

Hello everyone, I am back doing my old job this month so apologies if I am a bit rusty! Autumn is gently approaching but we have been spared the floods occurring around the country. Lots to read in this month's edition and appreciate any feedback you can give. Eileen Powell Vice Chair



This may have a ring of truth for many of us who have been busy this summer. Here's an excerpt from Witney u3a's newsletter.

"We are relieved of baby-sitting duties at long last, now they've gone back to their studies! My grandchildren kept cajoling me over the past 6 weeks to do my Kermit impression, which completely befuddled and bemused me. Turned out, their parents had promised them a trip to Disneyland "when grandad croaks"!"

Calling all writers - volunteer needed!

Sadly, our Newsletter editor Val Darbyshire is stepping down from her role. We are very sorry to see her leave as she has done a sterling job producing our Newsletter, which is such an important part of our communications. We are looking for a volunteer to produce our newsletter on a regular basis. The role involves gathering items (and maybe photos) from our groups and Trustees and turning them into a publishable newsletter which is distributed electronically to all members, with a few printed copies made available. It would be helpful (though not essential) to have some knowledge in using a word processing or publishing tool such as Microsoft Word/Publisher, though training can be arranged. Interested? - please give Jane a call on 07968 190881 or email Jane Barker chair@chalfontsu3a.org.uk

Website update

Over the past few months, we have been updating and improving our Chalfonts u3a website, which is looked after by Gary Tomlin, our webmaster. A new version of the website will be launched shortly! We hope you like it and use it for finding out about what our u3a has to offer. We want to make sure the information about groups is accurate and up to date, so let us know if you discover any inaccuracies.

Did you know?

Our u3a was set up in 2015. It was the brainchild of Jan Sawyer, Sue White and Jenny Brooke who were members of Chiltern U3A which met in Amersham. They felt it would be a great idea to have a more local u3a so with others they worked to set up our lovely u3a serving the Chalfonts area. They are all still active members today. Thank you, ladies!

New members

A warm welcome to our new members:

Mark and Eileen Charig, Kate Cottingham, Carolyn Crowford, Sheila Griffith, Erica Haynes Andrew Martin, Sona Metcalfe & Mr Ross Metcalfe, Maggie Millrain, Jeannie Nisbet, Steve Porter, Luisa Saballs, Colin Bree, Andrea Shorey & Brian Shorey, Rose Swales, Geoff and Heather Thompson, Chris Znowski and Christine Parry.

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

The next **New Members Coffee Morning** will be held on Thursday October 19th 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 join us, please let Eileen know so that we have enough cakes etc!

Contact her at newmemberscoffeemorning@chalfontsu3a.org.uk

Monthly meeting dates for your diary

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?

13 December 2023 at 2pm - A touch of magic – Mind reading and Mentalism.

Steve Wilkinson is a magician who can read, and influence people's minds! Steve will perform an effect on all of us, and then progress to different Mind Reading and Mentalism concepts with members of the audience.

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

Thames Valley Network U3A Zoom events:

As well as our own monthly meeting talks, Thames Valley Network also put on talks – generally over Zoom. Details are on their website <http://u3atvnetwork.org.uk/>.

Here is their current programme:

Thursday 2nd November – Frida Kahlo & Georgia O'Keefe. A talk by Keith Appleby at 2 pm

Wednesday 15th November – Abba. A presentation from Clive Aronson at 10:30

Thursday 30th November- "My Falklands War". A talk by Dr. Chris. Parry at 2.30pm

News from our Interest Groups

"Did You also Know?"

69 members of our u3a have volunteered to be convenors for our interest groups. Of these 7 people help with two groups and two people even help out with 3 or more groups! We all owe them a massive thanks for their time and commitment in making our groups so successful.



Good news for all you avid book readers!
Book Groups 2 & 3 both have spaces for new members.

Book Group 2 meets on the 4th Tuesday of the month, from 2 - 4 pm. Meetings are sometimes in members' homes and also at the Epilepsy Society in Chalfont St Peter. We read a wide selection of genres and all members are invited to provide suggestions for books to read.

Book Group 3 meets on the 1st Tuesday of the month from 2 - 4 pm. Currently we meet at a members house and other members host the meetings. Books are chosen a year at a time, and everyone participates in book choices. If anyone is interested in joining either group, please email Marsha Partridge convenor for both groups bookclub3@chalfontsu3a.org.uk

Cake Decorating Group-



Jane Douglas brought us up to date with this group's activities. During the warmer weather, the group enjoyed decorating ice cream cone cupcakes. We meet once a month in the community centre and enjoy working on a different project each session.

Coffee Morning our regular get together at the Greyhound Inn in Chalfont St. Peter is next Wednesday 18th October at 10 am. As usual the cost of coffee and croissant is £3.50 and bringing along the correct amount would be helpful.

Please contact LesleyBedford.groupcoordinator@chalfontsu3a.org.uk

New Group for Creative Writing

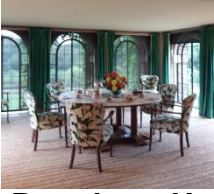


The current Creative Writing Group meets once a month and has reached its full capacity. We meet in a private room at the Phoenix Cafe at the Epilepsy Centre and enjoy a hot drink while we discuss the 500-word contribution from each person. These are pre-circulated, so we have all read each piece of writing in advance. The objective is to comment on each piece in a constructive and friendly way and try to help each other improve our writing. In most cases we just enjoy what others have written

with very positive reviews. More recently, we have written a short piece "on the spot", taking no more than 10 minutes. It is fun listening to such contrasting results.

As our Group is now full, I am actively exploring the prospect of a second group. I already have two people who would like to become involved, and it would be ideal to have a couple more. I would be pleased to participate in the second group initially just to get it started and then the members would take over. Please let David Brodie if you are interested by emailing him on creativewriting@chalfontsu3a.org.uk

Excursions Group



On the 12 October we took a full coach for a second visit to **Quebec House and Chartwell** (childhood home of Winston Churchill). A good day out was had by all.



On the **2 November** we go to **Boughton House**, Kettering for a repeat trip. Again, we will enjoy guided tours of the house, a coach drive through and around the Boughton Estate with morning and afternoon refreshments and lunch in their Café.



As a festive outing we've arranged for a visit on the **6 December** 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 very shortly to all members of the excursions group.



If you no longer want to receive emails about outings and wish to have your name removed from this interest group then please email excursions@chalfontsu3a.org.uk

French Intermediate. This group of 8 convened by Ray Luker continues to meet every Tuesday at The Madeira Café in Chalfont St Peter at 9.30 spending a couple of hours talking in their fantastic French and reading a Rendez Vous magazine which gives us up to date French news.



Guitar Group. Clyde Perkins has kindly taken over as convenor for this group and continues to seek new members as numbers are now down to 3. Presently they meet in their own homes on the second and fourth Wednesdays of the month from 2-3.30pm. Please contact Clyde at guitar@chalfontsu3a.org.uk Time to get strumming!!



Mixed walking Cricket We enjoyed a lovely summer playing at Chalfont St Peter Cricket Club and will now be moving indoors. We have a new time slot 11-12 at Chalfonts leisure Centre every Tuesday starting back on October 24th. If you would like to come for a taster session, please contact Eileen Powell convenor. We have also been invited to play a friendly 8 a side match with another walking cricket group at Windsor Leisure Centre, so we had better start looking the part!!!

mixedwalkingcricket@chalfontsu3a.org.uk



New Experiences Group

We spent a very pleasant few hours on the afternoon of Sunday 1st October on the Chinnor and Princes Risborough steam train including a cream tea. It was lovely to make some new friends and we all had a lot of fun. Looking forward to next month's new experience, War of the Worlds, virtual experience.

Contact Angela Cranston for details.

newexperiences@chalfontsu3a.org.uk

I have arranged "**Painting for those that can't**" workshops in January as our next new experience. It is not strictly a new experience as we have done some of these before a few years ago but we have gained many members since then. You will be shown how to paint your own masterpiece and I can assure you that they will all look quite professional even if you think you are not artistic. If I can do it anyone can!



There are 2 workshops on Wed 10th January and Fri 26th January from 1:30pm to 4:30pm in the Community Centre. Cost is £34 which includes all materials. Let me know if you would like to attend. Numbers are limited to 10 in each session. Please let me know your preferred session and if you can make

the other session. If you attended this workshop previously, please let me know what you painted so I can ensure this is not repeated. newexperiences@chalfontsu3a.org.uk

Old Time Music Hall Singing has a vacancy for a pianist.



Must be able to play the piano!

The job entails accompanying a motely group of pensioners who attempt to give pleasure to residents of Care Homes by singing Old Time Music Hall songs.

Basic starting salary is in the nil rate band.

Refreshments are usually provided free.

The intangible rewards are to see the faces and hear the voices of the audience as they are lifted out of their necessarily humdrum, daily routine.

Apply in the first instance to Bob Leven convenor. musichallsinging@chalfontsu3a.org.uk

Theatre Group



Chichester Festival Theatre - Tuesday 15th August Our merry band of theatre goers having arrived in Chichester then dispersed into the lovely attractive town, of course technically a city because of its historic 900-year-old cathedral. Some of the group spent time wining, dining, and enjoying the retail

delights before arriving in time for the matinee at 2.30. We were then entranced by the superb performance, excellent acting and singing, it was a joyous 2 3/4 hours which will live long in the memory. There will be no problem if we make this an annual feature of our programme for years to come. The whole day was enhanced by the beautiful weather.

Howard Dawson Joint Theatre Group Convenor.

September was a trip to see [Phantom of the Opera](#), and this was a new version of the show but proved to be a great success and everyone seemed to have an enjoyable time.

October is our month of no shows, but we have The Mill at Sonning as well as Carols at the Albert Hall to look forward to. This is a large group, and we are going to contact everyone to see if they still want to be part of it. In the meantime, thanks for your continuing support, Angela Windsor, and Howard Dawson joint convenors.



Yoga group news from convenor Geoff Clegg

We have waiting lists for both the Tuesday and Friday yoga classes, so we are trying to get another class started. I have pencilled in a class each Wednesday at 1300 for an hour in the studio at Chalfont Leisure Centre. A 10-week term costs £60. We need 10 people to make the class viable. We currently have 6 – would you like to join us? Let me know asap please! yoga@chalfontsu3a.org.uk

Mixed Walking Hockey Would anyone be interested in trying out a mixed walking hockey group which uses plastic sticks and balls? Contact Lesley Bedford group_coordinator@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 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	Marsha Partridge	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,	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 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	Clyde Perkins	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
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 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, Sue Fisher	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

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Chalfonts U3A website	www.chalfontsu3a.org.uk

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