



NEXT MEETING

BUCKHURST HILL u3a

Enquiries: enquiries@buckhillu3a.org
 Website: <https://buckhurst-hill.u3asite.uk>
 Charity Reg No: 1178911

COMMITTEE CONTACTS

Chair Facebook Administrator	David Dooks	chair@buckhillu3a.org facebook@buckhillu3a.org
Vice Chair	Valerie Thame	v.chair@buckhillu3a.org
Business Secretary	Sue Bird	bussec@buckhillu3a.org
Treasurer Joint Webmaster	Kevin Lucas	treasurer@buckhillu3a.org webmaster@buckhillu3a.org
Membership Secretary Newsletter Editor	Christine Slade	membership@buckhillu3a.org newsletter@buckhillu3a.org
Speaker Secretary	Ruth Read	speakers@buckhillu3a.org
Social Secretary	Mary Nathan	mary.faith.nathan@gmail.com
Minutes Secretary	Cathy Tredgett	cathyray70@gmail.com
Committee Member	Chris Embling	christopherembling@gmail.com

OTHER CONTACTS

Outings Co-ordinator Accessibility Officer	Hilary Wrightman	outings@buckhillu3a.org access@buckhillu3a.org
Groups Co-ordinator Joint Webmaster	Fiona Lucas	groups@buckhillu3a.org webmaster@buckhillu3a.org

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Roding Valley Hall
 Station Way
 Buckhurst Hill
 IG9 6LN
 (car parking on site)

(doors open
 1.30 pm)

11th June

AGM

Speakers:
 Steve Scruton
 & Ian Wyatt
 "Music & Memories"
 (updated with more
 Memories)

FUTURE MEETINGS

9th July
 Dr Paul Rabbitts
 "The History of
 London's
 Royal Parks"

13th August
 Paul Barwick
 "The White Mouse,
 Nancy Wake"

Thoughts from the Chair (*David Dooks*)

June is an important month in our u3a calendar. Our constitution dictates that, as a registered charity, we hold an Annual General Meeting to present our accounts to our membership, to report on our activities and to elect the Committee posts for the coming year. I hope you can attend at Roding Valley Hall on the 11th.

It is going to be difficult to avoid football in the coming weeks, as the World Cup takes place across Canada, Mexico and the USA. Even if you are not a football fan, taking an interest might get you reaching for an Atlas or Google Maps, just to find out where four countries are because they are making their World Cup debut – Cape Verde, Curacao, Jordan and Uzbekistan are not often holiday destinations! England and Scotland will fly the domestic flags – if you think either can reach the final and you want to 'be there' to show your support, ticket prices for that single match went on sale at just over £24,000 a seat!

On a grey and very wet day last week, a small group of our members hopped on a Wanstead & Woodford u3a coach (by invitation, of course) to visit RHS Wisley. Between moments of atrocious weather, they showed themselves to be very hardy perennials. In a touch of irony, the current President of the RHS Gardens is called Richard WEED!



BUCKHURST HILL u3a NEWS

Macmillan Coffee Morning (*Mary Nathan*)

Calling Group Leaders: would you ask your group members if they would be willing to have a noticeboard in front of your house to advertise the Macmillan Coffee Morning? I know it's not until September, but preparations have already started. The Estate Agent pays £10.00 for every name on my list. You can collect forms at the meeting from Mary.

Rochester Christmas Market (*Hilary Wrightman*)

Join us for a visit to Rochester Christmas Market on Friday 27th November. The market is regarded as one of the UK's premier events, with over 250,000 visitors. It has over 120 stalls selling sustainable gifts, distinctive clothing and homewares and a wide variety of artisan goods and foods. Something for everyone. Rochester town centre is within walking distance and offers another excellent source of shopping and food and drink. Entry to the market is free and the cost is for coach travel only.

The booking form accompanies this newsletter.

Interest Group News (*Fiona Lucas*)

The **Flower Arranging Group** will next be meeting on 3rd July to make an arrangement in a Tea Pot! If anyone else would like to be added to the Flower Arranging Mailing list, then please email me at groups@buckhillu3a.org and I will be pleased to add you. The booking form giving all details of the session, will be emailed later this week.

The **Kalooki Group** is not meeting now until September when it will change its day and time. It will now meet on the third Tuesday afternoon, starting on 15th September. Kalooki is a card game popularly played in Jamaica. It is sometimes called Jamaican Rummy for similarities to Rummy – although the games are different. It is a 13-card version of rummy which, although slightly more difficult, I am reliably informed that it can be mastered in just a few minutes! Beginners as well as experienced players are welcome to join in. If you would like more details or would like to join the group, please contact Hilary.

Roding Valley u3a has invited us to join their new **Photography Group: Developing Technical Skills**. This Group is very different from our own very popular Photography Group as it is purely focusing on the technical aspects of photography. There are no plans for outings to take photos but each month the Group will meet to develop an understanding of how to create and evaluate interesting photographic images in order that you will be able to refine your photographic skills. There is a full description of what the group will be studying on the Roding Valley website – https://rodingvalley.u3asite.uk/u3a_groups/photography-group/. If you are interested in joining or just want more details, please email Roding Valley u3a and they will provide more information. The Group hopes to hold its first meeting in September on the second Tuesday afternoon of the month in Theydon Bois.

A reminder – Epping Forest u3a has invited BH members to join two of their Groups:

1. **Rubber Bridge:** This is a gentle Bridge Group held each Thursday afternoon at Theydon Bois Village Hall from 1.30 – 3.30pm, cost £2.50. If you are interested in joining this Group or finding out more, please contact Geoffrey Haslehurst.
2. **The Dog Walking Group:** a new group set up to provide members, accompanied by their dog, the opportunity to enjoy a sociable walk in beautiful Epping Forest on the third Friday of each month between 10 – 11.30am. It commences from the Group Leader's home located in High Beech and returns to this point. If you would like further information or to express an interest in joining this Group, please contact Linda Chiverrell.

Please remember that any u3a is run by the 'Members for the Members' and it is completely reliant on the willingness of members to volunteer to run all our Interest Groups, Events and Outings. If you have enjoyed participating in our activities, maybe now might be time to think about how you can contribute in some way to expanding what we have on offer. Being a Group Leader is not onerous, and I am there to support you to get any new Group up and running! Please contact me if you have an idea for a new Interest Group for Buckhurst Hill members, or are willing to help out, at groups@buckhillu3a.org.

Holiday in 2027 – Best of the Scottish Highlands (*Hilary Wrightman*)

Would you be interested in joining us for this holiday?

We have been offered places on Newmarket Holidays' tour of the Best of the Scottish Highlands. We would fly from Heathrow on Friday 7th May 2027 at 1.00pm. This holiday would be for 6 nights (half board) at the Carrbridge Hotel on the banks of River Dulnain.

Price: Double and Twin Rooms £1419.00 per person
Single Room £1746.00 per person

Deposit: £275.00 per person.

All tours, transfers and guide are included in the price.

From the stunning Road to the Isles and legendary Loch Ness to the mysterious Black Isle, this holiday features a host of Highland highlights. Take a cruise on the Moray Firth, explore the mythical waters of the Loch Ness, and a cruise to take in views of the scenery; and the ruins of Urquhart Castle, Balmoral Castle, the Scottish holiday home of the Royal Family, with time to see Crathie Kirk, and the Victorian village of Ballater. Continue with a journey along the 'Road to the Isles' from Fort William to Mallaig, passing through charming villages and breath-taking landscapes, including the enchanting Isle of Skye. Conclude with a trip to the Victorian seaside town of Nairn and the poignant grounds of Culloden Battlefield.

Places will be held until Monday 15th June 2026.

Please contact me, Hilary Wrightman, at outings@buckhillu3a.org / 07836 671582 if you are interested or have any questions.

Ten Pin Bowling (*Mary Nathan*)

Top scores at our last session were: Carol Smalley 120, Josie Gilbert 114, Karen Wood 104 & 105, Robert Yeung 119 & 104, Jean Page 108 & 116, Jean Pearson 100, Edna Rogers 115, Cathy Tredgett 100.

Very well done.

Visit to Private Garden at Roydon, Essex (*Hilary Wrightman*)

Join us for a private viewing of one of the most outstanding private gardens in Essex on Friday 10th July. There are approximately 9 acres of land, which includes formal, Japanese, beach and arid gardens as well as numerous sculptures and other points of interest. There is also a wood.

Any of our members who would like to be accompanied by a non-member can contact Liz Davison on 07768 514281 to book a place. This is how a non-member can join this visit and pay on the day.

The booking form (for members only) accompanies this newsletter.

Craft Group (*Fiona Lucas*)

In May, twenty-four keen Crafters met to decoupage a little wooden box. We hadn't done any decoupage for a while and, for some of the newer members of the group, it was a first. After painting the box and rubbing it down to provide a background, we had to cut out designs from paper serviettes, making sure that we peeled off two of the three ply (very fiddly) otherwise our design would be lumpy as the decoupage glue wouldn't stick well. After we had completed our design, we sealed it with a final coat of gloss or matt Mod-Podge before adding protective feet and hinges to the lid. We were very pleased with our afternoon's work!



Unfortunately, our friendly Group is full at present and there is a short waiting list. If you are interested in seeing more of our past projects, or want to enquire about joining, please explore the Craft Group page on the website: https://buckhurst-hill.u3asite.uk/u3a_groups/craft/.

The Photography Group (*Kevin Lucas*)

On Thursday 28th May a group of fifteen hardy souls braved the hot weather to enjoy a walk from Little Venice towards Kings Cross along the Regent's Canal. Despite the heat this was a pleasant walk with only the joggers and cyclists disturbing the tranquillity. In places the towpath beside the canal boats resembled people's back garden – some neat and tidy with tables and chairs but others – not so much!!

The walk starts at the Pool of Little Venice and follows the canal towards Camden Lock via Regent's Park and past London Zoo. At Camden Lock we stopped for a refreshment break within the many outlets of Camden Market. Several of the group decide to opt out at this point and others found a very welcoming bar which apparently served a good pint of Guinness.

Suitably refreshed we continued along the towpath towards King's Cross but soon encountered a police cordon which closed the towpath while a serious incident was being investigated. We had to take a detour and thanks to Karen G's inquisition of a young PC (it's true they really are getting younger) we were able to rejoin the towpath in time to pass Gasholder Park with its development of apartments within the old gasholders before continuing to Coal Drop Yard where the lure of food, drink and retail therapy proved too strong and we ended the walk.

Here is a selection taken by the Group.



Sam Blitz



Carolyn Glattback



Gillian Heard



Gisella Roman



Sally Gillespie



Julie Barclay



Karen Wood



Robert Gunn



Steve Skippen



Kevin Lucas

Our next outing is planned for Thursday 25th June and will be a walk around Leamouth Peninsular.

To join the Photography Group, no special expertise or equipment is normally required, indeed, many of the group are now taking photographs using their Smartphones. Members with no interest in photography are welcome to join us purely for the outings. We have visited some very interesting locations in London.

Please contact me for further information.

Garden Party and Afternoon Tea (*Mary Nathan*)

This is now sold out. Members can collect their Tickets at the June monthly meeting.

Curry Club (*David Dooks*)

Our Curry Club continued its tour of local Indian restaurants with a recent visit to The Coriander, Buckhurst Hill. Seventeen members enjoyed a lovely meal and conversation in between the Bhajjis and Bhunas.

Our next venture is on Thursday 25th June at The Bengal, Debden. Why not join us? Please contact Geoff for details:

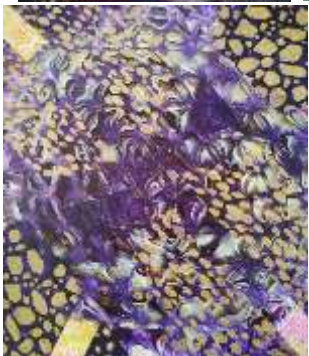
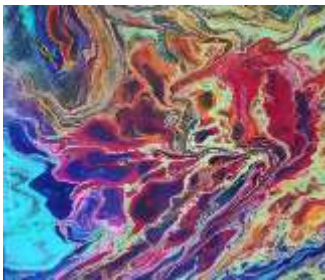
Copped Hall – Play (*Mary Nathan*)

I have a few tickets available, so come and join us at Copped Hall to see The Greek Theatre Players perform William Shakespeare's play, "The Merry Wives of Windsor", on Sunday 19th July from 3.00–5.00pm; the doors open at 2.00pm. Don't delay, get your ticket today.

The booking form accompanies this newsletter.

Paint Pouring (*Jacqueline Jacques*)

This month the painters all brought unloved paintings to be embellished in one way or another. Vast improvements all round!



COMMUNITY

Fitsteps (Eileen Cowell)



A new Class has started called 'Fitsteps'.

It is a Dance Fitness Class for all ages and abilities. It was formulated by Strictly Come Dancing's Ian Waite and Natalie Lowe along with Olympic swimmer Mark Foster. It's ideal for toning, building muscle strength and slimming down. You do not need a partner – it's a Fitness Class!

Classes are £6 each or £20 for a four-class card.

The classes are held at St Thomas of Canterbury, High Road, Woodford Green every Tuesday from 2-3pm.

Exercise Class

The advertisement is split into two main sections. On the left, a photograph shows an elderly woman with short blonde hair, wearing a pink t-shirt, smiling and holding a black exercise bar. A speech bubble next to her says, "It's friendly & fun and it's given me my life back!". On the right, a purple and pink background contains the text "MOVE IT OR LOSE IT!®" with a registered trademark symbol. Below this, it says "Turn back the clock with our fun and friendly exercise classes to improve your" followed by a list of benefits: "✓ balance & confidence", "✓ mobility & flexibility", and "✓ strength & independence". At the bottom right, a white box with black text provides contact information: "WED at 12 NOON", "LOPPING HALL", "07747 121201", and "LOUISE". A diagonal banner in the top right corner says "Come & try your first class FREE".

MEMBERS' CORNER

Young Blood (*Steve Skippen*)

DEFINITIVE

PART 2

A DIFFERENT KIND OF AFFAIR

BYL 259H

[When I See You Again](#)

A Different Kind of Affair ... the second of two parts which is once again too long to be included in the Newsletter, *per se*, but that is okay. On the website I am not constrained by space or word count, I am able to write freely and so if you wish to share the ride please click on the link below.

www.buckhurst-hill.u3asite.uk/wp-content/uploads/2026/06/Steve-Skippen-2.pdf

Comments welcomed – stephenskippenwriter@yahoo.com

A Poem

THE STAR

by

Peter Spencer

There is one star in the night sky we never see
Even though it is close to me and thee
Our revolving Earth hides it from view
Until in the morning when we see it anew
Venus once considered beautiful and serene
Is a planet where the pressure on the surface is extreme
It has thick clouds of acid rain
Falling on volcanic mountains and every plain
Instead of a calm Italian Paradiso
It is a blazing hot Venusian Inferno
Mars is no longer a harbinger of war
We will soon be sending spacecraft there once more
Humans will go there to stay
Out in space very far away
They will live under manmade domes
Millions of miles away from their Earthly homes

A Bit of a Winge! (Chris Embling)

Some of you good folk, but not that many I am certain, will already know that when you reach the ripe old age of 80 you are entitled to a state pension rise.

That will very soon apply to me (who would have thought it!). Recently, in the post I received a lovely letter from the Department of Works and Pensions. It tells me that my pension will be increased by 25 pence a week!

Yippee!

Does it not cross the minds of the powers that be, that posting a letter in this day and age actually costs more than my pension rise? It certainly precludes me from writing a thank-you letter which would use up two months' worth.

If anyone has a bright idea what I can spend the money on it would be appreciated. And please don't tell me to go to the pub to celebrate as it would take 6 months to save the cash (and I don't think it worth opening a new savings account).

MEMBERS' NOTICE BOARD

If you would like a Newsletter mention for a special birthday or anniversary or, alternatively, would like a card sent to members who are unwell or to the family of a member on their passing, please phone and tell our Social Secretary, Mary Nathan on 020 8506 2203.

Hilary Wrightman will collect tablet blister packs at our monthly meetings and take them to Superdrug for recycling into silver emergency blankets for the emergency services.

We are helping the Copped Hall Bookstall collect ink cartridges and foreign coins, which can be brought to the monthly meeting, in a bag, and handed to Kevin or Fiona Lucas.

*

MEMBERSHIP FORMS & RENEWALS

Our membership year runs from 1 April 2026 to 31 March 2027.

Membership forms are available at our Monthly Meetings, on our website, by emailing membership@buckhillu3a.org or by phoning 020 8505 1005. If you want your membership card posted to you, please include a stamped self-addressed envelope with your form, otherwise collect it at a monthly meeting. If you pay by bank transfer, membership cards will only be issued once membership forms have been received. When giving your own details and those of your emergency contacts, please ensure phone numbers are current.

OUTINGS & EVENTS

Booking forms are circulated with Newsletters and are available at monthly meetings. Completed forms (with contact details) must be given or posted to the event organiser.

NEWSLETTER ARTICLES

Articles for inclusion should be emailed to newsletter@buckhillu3a.org or posted to Newsletter Editor, 18 Scotland Road, Buckhurst Hill, IG9 5NR. The closing date for inputs to the next Newsletter (which will be a week early) is Friday 26th June.

East of England u3a (*Kevin Lucas*)

Buckhurst Hill u3a is a member of the East of England u3a network which covers all counties from Bedfordshire to Suffolk with Essex having by far the most u3a branches.

Each month East of England publishes a newsletter highlighting what is happening amongst the u3as in the region.

If you would like to take a look at this newsletter please follow this link – [East of England u3a](#) which will take you to the publication page of their website. From there you can explore their whole website. You can also access the link to East of England u3a on the information page of our website.

UPCOMING EVENTS FOR MEMBERS

Friday 10 th July	Roydon Garden – Visit
Sunday 19 th July	Copped Hall: <i>William Shakespeare Play: The Merry Wives of Windsor</i>
Friday 4 th September	Call the Midwife & Chatham Dockyard Tours
Friday 25 th September	Macmillan Coffee Morning
Friday 27 th November	Rochester Christmas Market
Friday 3 rd December	Roydon Garden – Christmas Lights
Saturday 12 th December	Breakfast at the Monkams
7 th May	Tour of the Scottish Highlands

These are dates for diaries. Some booking forms have already been issued, while others will accompany the newsletter in the coming months.

Visits that are Sold Out are no longer included.

All u3a-organised events and outings are for Members Only.

Reminder to all Group Leaders – only paid-up members are eligible to attend group activities, so please ensure you have membership numbers and up-to-date contact details for all of your group.

GROUPS INFORMATION

GROUP	MEETING DAY
Backgammon and Banter	Last Monday of the month 2.30pm
Board Games	Monthly, 2 nd Tuesday 2.00pm
Book Club	Monthly, 2 nd Monday 10.00am
Book Club (Non-Fiction) (RVu3a)	Monthly, 2 nd Thursday 7.15 pm
Bridge (Social)	Weekly, each Tuesday 10.00am
Carry on Crafting	Monthly, 3 rd Wednesday 11.00am
Coffee Morning	Monthly, 3 rd Thursday 10.30 am – 12.00 noon
Craft Group	Monthly, 4 th Friday 1.00pm
Creative Writing	Monthly, 1 st Saturday at 10.30am
Creative Yarns	Monthly, usually 2 nd Wednesday, 11.00am
Cribbage	Monthly, 4 th Thursday evening
Current Affairs (RVu3a)	Monthly 2 nd Tuesday 2.45pm
Curry Club	Monthly, 3 rd Thursday evening
Curious Mementos	Monthly 2 nd Friday 2.00–4.00pm
Dog Walking (EFu3a)	Monthly 3 rd Friday 10.00–11.30am
eBay Group	As arranged
Family History	Monthly, 2 nd Saturday 10.30am–12.30pm
Film / TV discussion and Cinema Outings Group	Monthly, 3 rd Monday 2.00pm Cinema Outings as arranged
Fitness for Fun	Monthly 2 nd & 4 th Tuesdays 10.30a
Flower Arranging	As arranged
Forest Walks	1 st and 3 rd Mondays, 10.30am
Fun Quiz Afternoon	Monthly, 3 rd Friday, 1.30pm. September/October/November
Grumpies	As arranged
Improv Group (RVu3a)	Fortnightly, 2 nd and 4 th Thursday 2.00 pm–3.30pm
Italian: Basic (EFu3a)	Alternate Wednesdays 2.00 pm – 4.00pm
Italian: Conversation (W&Wu3a)	Alternate Wednesdays 2.00 pm – 4.00pm
Kalooki (from 15 September)	Monthly, 3 rd Tuesday evening
Lunch Club 1	Monthly, 2 nd Tuesday
Lunch Club 2	Monthly, 2 nd Monday
Lunching With Style	As arranged
Mah Jong	First Monday, monthly at 2.00pm
Mosaics for Beginners	Monthly, 2 nd Monday at 1.00pm
Museums and Galleries Group	Monthly, 1 st Thursday, am
Outings	As arranged

Paint Pouring	Monthly: 1 st or 3 rd Tuesday or 1 st or 3 rd Wednesday, or 1 st Friday 2.00pm
Photography	Monthly usually 4 th Thursday
Photography: Developing Technical Skills (RVu3a)	Details on RVu3a website:
Play Reading	Monthly, 1 st Thursday 2.00pm
Recorder (Intermediate) (EFu3a)	Monthly, 2 nd Wednesday 10.00am – 12.00 noon
Rubber Bridge (EFu3a)	Weekly Thursday afternoon 1.30–3.30pm
Rummikub	Monthly, 2 nd Monday 2.30pm
Science Group (RVu3a)	Monthly, 1 st Thursday 2.00pm
Scrabble 1	Monthly, 2 nd Wednesday 2.00 pm
Scrabble 2	Monthly, 2 nd Friday 2.00pm
Sunday Club	Monthly, 4 th Sunday 2.30–4.30pm
Sunday Lunch for Singles	Monthly, 1 st Sunday
Ten Pin Bowling	Monthly, 1 st Tuesday (unless school holidays)
Theatre Outings (Local)	As arranged
Theatre Outings (West End)	As arranged

VISITORS

Visitors/Potential New Members will be allowed to attend the Monthly Meeting ONCE ONLY (free of charge)