



NEWSLETTER

October 2025: Issue No: 131

Welcome to the October Newsletter.

The leaves on the trees are looking splendid now, and the shops seem to be preparing for Halloween even earlier this year.

I am sorry to say this, but later this month (at 2 am on Sunday 26th October to be precise), the clocks go back!

David Powell, newsletters@chalfontsu3a.org.uk



Committee News

An update about the CSP Community Centre



**Chalfont St Peter
Community Centre**

In July Cu3a member Sharon Duncan organised a Rock 'N' Roll disco to raise funds for the Community Centre.

The money received has been put towards obtaining new curtains and blinds for various rooms.

Sharon and her helpers have put up new blinds and fresh curtains in the Mary Smithell's room, and the kitchen has received some very bright blinds which liven it up no end. There will be new curtains in other rooms too, including the main hall and this is work in progress.

The committee would like to thank Sharon for taking on this project and helping to make the Chalfont St Peter Community Centre a lovely place for the Cu3a to hold the monthly meetings and for many interest groups to meet.

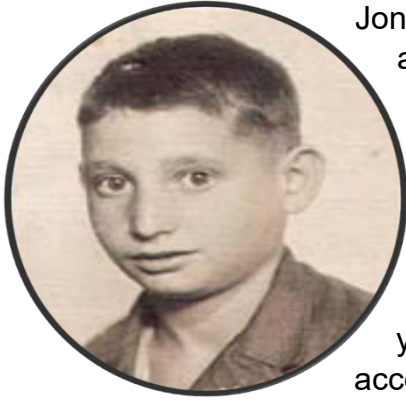
Cu3a member Howard Dawson, suggested a **Quiz Night** to raise further funds and this will be held on **14 November**. The proceeds from this event will continue to help with the refurbishment and also go towards the costs that were incurred due to the damage caused by vandals earlier this year. We are delighted to say this Quiz has been well supported by Cu3a members.

We would also like to thank Gordon Ross, Cu3a Tai Chi tutor who is going to donate the proceeds from two of his workshops to the Community Centre and Kathi Campbell who will be passing on her fee for the Cu3a New Experience Laughing Therapy Workshop.

Val Smith, Vice-chair vicechair@chalfontsu3a.org.uk

Chalfonts u3a Monthly Meetings:

08 October 2025 at 2pm – Destined to Survive



Jonathan Marshall MBE speaks about Solly Irving, a Jewish Holocaust survivor b1930 d2017.

After being liberated from Thereseinstadt concentration camp, Solly came to England with the first group of children to be offered a home here.

Solly felt it was his solemn duty to speak to young people about his experiences. Jonathan accompanied Solly on his talks and continues to honour his legacy, speaking about his life and

experiences, while focusing on the vital lessons for today; the need for respect, understanding and shared values.



12 November 2025 at 2pm – The work of the Dogs Trust Rehoming Centre

Sian Bourn gives an insightful talk about work of the Dogs Trust.

As the UK's largest dog welfare charity, The Dogs Trust is dedicated to ensuring all dogs live a happy life, free from unnecessary destruction. They operate 21 rehoming centres across the UK and care for approximately 14,000 dogs. The charity's work includes rescuing, rehabilitating, and rehoming dogs, as well as promoting responsible dog ownership and offering support to owners in need.

10 December 2025 at 2pm – Across Africa In a Classic Aston Martin

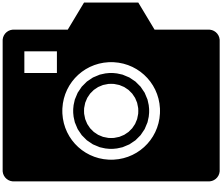
An illustrated talk given by Robin and Charlotte Morrison who will recount their adventures, as they navigated across Africa in their 1970 Aston Martin.

The route took them from the Atlantic Coast, through Namibia, Botswana, Zambia and Zimbabwe to Mozambique and the Indian Ocean via Eswatini and South Africa before returning to their starting point of Cape Town.

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

News from our Interest Groups

Photography Group



After a friendly meeting in September, the newly reconvened Photography Group will now have meetings on the third Friday of each month at 2.00 pm. in the Members Room at the CSP Community Centre. The October meeting is on the 17th.

The theme for October is "Reflections" so please bring lots of imaginative images you would like to share with the Group on a USB stick.

If you are interested in joining the group please contact me,

David North photograpy@chalfontsu3a.org.uk

Mixed Walking Cricket Group



We have had an enjoyable season playing outdoors at Chalfont St Peter Cricket Club with some great weather and plenty of coffee and cakes!

From the beginning of October we return to playing indoors at Chalfont Leisure Centre from 10-11 on Tuesday mornings. We have played some friendly matches against Holyport and Purley on Thames and had good wins.

Unfortunately no other local u3as have a walking cricket group so we have been fortunate to find some opposition.

One of our group, Brenda Cranfield-Thompson, who volunteers at Lords, managed to put me in touch with the volunteer organiser and we were then invited to take a team there to play a game in the indoor cricket centre with other volunteers.

We had a great time and were made very welcome and hope we can return sometime.

Here are some photos of our visit.

Please contact me if you would like to join our group.

Eileen Powell mixed walking cricket convenor
mixedwalkingcricket@chalfontsu3a.org.uk



Walking-Strollers Group



The Strollers had a pleasant walk on Saturday along the Ebury Way at Rickmansworth.

The weather was kind and the sun shone. Some members of the weekend group also came along. Afterwards we enjoyed a well-earned coffee from the Café.

Thank you to Pauline McGregor for organising and making it happen.

Kate Trotman strollers@chalfontsu3a.org.uk

Table Tennis Group



A message from Sue White:

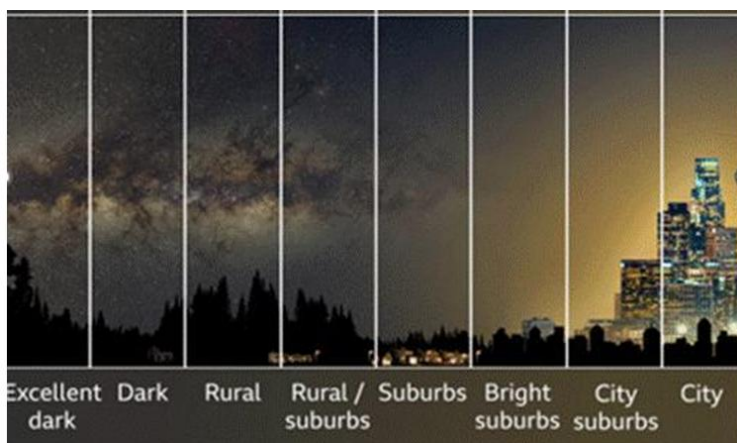
Having been the table tennis convenor virtually since the start of The Chalfonts u3a I have decided to hand over my bat. John Park will be taking over as the table tennis convenor for this group and so the sessions will carry on as normal.

Our group has been playing since the start of The Chalfonts u3a and our members have now reached a very good standard of play. We do have a few places available if anyone would like to join us. I will still continue to play in our lovely friendly group.

New convenor John Park tabletennis@chalfontsu3a.org.uk

The Science: Earth and Space Group

The Science: Earth and Space group's next meeting is on Friday 3rd October when we will have a talk by Robin Scagell, vice president of the Society for Popular Astronomy and chairman of the West of London Astronomy Society titled, 'Light pollution – is there a solution?'



Robin will be looking at the causes of light pollution and its effects, and possible solutions.

As our population grows, streetlighting and other sources of light have expanded into the countryside so that few places in the UK

are now truly dark at night. This has an effect not just on astronomers but also on wildlife and human wellbeing.

As usual, the meeting will take place at 3pm in the Members room at the CSP Community Centre.

If you are not already a member of the Science: Earth and Space group and would like to attend future meetings or events, please email the co-convenors Karen-Anne Devoil and Tony Micallef science@chalfontsU3a.org.uk.

The Curry Club

The Curry Club has met each month on a Tuesday, since last June at different restaurants in and around Chalfont St Peter. These pictures were taken recently at The Saffron Lounge in Market Place: very tasty!



It's a great opportunity for those of us who relish a bit of spiciness when perhaps our spouses don't. We always enjoy a good mix of both couples and singles, ladies and gents in equal numbers.

New members are welcome, but we do have to limit each outing

to 12 thus making for good conversation around the table and efficient service.



A typical meal includes popadoms with chutneys, your choice of a starter, main, one side dish plus rice and/or breads. An allowance can be made for members not having a starter, and there will be individual additional adjustments for any extra side dishes per person.

The drinks total is apportioned by the number/type of drinks taken. Each member then pays the same food value plus their number of drinks direct to the restaurant.

Chris Franklin curryclub@chalfontsu3a.org.uk

Theatre Group



Friday 3rd October sees our first ever trip to the Playhouse Theatre in Oxford to see "Party Girls", a play about the Mitford sisters.

We received notification at the end of last week of a revival of Alan Ayckbourn's 1985 comic drama "Woman in Mind", starring Sheridan Smith, and managed to obtain 92 tickets, which were sold in a flash.

There will be 2 trips, 3rd and 24th February, to Duke of York's Theatre, St Martin's Lane.

Continuing to plan for 2026, with 2 outings booked already, and have some ideas for others at the National Theatre.

Now thinking caps on for the rest of 2026 !!

Howard Dawson theatretrips@chalfontsu3a.org.uk



**WOMAN
IN MIND**

New Experiences Group

Dinghy Sailing



On 11th September six of us ventured out to the Rickmansworth Sailing Club. It is on one of the lakes by the North Orbital Road, north of Denham, where HS2 crosses the road.

The sailing club is quite well signposted, but it was quite a long drive down an unmade road to reach it.

We were welcomed by Neil and Sally of HOAC (Hillingdon Outdoor Activities Centre) who were our instructors for the day.

The weather was better than expected as rain had been forecast, but it held off for the morning and instead we experienced gusty and unpredictable winds.

Four of us were in two seater dinghies, and the other two were accompanied by an instructor in a boat that could hold six or so.

It was exhilarating when the wind caught the sails and we sped across the lake, watching the moorhens, cormorants and coots.

No-one fell overboard, but I did succeed in 'broaching' which involved scooping a large quantity over water on board, resulting in a very soggy crew!

Thanks to Angela Cranson for arranging a great day.

David Powell

To join the group email Angela Cranston and Sharon Duncan on newexperiences@chalfontsu3a.org.uk



Garden Visits Group

Painshill Park and Denbies Vineyard



On 4 September, the Garden Visits Group visited Painshill Park in Surrey. After refreshments and an introductory talk, we were free to explore the landscape gardens, described as a "living painting". We enjoyed lovely vistas, follies, lakes and a crystal grotto.



In the afternoon, our second visit was to family run vineyard, Denbies.

After being handed a glass of their best-selling sparkling wine, our indoor tour began with a short film "the Vineyard through the Seasons."

After walking through the winery and seeing the bottling process, we headed for the cellar for a tasting of three different wines. A very enjoyable day!



Thank you to Jackie McCarthy, who organised the visit on behalf of the Garden Visits Group

Kate Trotman gardenvisits@chalfontsu3a.org.uk

Regional u3a Zoom events Thames Valley Network

The Wonder of the Galapagos Islands Landscape, Wildlife and History



A talk will be given to us by Jane Sellwood on Wednesday 8th October 2025 at 10.30 a.m. on Zoom.

Jane Sellwood, a retired researcher and active u3a member of Reading u3a, will regale us with her knowledge and photographs of the Galapagos Islands, all taken on her excursion to this wonderful place

Fee for this event is £2. Please book electronically via the TVN website u3atvnetwork.org.uk

Closing date 5TH OCTOBER 2025 (No further applications after this date).

If you would like to receive information directly from TVN with details of Study Days and Workshops, please email 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.

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 are 140 groups to choose from!

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

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.

Note that if you book a Riviera Holiday through a travel agent or other third party, this does not qualify for the payment.

See the advertisement in Third Age Matters magazine for further details. www.rivieratravel.co.uk

u3a Friends Extra

You may not have heard of u3a Friends Extra. This is an additional benefit for u3a members, giving them discounts on a whole range of goods and services such as retailers, insurance, restaurants and travel companies. (This service used to be called Click and Save).

These range from a 6% discount on retail purchases via a coupon system to up to 60% off some domestic appliances from Hotpoint and Whirlpool.

Currently they are offering discounts on theatre bookings.

For further details use this link: <https://u3afriends-extra.org.uk/a/>

Chalfonts u3a Directory of Interest Groups

Lyn Cameron, Groups Coordinator - groupcoordinator@chalfontsu3a.org.uk
Telephone: 07503 481537

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 on the next pages or here:

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

Chalfonts u3a Directory of Interest Groups

For general enquires about interest groups please contact
Lyn Cameron, Groups Coordinator - groupcoordinator@chalfontsu3a.org.uk
Telephone: 07503 481537

Or, if you know which group/s you wish to join please contact the convenor direct

Interest Group	Convenor(s)	Email
Badminton	Jacqui Robinson	badminton@chalfontsu3a.org.uk
Ballroom Dancing	Christine Hardwick	ballroomdancing@chalfontsu3a.org.uk
Bird Watching	Tony Micallef, Jan Sawyer	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	Sue Williams	bookclub3@chalfontsu3a.org.uk
Bridge	Geoff Glover, Sue Fisher	bridge@chalfontsu3a.org.uk
Chess	Tony Micallef	chess@chalfontsu3a.org.uk
Classical Concerts	Awaiting convenor	groupcoordinator@chalfontsu3a.org.uk
Coffee Mornings	Chris Coteman, Lesley Bedford	coffeemornings@chalfontsu3a.org.uk
Computing	Les Klein	computing@chalfontsu3a.org.uk
Creative Writing	David Brodie	creativewriting@chalfontsu3a.org.uk
Cribbage	David Burbidge	cribbage@chalfontsu3a.org.uk
Crochet	Paula Walker, Kate Trotman	crochet@chalfontsu3a.org.uk
Cryptic Crosswords	Bob Leven	crypticcrosswords@chalfontsu3a.org.uk
Cryptic Crosswords Too	Val Darbyshire	crypticcrosswordstoo@chalfontsu3a.org.uk
Current Affairs	Bob Leven	currentaffairs@chalfontsu3a.org.uk
Curry Club	Chris Franklin	curryclub@chalfontsu3a.org.uk
Cycling Longer Routes	Dave Duckworth	cyclinglongerroutes@chalfontsu3a.org.uk
Excursions and Outings	Val Smith, Kate Trotman	excursions@chalfontsu3a.org.uk
Family History	Jan Sawyer, Marguerite Fletcher	familyhistory@chalfontsu3a.org.uk
French Con Advanced	Heather Glasgow	frenchfluent@chalfontsu3a.org.uk
French Con Intermediate 1	Sandy Oldham	frenchconversation1@chalfontsu3a.org.uk
French Con Intermediate 2	Ray Luker	frenchconversation2@chalfontsu3a.org.uk
Garden Visits	Kate Trotman	gardenvisits@chalfontsu3a.org.uk
German Conversation	Renate Danner	germanconversation@chalfontsu3a.org.uk
Guitar - Beginners	Clyde Perkins	guitar@chalfontsu3a.org.uk
History	Trish Hart	history@chalfontsu3a.org.uk
Italian Beginners	Les Klein, Margaret Turner	italianbeginners@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	londonwalks2@chalfontsu3a.org.uk
Mac OS Computing	Les Klein	macoscomputing@chalfontsu3a.org.uk
Mahjong	Sam Patel	mahjong@chalfontsu3a.org.uk
Mixed Walking Cricket	Eileen Powell	mixedwalkingcricket@chalfontsu3a.org.uk
New Experiences Group	Angela Cranston, Sharon Duncan	newexperiences@chalfontsu3a.org.uk
New Members Coffee Morning	Eileen Powell, Val Smith	newmemberscoffeemorning@chalfontsu3a.org.uk
Old Time Music Hall Singing	Sharon Duncan, Richard Campbell	musichallsinging@chalfontsu3a.org.uk
Philosophy	Luke Degan	philosophy@chalfontsu3a.org.uk
Photography	David North	photography@chalfontsu3a.org.uk
Pickleball	Richard Cranston	pickleball@chalfontsu3a.org.uk
Pickleball 2	Diane Eaton	pickleball2@chalfontsu3a.org.uk
Pilates	Lesley Bedford	pilates@chalfontsu3a.org.uk
Poetry & Literature	David Burbidge	poetryandliterature@chalfontsu3a.org.uk
Quizzers	Margaret Turner	quizzers@chalfontsu3a.org.uk
Really Useful Group (RUG)	Sharon Duncan	rug@chalfontsu3a.org.uk
Really Useful Technical Team	Les Klein	rutt@chalfontsu3a.org.uk
Rummikub	Anita Crosbie	rummikub@chalfontsu3a.org.uk

Science: Earth and Space	Tony Micallef, Karen-Anne Devoil	science@chalfontsu3a.org.uk
Scrabble	Anne Higson	scrabble@chalfontsu3a.org.uk
Short Mat Bowls	Sheila Woolgar	shortmatbowls@chalfontsu3a.org.uk
Singing For Pleasure	Sharon Duncan	singing4pleasure@chalfontsu3a.org.uk
Spanish Aspiring Intermediates	Ann Robinson	spanishpreintermediates@chalfontu3a.org
Spanish Conversation	David Hillis	spanishconversation@chalfontsu3a.org.uk
Table Tennis	John Park, Eileen Powell Gio Pedalino	tabletennis@chalfontsu3a.org.uk
Table Tennis 2	Eileen Powell, Gio Pedalino	tabletennis2@chalfontsu3a.org.uk
Table Tennis 3	Gio Pedalino	tabletennis3@chalfontsu3a.org.uk
Tai Chi	Lesley Bedford	taichi@chalfontsu3a.org.uk
Textiles and Crafts	Sandra Dawson, Paula Walker	textiles@chalfontsu3a.org.uk
The Wagner Group	Lesley Bedford	thewagnergroup@chalfontsu3a.org.uk
Theatre Group	Howard Dawson	theatretrips@chalfontsu3a.org.uk
Ukulele Group	James O'Flynn	ukulele@chalfontsu3a.org.uk
Walking (6-10 Miles)	Marion Clegg, Sally Buckley	walking6-10miles@chalfontsu3a.org.uk
Walking (less than 6 Miles)	Sue Fisher, Frances Byrne	walking2-6miles@chalfontsu3a.org.uk
Walking-Strollers group	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
Wine Appreciation 3	Rory Christie	wineappreciation3@chalfontsu3a.org.uk
Yoga	Geoff Clegg	yoga@chalfontsu3a.org.uk
Yoga 3	Helen Hall	yoga3@chalfontsu3a.org.uk
Zumba Gold	Lyn Cameron	zumbagold@chalfontsu3a.org.uk

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