

Welcome to the May Newsletter.

The weather forecast is looking brighter at last and, with a bit of luck, the water levels will fall and perhaps we won't need the pumps and tankers in Chalfont St Peter before too long.



I'm not sure how many of our readers use Facebook, I only really use it to find out what my children are up to, but did you know that as well as having its own [website](#), Chalfonts u3a has its own [Facebook](#) entry? You can find it [here](#) and it contains some items that don't make it into the newsletter.

David Powell, [newsletters@chalfontsu3a.org.uk](mailto:newsletters@chalfontsu3a.org.uk)

## New members

A warm welcome to our new members:

Amanda Johnstone, Liz Stenning, Garth Burden, Harold Porter, Heather Clark, Helena Cotton, Janice Taylor, Jayne Litchfield, Jayne Burden, Kathleen Bright, Lindsey Ulliyatt, Margaret Pooley, Mary Gibbins, Melaine Teahan, Michael Taylor, Mike Ebert, PJ van Zetten, Ray Clark, Stephen Bright, Sue Gillard, Sue Ebert, Lisa Burgess and Ms Frankie Birkenstein.

## Committee News

### \*SAVE THE DATE\*

Our Annual General Meeting this year will take place on Wednesday 10th July at 2pm at Chalfont St Peter Community Centre. Please support your Committee (Trustees) by coming along to this important meeting. You will get to hear what your Committee has been up to over the last year and will be able to elect the Committee members for 2024/25. There are a number of new Trustees required this year. After the AGM there will be refreshments and the monthly meeting with a speaker.

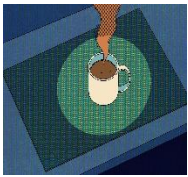
## Membership Renewals

Just to say thank you to those who have paid their renewal fees this year. For those who haven't yet paid, it would be appreciated if you could please do so as soon as possible or let the membership secretary know that you no longer wish to be a member.

Please remember in order to be a member of interest groups and join outings to theatres, garden visits, excursions etc. you need to be a member of Chalfonts U3a.

Maureen Green [membershipsecretary@chalfontsu3a.org.uk](mailto:membershipsecretary@chalfontsu3a.org.uk)

## New Members Coffee Mornings



The latest meeting for new members at GXCA was held on Monday 22nd April and we welcomed 18 people. Thanks to Debbie Tomlin and to Sharon Duncan who informed the group about her involvement in the Really Useful Group (2 people came forward to volunteer).

The date of the next meeting will be for a “New Members Afternoon Cuppa” on Monday 20th May 2.30 till 3.30 at Gerrards Cross Community Association on East Common SL9 7AD in the cafe where there is plenty of parking. I would appreciate being notified of attendance. Also any newish members who haven't been able to attend previous meetings please contact Eileen Powell Vice Chair [newmemberscoffeemorning@chalfontsu3a.org.uk](mailto:newmemberscoffeemorning@chalfontsu3a.org.uk)

## Emails from Chalfonts U3A

Email service providers are continuing to improve their filtering to reduce the SPAM emails you receive.

Unfortunately, this can result in emails from the Chalfonts u3a Beacon system being classified as SPAM and placed in your junk folder. In some cases this results in a SPAM report being sent back to Beacon which then blocks your email address from having emails sent to it from Beacon.

Although this block can be cleared, it requires some interaction between yourself and the Chalfonts u3a Beacon Administrator to do so.

Meanwhile you may miss some Chalfonts u3a emails, and these will have to be resent once the block has been removed.

To reduce the risk of Chalfonts u3a emails from Beacon being classified as SPAM, please would you add the following email address to your email contacts: [noreply@u3abeacon.org.uk](mailto:noreply@u3abeacon.org.uk)

By doing this you will help to reduce the workload of the Chalfonts u3a volunteers responsible for the running of your u3a.

## A reminder, just in case..

All members are reminded that they should carry with them their emergency contact details, either on their phone or on a piece of paper in their bag/pocket.

## Chalfonts U3A Monthly meetings:

### An introduction to Dementia Friends



A talk on Wednesday 8th May 2024 at 2.00 pm by Rachel Phillips at CSP Community Centre, Gravel Hill, Chalfont St Peter SL9 9QX. This talk will be available on Zoom.

Rachel volunteered to become a Dementia Ambassador, and has run sessions at work for staff, within schools to junior-level children, and to external companies. “I get such a strong sense of purpose sharing the knowledge of Dementia, to better help others deal with clients and their own family.”

Alzheimer’s Society is working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today, and providing hope for the future.

The Society runs many support programs for both healthcare professionals, and those of us living with Dementia in areas such as local and online groups, daily living, help with care, staying independent and the legal and financial aspects. The introduction session revolves around five key messages, which we will explore in a few activities. In addition, it also looks into how dementia affects someone and how to turn this understanding into action.

### 12 June 2024 at 2pm – Thames Valley Air Ambulance

Aimee Lewis will talk to us about the work of our local Air Ambulance – how they are helping to save lives in emergency situations, including a look at their crews, the helicopter and critical care response teams.

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

## News from our Interest Groups

### Mixed Walking Cricket

The mixed walking cricket group will be heading outdoors to Chalfont Cricket Club on Tuesday 7th May from 10-11 followed by our usual coffee and biscuits so if anyone is interested in joining us please contact me, Eileen Powell [Mixedwalkingcricket@chalfontsu3a.org.uk](mailto:Mixedwalkingcricket@chalfontsu3a.org.uk)

### Cake Decorating Group

On Tuesday May 14<sup>th</sup> the session will be on strawberries dipped in chocolate. This will involve a demonstration and group participation. If this is something you are interested in, you are welcome to come along and watch or join in.

For further details please contact Jane Douglas [cakedecorating@chalfontsu3a.org.uk](mailto:cakedecorating@chalfontsu3a.org.uk)

## New Experiences Group



The New Experience Group had a trip to an indoor climbing centre where we tried out a variety of different walls and climbs. The worst part for some was letting go to let the rope system lower us down. However, once that was mastered there was no stopping us.

[newexperiences@chalfontu3a.org.uk](mailto:newexperiences@chalfontu3a.org.uk).



## Textiles & Crafts Group

The following should have appeared in the April edition of the newsletter:

The Textiles & Crafts group recently had a very enjoyable visit to the Stitch Festival at the Business Design Centre in Islington, North London. The event is an annual favourite and offers much to inspire crafters.

After 5 years as the group Convenor, I am stepping down for pastures new. I am delighted to be handing over the reins to Sandra Dawson and Paula Walker, who I am sure will continue to offer an interesting and varied programme for the group.

Teri McAvoy

In April Laura Fordrey and Jane Campbell shared with us how to create beautiful padded coasters and squares, using a Japanese folded patchwork technique, which can also be sewn together to make wonderful bags. Here are some photos from that inspiring afternoons creativity.



At that meeting we also presented Teri McAvoy with a card and gift to thank her for 5 years of sterling leadership of the group, and to wish her and her husband well with their imminent move to Wales.



Our next meeting on Thursday 16th May will be more low key, a Stitch, Sew, Knit or Crochet and Natter among friends session, when we encourage members to bring along whatever they are currently working on.

We have also arranged a trip for 12 members in June to 'Handmade in Oxford', a craft event at Waterperry Gardens near Oxford.

For further information about our group please contact Paula Walker/Sandra Dawson, Joint Convenors, [textiles@chalfontu3a.org.uk](mailto:textiles@chalfontu3a.org.uk)



## Science: Earth and Space

We had a great turnout of over 20 members at our April meeting for a talk from Karen-Anne Devoil on The JUICE Mission – 'Revealing the secrets of Jupiter's icy moons' followed by a lively Q&A. Thanks to everyone for taking part.



For our next meeting we are delighted to welcome Joan Waters a speaker from the Harrow and Hillingdon Geological Society who will be bringing lots of samples and telling us all about Sedimentary Rocks and Fossils. Joan is a members of the Geologists' Association and worked at the Science Museum as an Assistant Curator.

The meeting will take place as usual in the Mary Smithells room at the Chalfont Community Centre at 3pm on Friday 3rd May.

If you are not already a member of the group and would like to attend please email the co-convenors Karen-Anne Devoil and Tony Micallef [science@chalfontsU3a.org.uk](mailto:science@chalfontsU3a.org.uk)

## Excursions

The trip on the 24th April to **Pashley Manor Tulip Festival** and Steam train ride on the Kent & East Sussex Railway was a great day out and it stayed dry! The tulips were still in full bloom and the cream tea on the train was excellent.



The next day out is to **Cambridge on the 21st May**. Places have already been allocated but do email in if you wish to be on the waiting list. Demand for this trip has been high so we hope to repeat it.

## Heritage Canal Trips

The trip on the 28th May is now full but there are places left for **13th June**. Cost £25 per person. If you are interested please email [excursions@chalfontsu3a.org.uk](mailto:excursions@chalfontsu3a.org.uk).



On **17th June** the outing is to **Chatham Dockyard** with Ropery and Call the Midwife Tours with buffet lunch. Information has been emailed out to all members of the excursions group.



A private visit to on **Tuesday 23rd July** to **Stratfield Saye**, home of the Duke of Wellington. This includes refreshments, lunch and a guided tour plus a stop at the Farm Shop for local produce.

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

## Ballroom Dancing



There are still some vacancies for couples with some dancing experience.

The group meets twice a month on the second and fourth Tuesdays at 10am . We learn new dance steps to add to our existing repertoire. We have recently started to learn some sequence dances starting with the most popular and well known.

Laura Fordrey [ballroomdancing@chalfontsu3a.org.uk](mailto:ballroomdancing@chalfontsu3a.org.uk)

## Theatre Group

This month 92 members went to see Cabaret on 17th March at the Playhouse Theatre. The venue proved interesting and there were a lot of stairs but the performance seemed to be enjoyed by everyone.

Next month we are off to the Mill at Sonning to see Calendar Girls and this venue always proves to be popular with the meal and the theatre so here's hoping it'll be a good evening.

Thank you all once again for your support that allows us to put on all these various shows. Angela Windsor and Howard Dawson [theatretrips@chalfontsu3a.org.uk](mailto:theatretrips@chalfontsu3a.org.uk)

## MacOS Computing Group.

We are looking for new members. So if you would like to join a friendly group to discuss all things Apple MacOS, email the convenors via [macoscomputing@chalfontsu3a.org.uk](mailto:macoscomputing@chalfontsu3a.org.uk)

## Coffee Mornings

We are pleased to let you know that the next coffee morning will be on Thursday 23rd May at 10 am at the The Greyhound Inn in Chalfont St. Peter. Everyone is welcome but please do let us know if you would like to come so that we can ensure there are enough refreshments provided. Please email [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

## Book Club

We have a few people on the waiting list for book club and this is mainly due to the day the book clubs meet. If you are interested in joining a book club please let us know and we can look at starting another group, [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

## Wagner Group

We have had a reasonable amount of interest in our new Wagner group and if this is something you are interested in knowing more about please let us know as soon as possible.

[groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)

## Tai Chi Groups

Saturday was World Tai Chi day and several of our Chalfonts U3a members went along to take part in the activities at Sarratt Village Hall. It was a very enjoyable event. Our Tai Chi groups are currently full but if you wish to go on the waiting list please let me know.

[groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk)



## Chalfonts Feast Day 29th June 2024

We are having a stall promoting our U3A, showing what we can offer and we need volunteers to help. We set-up at 9am and dismantle at 6 pm and need helpers for these times

In addition, if convenors could offer some time during opening hours it should be very beneficial to your group, as there are a few thousand visitors each year (especially those looking for new members).

If any group has any samples, posters or anything else that can promote us, we would love to hear from you.

Lesley Bedford and John Krushner [groupcoordinator@chalfontsu3a.org.uk](mailto:groupcoordinator@chalfontsu3a.org.uk), [projects@chalfontsu3a.org.uk](mailto:projects@chalfontsu3a.org.uk)

## Chalfont St Peter's Community Centre

CSPCC are appealing for volunteers. See <https://www.cspcc.org.uk/>



### Regional u3a Zoom events:

Details at <http://u3atvnetwork.org.uk/>

### Wednesday 15th May at 2.30pm – Doctors to the Rescue

A talk to be given by a member of Medecins Sans Frontieres

### Monday 10th June at 2.30pm – The Korean War

A talk by Chris Parry about the Korean war.

### Friday 21st June – Summer Quiz at 2.30

Questions set by Avis. Teams will be randomly selected.

### Wednesday 10th July – They also serve at 10.30

A talk from Richard Marks about the role of women in the Second World War.

To receive notification of forthcoming TVN events as soon as they are published, please email [events\\_info@u3atvnetwork.org.uk](mailto:events_info@u3atvnetwork.org.uk)

## Did you know?

As well as the 70 Interest groups that we have in our own Chalfonts u3a, there are many more that are available to us online?

Interest Groups Online (abbreviated as IGO) is an online u3a community that gives you the opportunity to join groups, talks and courses from the comfort of your home.

Like with a u3a, the activities are run by members and are a great way to meet people from all across the u3a movement.

It costs £12 annually to join, and there's 140 groups to choose from!

Details: <https://www.u3a.org.uk/learning/interest-groups-online/interest-groups-online-groups>

## National u3a Festival 24

The u3a movement is holding its first ever Festival on **18 - 20 July**, in York, where members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops which will make this u3a national festival something to remember.

[Further Details here](#)

The packed programme will have something for everyone - all being led by u3a members. You can see our taster programme, and the ticket booking link, on the [u3a website](#).

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## 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 further details. [www.rivieratravel.co.uk](http://www.rivieratravel.co.uk)

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## Chalfonts U3A Directory of Interest Groups

For general enquiries about interest groups please contact Lesley Bedford – Interest Groups Co-ordinator - [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. You can find a list of all our Interest Groups here:

<https://chalfontsu3a.org.uk/interest-groups/>

### \*\*\*\* Special note for members without email \*\*\*\*

If you have queries about any of the interest groups, please contact Eileen Powell, Vice Chair, on 07791 210087 who will be pleased to help you.



# Chalfonts U3A Directory of Interest Groups

For general enquires about interest groups please contact  
**Lesley Bedford – 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 Pearcy	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	<a href="mailto:bookclub3@chalfontsu3a.org.uk">bookclub3@chalfontsu3a.org.uk</a>
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@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
Flower Arranging	Awaiting new convenor	flowerarranging@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	Heather Glasgow	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	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.uk
Lawn Bowls	Mike Alderton	lawnbowls@chalfontsu3a.org.uk
London Walks	John Hardwick Caroline Ashcroft Susan Mills	londonwalks@chalfontsu3a.org.uk
MacOS Computing	Gary Tomlin and Les Klein	macoscomputing@chalfontsu3a.org.uk
Mah-jong	Sam Patel	mahjong@chalfontsu3a.org.uk
Mindfulness	Ruth Ryan Olwyn Davison Oakley	groupcoordinator@chalfontsu3a.org.uk
New Experiences	Angela Cranston Sharon Duncan	newexperiences@chalfontsu3a.org.uk
New Member Coffee Mornings	Eileen Powell	NewMembersCoffeeMorning@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
Pickle Ball	Richard Cranston	pickleball@chalfontsu3a.org.uk
Pickle Ball 2	Diane Eaton	Pickleball2@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	Karen-Anne Devoil 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	David Hillis	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 All Groups	Lesley Bedford Lyn Tatnell	taichi@chalfontsu3a.org.uk
Textiles and Craft	Paula Walker Sandra Dawson	textiles@chalfontsu3a.org.uk
Theatre Visits	Howard Dawson Angela Windsor	theatretrips@chalfontsu3a.org.uk
Ukulele	James O'Flynn	ukelele@chalfontsu3a.org.uk
Wagner Group	John Deacon	groupcoordinator@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 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	<a href="mailto:yoga3@chalfontsu3a.org.uk">yoga3@chalfontsu3a.org.uk</a>
Zumba	Sharon Duncan/Jane Barker	zumbagold@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	<a href="mailto:financeofficer@chalfontsu3a.org.uk">financeofficer@chalfontsu3a.org.uk</a>
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	David Powell	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
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	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