



Hello everyone ...

A very Happy New Year to you all. Let us hope for a healthy and peaceful year for us and for the world.

Just a very short Newsletter this time due to holiday and other commitments but we will be back to normal in February.

Very best wishes.

Jane Barker
Temporary Newsletter Editor

So long Val..

A very big thank you to Val Darbyshire who has been our newsletter editor for the past 18 months. She has done a wonderful job of keeping us all up to date with Chalfonts u3a news and will be missed greatly.

A Meditation and Mindfulness course in January 2024

Last Summer the Chalfonts u3a ran a very successful eight-week Meditation and Mindfulness for Well-being course in the Community Centre.

Several people have expressed an interest in this subject, and we are proposing to run a second eight week course starting on **Wednesday 17th January, 2023 at 10.30 am**. The maximum number in the group is 15 and the minimum is 12. Depending on numbers the cost will be between £5 and £6.50 per session.

If you are interested in joining this group please contact Lesley Bedford, Group Co-Ordinator at groupcoordinator@chalfontsu3a.org.uk

Places will be allocated on a first come first served basis.

Our Christmas Monthly Members meeting



Our December meeting was another very popular and sociable event. Members were treated to mulled wine and Mince pies and then entertained by Steve Wilkinson, magician and mind reader! Here's a couple of photos of the event.



Monthly meeting dates for your diary

10 January 2024 at 2pm – What is your pet trying to tell you?

Lucy Lofting will talk to us about the psychology that goes on between our pets and us: how they communicate with us and show their feelings towards us. How can we improve our connection with them?

Lucy is a second cousin of Hugh Lofting; author of the Dr Doolittle books. “He talked to the animals and they talked back“.

14 February 2024 at 2pm – Metropolitan 1 for Amersham in Bloom

Andy Honour is an engineer and youth leader – he will talk to us about the models and sculptures that helped Amersham to win the Britain in Bloom prize, and the making of the replica Metropolitan Line Railway locomotive on display in top Amersham.

13 March 2024 at 2pm – Buying and Selling at Auction

Steven Bruce is an experienced Auctioneer. He will entertain and educate us about how things work at Auctions, the costs, pitfalls and some of his experiences.

If you'd like to bring along an item for discussion and valuation, then please let Geoff Clegg know at speakercoordinator@chalfontsu3a.org.uk

All Monthly Meetings are held on the second Wednesday of the month 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's their next talk::

Monday 15th January – Genetics of Ancient Populations in Britain. A talk by Dr. Tom Booth at 2.30pm



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	Awaiting convenor	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@chafontsu3a.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	Clive 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
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	Frances Byrne	walking2-6miles@chalfontsu3a.org.uk
Walking Strollers	Kate Trotman	strollers@chalfontsu3a.org.uk
Weekend Group	Sue Fished, Kathy Beattie	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	Vacant	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 website	www.chalfontsu3a.org.uk
U3A National website	www.u3a.org.uk
Thames Valley Network website	www.u3atvnetwork.org.uk