue will accommodate at a time and also coach availability. For those who didn't get on a trip the first time we try to plan a second visit to avoid disappointment.

We are pleased to report that everyone enjoyed the August outing to the National Trust properties - Quebec House and Chartwell - made even better with lovely weather.



There's a second trip on the 12 October to **Quebec House and Chartwell** (places already allocated).

Our trip to **Boughton House** (known as the Versailles of England) on 7 September was a huge success and we've booked to go again on 2 November. As usual details will be emailed out nearer the time.



As a festive outing we've arranged for an early December visit to the medieval cathedral city of **Salisbury** in Wiltshire. A chance to wander around cobbled streets, visit the Christmas Market, explore the cathedral, light trail, Guildhall Hall and of course the shops and restaurants. Information about this trip will be emailed out nearer the time to all members of the excursions group.

Later on in December the Theatre Group and Excursions group have combined to go to the **Albert Hall for a Carol Concert**. Places for this trip have already been allocated and waiting lists drawn up.

Val Smith, Kate Trotman, convenors.



Coffee mornings

Our next Coffee morning is planned for Tuesday 26th September, 10 am at the Greyhound, Chalfont St Peter. This is a good opportunity to meet up with old and new friends. If you are interested, please let me know on groupcoordinator@chalfontsu3a.org.uk

Lawn Bowls

This summer has been good with the Lawn Bowls group in Chalfont St Giles; we have only cancelled one meeting because of the weather which has been good.

We have had a couple of new members who have joined our club which has helped us. Only one month left before we close until next year - wow time goes by so quickly! Mike Alderton, convenor.

Mixed Walking Cricket group

Mixed Walking Cricket Taster Session. I will be very happy to run another session in the Autumn at Chalfonts Leisure Centre for anyone wishing to give this a go! Details to follow but contact me for further information. Eileen Powell, convenor mixedwalkingcricket@chalfontsu3a.org.uk

Pickleball

The Pickleball group continues to thrive, and throughout the summer months, we have seen not only our regulars on court, but also a number of promising, aspiring new Pickleballers.

We use three courts at the Chalfonts Leisure Centre, where we play doubles switching round partners and opposition at the end of a game. Games are lively with skill and dexterity mixed in with agility and quick reactions.



The game is gaining in popularity with over 50 u3a Pickleball groups nationwide. There is even a u3a Pickleball jamboree being held in the North West of England this Autumn.

We may have some vacancies when the current three months session ends on September 30th, so if you are free on Tuesdays at 1.30pm for an hour and would like to go on the waiting list, please let me know at pickleball@chalfontsu3a.org.uk and I will put you on in email order.

For more information about Pickleball, go to www.pickleballengland.org

Richard Cranston, convenor.

Garden Visits

The Garden Visits group recently went to Borde Hill and the Prairie gardens in West Sussex. Head over to Facebook to see their photos of a wonderful day out.

In Facebook you need to search for 'Chalfonts u3a' and join the group. It is a private group so only members can see who is in the group and what they post. Once admitted to the group you can post your own photos and news about u3a activities and see what everyone else has been up to. A great way of keeping up to date with what's happening.

Photography Group



Photography Group Meeting -
Denham Country Park - Monday 4
Sept. 2023

Several of the group members met up on a really bright sunny morning to see what pictures they could find along the Colne river and the Grand Union Canal.

Bright sunlight can be pretty challenging for capturing the perfect shot. *(If we were able to get some good pictures at the park we will submit them for the October edition of the newsletter.)*

For this month we've submitted a picture of those who attended - taken just before we set off for our walk. From the left: Margaret, Grace, Marsha and Susan (*who organised this trip*) and Pat - who had the task of trying to blow bubbles across the picture. It proved to be much harder than we first thought it would be. If you look closely you can just see a couple of bubbles above Margaret and Marsha's heads!

For members interested in joining our group please drop a note to photography@chalfontsu3a.org.uk and we will add you to our list of members.

Short Mat Bowls



Do you think you could do better? Come and give Short Mat Bowls a try.

No prior knowledge is needed as coaching is available but we aim to have fun and enjoy a sociable afternoon whilst having some gentle exercise.

We meet on Friday afternoon at 1.45 for a 2.00pm start in the main hall of the Community Centre.

Sheila Woolgar and Nigel Orr, convenors

Walking Weekend

One classic room available in this year's long weekend walking group at Harrington House, Bourton on the Water in the Cotswolds, with guided walking of different lengths. Cost £425 for full board, walking and en-suite.

If you are interested please contact Grace Hunter on amygracehunter42@gmail.com as soon as possible for further details. Dates: October 20th - 23rd.

New Experiences Group

The New Experiences Group held 2 events in August.



First, we decided to try out mudlarking, searching for ancient treasures on the foreshore of the River Thames at low tide.

We found various pieces of medieval and Tudor pottery and dozens of clay pipes.

For our 2nd event we tried disc golf on a beautiful countryside course in Chorleywood. Disc golf scores like golf but instead of balls and holes you use discs (like frisbees) and metal cages.

Skill varied but everyone had fun.
Angela Cranston, convenor



Strollers Group



Members of the Strollers turned out a week ago for a walk around Denham Park. Unfortunately, the weather wasn't kind to us on this occasion, but we all enjoyed getting out in the fresh air. The park was rather empty which was good as we could all enjoy hearing the birds. We stopped for coffee and cake at the café and, of course, a natter.

If anyone would like to join the group, we meet roughly about once a fortnight, on various days of the week and walk at the slowest person's rate. We do try to choose a flattish route, but obviously this is not always possible.

Our next walk is organised for 18 September over at Burnham Beeches. Please email strollers@chalfontsu3a.org.uk if you are interested in coming along. Kate Trotman, convenor

Chalfonts U3A Directory of Interest Groups

For general enquiries about interest groups please contact

Lesley Bedford – Interest Groups Co-ordinator - 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	Laura Fordrey	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	bookclub3@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 Kate Trotman	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
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	Vince Barker	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