BUCKHURST HILL

NOVEMBER 2026
NEWSLETTER



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**

CONTENTS

Chair	Page 2
Groups News	Page 3
Local Events & Outings	Page 9
Upcoming Events & Outings	Page 10
Community	Page 11
Members' Noticeboard	Page 12
Groups Information	Page 13

NEXT MEETING

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

(doors open 1.30 pm)

12th November
Keith Stanger
"A Light-Hearted Look at the Print Industry"

FUTURE MEETINGS

10th December
Christmas Meeting
(Booking Essential via enclosed Booking Form)

14th January 2027
Philip McKinder
"Guilty or Not Guilty – You are the Jury – A Liverpool Murder"

Thoughts from the Chair *(David Dooks)*

As the last ladle of pumpkin soup got eaten and apple-bobbing finished, the month of October morphed into November. November is recognised as the eleventh month of the year, but curiously, it derives from the Latin word 'novem' for nine. In the early 10-month Roman calendar, it was the ninth month but when January and February were added to the beginning of the year, it kept its name. And, uniquely, November is the only month used to represent a letter in the phonetic alphabet.

However, the month of November has other claims by containing many historical events. Charles Darwin published his groundbreaking book 'Origin of Species' in November 1859, X-rays were discovered in November 1895, the First World War officially ended on the 11th hour of the 11th day of the 11th month in 1918, Tutankhamun's Egyptian tomb was discovered in November 1922 by British archaeologist - Howard Carter, the BBC launched the first public television service in November 1936, in November 1957 the Soviet Union launched the Sputnik2 rocket, carrying the first living creature, the dog called Laika, into Earth's orbit and, in November 1963, American President JF Kennedy was assassinated.

In 2026's November, the Remembrance Sunday parade past the Cenotaph in London was matched by church services up and down the country 'Lest We Forget' those who have fallen in military conflicts. Spanning that Sunday on two days either side was the celebration of Diwali - the religious festival of lights recognised by Hindus, Jains, Sikhs and Newar Buddhists. Why five days? Very simply, day 1 is for health & wealth prayers, day 2 celebrates the triumph of good over evil, day 3 is the main celebration of light & family prayers, day 4 honours nature & New Year traditions and finally, day 5 celebrates the bond between brothers & sisters. Similar to the New Year celebrations on 31st December, the fireworks 'curfew' is extended to an hour after midnight for Diwali.

Next Saturday, the 14th, will see the annual Lord Mayor's Show in the City of London. Setting off from Mansion House at 11.00am in the golden state coach, the Lord Mayor elect will lead a procession of livery companies, educational establishments, scout groups, financial companies and military regiments that all benefit from London being the World's second largest international financial centre. I recommend going to the rear of the Bank of England for 10.45am, at the junction of Gresham Street and Moorgate, just 15 minutes' walk from the Central Line at Liverpool Street for a good viewing point with easy access.

The u3a recently conducted an online survey to explore the value of u3a membership. More than 10,000 people responded, with the main findings showing that 95% of members said that the u3a had improved their life in some way. 90% said the u3a had provided opportunities to keep learning, 79% said the u3a had expanded their social networks, 77% felt their sense of wellbeing had improved, 66% said the u3a helped them to stay physically or mentally active and 45% said that being part of a local u3a had reduced their feelings of loneliness or isolation. Overall, the findings were very positive and hopefully resonate with you all as Buckhurst Hill u3a members. As we often see through participation in our monthly meetings, outings and interest groups, the more you put in, the more you get out of your membership.

Can you Help?

Would you be able to come early to help put out the chairs for the monthly meeting? We are looking for some volunteers to assist us remove the chairs from the stage where they are stored to create the seating area for our members, and to assist with their return after the meeting.

If you can help, please come to the back entrance (kitchen) by 12.45pm (access via the car park).



BUCKHURST HILL u3a NEWS

Macmillan Coffee Morning *(Mary Nathan)*

Our Macmillan Coffee Morning on Friday 25th September raised £1661.35. Thank you for your support once again.

Ten-Pin Bowling *(Mary Nathan)*

Top scores in October were: Carol Smalley 102, Edna Rogers 110, Cathy Tredegett 112, Karen Wood 112, Mary Nathan 100 and 106.

In November, top scores were: Sheila Veasey 103, Carol Smalley 134, Robert Yeung 110, 121 and 112.

Please note: as from December our session times are changing. We will meet at 1.15pm, ready to play at 1.30pm.

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Football Predictions *(David Dooks)*

The latest top three members in our football predictions competition are:

1. Philip Bailey
2. John Benstead
3. Sue Cushway

Philip's teams collectively are a mere 29 places away from perfection, while the stragglers (no names) are scoring around 70. It all goes to show how opinions differ!

***

Sunday Club *(Mary Nathan)*

Due to Christmas, the Sunday Club will meet on 13th December, not 27th December.

Nostalgia Group *(David Dooks)*

For some time, I have been thinking about launching an interest group to share memories from our past. We can often recall things from bygone times but chatting with others usually unearths many more long-forgotten gems - do you remember Sherbert Fountains, Geoff Capes, the Monkees or the ZX Spectrum? Coincidentally, the National u3a has launched an ongoing project called 'u3a rewind' to create an archive of cultural history through music memories. It has produced three research packs covering different music genres of the 60s and 70s to help members delve into past music, films and culture that defined their lives. This music resource seems like a good starting point to create our own Nostalgia Group, but I would also like to delve into historic schooldays, technology, film and television, football and other sports.

If you would like to take part in discussions, probably meeting one afternoon a month at The Monkhams if there is interest, please contact me.

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Flower Arranging *(Fiona Lucas)*

Last month, the Flower Arranging Group had a lovely relaxing afternoon with Lynn, who taught us how to create an Autumn arrangement suitable for displaying on a single tier cake stand. We were shown how to fill our oasis with ruscus, making a green base into which we positioned some roses, carnations, dried poppy heads, pinecones and faux stems of a broom type shrub, as well as some orange twigs, before creating a decorative bow. We were taught not to waste any part of the plant even the bare stems could be utilised to add fullness to our display. We were all very pleased with our afternoon's work and left with some beautiful Autumn arrangements. We're all looking forward to our next session which will be in the Spring.









There is a mailing list for members who would like to be informed when a Flower Arranging session will be taking place. If you would like your name to be added to the list, please email Fiona at groups@buckhillu3a.org or call her on 07540 948222.









The Photography Group *(Kevin Lucas)*

For October, the Photography Group were challenged to take photos with an Autumn theme. Here are a selection of their efforts.



Stephanie Kerstein



Fiona Lucas



Steve Skippen



Kevin Lucas



Anne Harriman



Rose Eckhard



Noel T

On a slightly different take on the subject, two photos of Autumnal sunsets taken on recent European travels by two Group members



Cathy Lee



Kevin Lucas

Our next outing is planned for 26th November and will be a visit to the very atmospheric Brompton Cemetery which we last visited in November 2017! This will be our final outing of the year.

To join the Photography Group, no special expertise or equipment is normally required, indeed, most 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.

Carry on Crafting *(Jean Skippen)*

The Monkhams is the venue for the Carry on Crafting group. Eleven of us crafters met there on Wednesday 21st October, with each of us bringing along our own project to work on. There was crochet, knitting, cross stitch and mosaics, to name but a few of the various crafts being undertaken, whilst also enjoying a cuppa or soft drink with some lively chatter.

Creative Writing *(Jan Shillum)*

It always amazes me that when I come up with a 'prompt' to encourage members of the group to start writing something, we get so many variations on the theme. My latest idea, designed to exercise descriptive powers, was to lay some random objects out on a tray and ask everyone to describe them without naming them.

Here's my effort (with headings for your clarity only) and Jackie's which does name them in the capital letters that begin each line — but in a very inventive way.

OBJECTS OF DESIRE?

SPANISH FAN

A woman would hold this flirtatiously in her hand: a semi-circle of stiff, beautifully painted paper, finely pleated and attached to overlapping flat, strips of fragrant sandalwood. They are flanked at either side by thicker, black and gold lacquered strips and secured at the base with a rivet that allows the the half circle to be artfully flipped open or snapped closed with a flick of the wrist. When open, colourful scenes depict flamenco dancers who disappear when the sticks fold, concertina-like, in on themselves. Held open, in various, strategic ways, such objects have a language all their own, from coquettish invitation to angry dismissal.

PAPER WEIGHT

This finely crafted, clear, glass egg is flat at the base so it can stand and is etched near its top with a translucent eagle that disappears when viewed from some angles, as it would in real life — but it is always there, its outline can be felt with a feather light touch of the fingers. Inside the glass lies more mystery, a snow-capped mountain, perhaps Mount Fuji, perhaps not, dominates the tiny landscape and enchants from within.

EXERCISE BALLS

These brightly coloured, spongy spheres will help to keep your hands flexible and your fingers in fine fettle. They are scaled down in size: the first will fill the palm of your hand, squeezing it and feeling it bounce back into its round shape, can help release stress as well as improve physical dexterity. The middle size resembles a tomato in both colour and size but is harder to the touch and can be manipulated along with the smallest of the three, more ping pong than tomato and bright yellow, to keep your fingers supple, even perhaps, to perform magic tricks. All three of course, would be perfect for jugglers to show off their skills...

COMPACT

A small gilt metal, scallop shell, hinged at the bottom, makes a slim container that holds a pretty secret. When opened, it reveals a mirror in the lid, a hollow centre to hold powder and a velour circular pad that will carry the fine powder to your face, eliminating unladylike shine and enhancing enviable cheekbones, high, distinguished foreheads and noble noses. The luxury puff, for when you are using make-up techniques at home, is pink, feathery and made from the softest down that will apply your face powder to perfection.

EYELASH CURLER

It looks horribly like a surgical instrument or something used for torture: made from hard, shiny silver metal with scissor like handles that operate two flat, metal bands at the top, one larger than the other, that fit together when you squeeze the handles — to do what? Dead head roses? Extract splinters? Pull out teeth or fingernails? None of the above, this weird and wonderful object is indispensable whenever you want to flutter your eyes at someone and need to enhance and uplift their fringes first to gain maximum impact...

Making Up Acrostics (*by Jackie Jacques)*

1.

Evenings out need special measures -
You're grateful for these little treasures
Elevating dull eyes in the mirror
Lightly making your beauty clearer
All you need is to trap the strands
Softly, between the metallic bands,
Hold the tool with scissor-like grip -
Curves unfold from root to tip,
Uniquely widening an innocent gaze,
Reviving the charm of younger days.
Lovely, dramatic and, frankly, alluring,
Eyes, so framed, make mem'ries enduring.
Ready to flutter, to blink, to delight,
Swept with mascara, they're set for the night!

2.

Perfectly shaped as its name has implied
Opening up a whole boudoir inside
With a tray of fine dust, coloured cream, beige or rose,
Dab on your face, take the shine off your nose.
Each fluff of your puff makes you pinker and matte -er,
Repairing the damage of drink and fish batter,
Central heating and sweets take a toll of your skin:
Out comes your handbag - the answer's within -
Metallic and shiny it shouts Art Nouveau,
Puffs when you open it, snaps when you go.
An essential for anyone saving their face
Clever design means a mirror's in place
To touch up your lippy or tidy your hair
(when your date for the evening is all unaware).

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Curry Club *(Geoff Wrightman)*

We are nearing a year from the first Curry Club dinner. Our numbers have grown and we now have about 20 members attending.

I believe we all have had great meals along with excellent camaraderie and the opportunity to have visited some new restaurants.

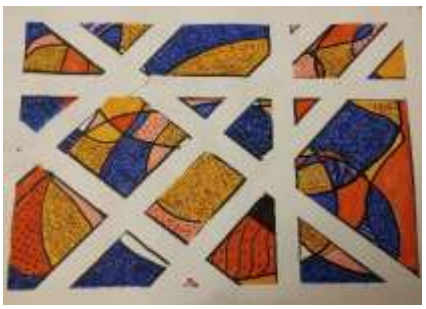
It is our plan to further develop the variety of restaurants we go to. To these ends we aim to make the visits in 2027 with a more of an International flavour. Our first dinner in 2027 is planned for 21st January at an Italian restaurant - more details to follow

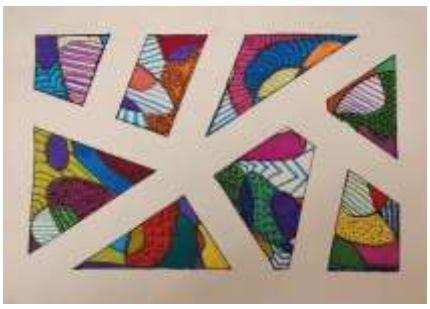
Please contact Geoffrey Wrightman for more information.

Let's Doodle *(Jackie Jacques)*

Doodling got off to a great start with a piece requiring a masking tape foundation and Zentangle embellishments.





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LOCAL EVENTS AND OUTINGS

Visit to Sipsmith's Gin Distillery *(Sue Bird)*

A group of nine members visited Sipsmith's distillery in Chiswick to learn more about gin.



It was led by two very enthusiastic members, Lucas and Ellie, of Sipsmith's team. Although we see the bottles of gin in many supermarkets it was only established in 2008, when Gordon Brown was Prime Minister. At the time he said 'anyone who starts a business at this time should proceed with prudence'.

It was started by two friends from Plymouth and a third friend joined shortly after. Initially the deliveries were made by one of them delivering the gin from his Vespa scooter. He would definitely have been a 'mod' in the 60s. All deliveries to be within the M25! In 2014 they moved into their present premises which were previously owned by 'Fullers' of 'London Pride' fame.



All the gin is made there in three stills, called Prudence, Constance and Verity.

The talk was interspersed with tastings of various flavours of gins! Naturally!

Thanks to Hilary for organising a very enjoyable trip.

UPCOMING EVENTS FOR MEMBERS ONLY – DIARY DATES

Thursday 3rd December	Roydon Garden - Christmas Lights
Friday 4th December	Lunching with Style at Linguine
Saturday 12th December	Breakfast at the Monkhams
Friday 7th May to Thursday 13th May 2027	Tour of the Scottish Highlands *(membership required at time of Tour to be covered by the u3a insurance policy)*

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

Only paid-up members are eligible to attend group activities or outings. Group Leaders and outings organisers maintain membership numbers and up-to-date contact details for participants.

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FUTURE LOCAL EVENTS AND OUTINGS - INFORMATION

Evening Quiz *(Hilary Wrightman)*

On Saturday 21st November we will hold a quiz evening at the Roding Valley Hall. Bring your own food and drinks. Tables are for 6 people. As with local quizzes, we will provide water and sweets.

The booking form is enclosed with this newsletter.

Visit to Private Christmas Light Show *(Hilary Wrightman)*

Join us for a private viewing of one of the most outstanding Christmas light shows in Essex on Thursday 3rd December. There is a MiniBus travel option, but all places need to be filled to be viable.

The booking form is enclosed with this newsletter.

Lunching with Style *(Hilary Wrightman)*

Our Christmas lunch will be on **Friday 4th December 2026.** There will be a 3-course set menu lunch (choose on the day), followed by our usual raffle.

The booking form accompanies this newsletter.

December Monthly Meeting – Afternoon Tea

We will be holding our annual Afternoon Tea at the December monthly meeting on Thursday 10th December. Numbers are limited., so first come first served.

The booking form is enclosed with this newsletter.

Breakfast at the Monkhams *(Mary Nathan)*

Join us at Breakfast at the Monkhams Pub on Saturday 12th December at 11.00am. The cost is £15.00 per person.

The booking form is enclosed with this newsletter.

COMMUNITY

Churchill Talk at Epping Forest District Museum

Members: some of you may be interested in an upcoming talk at Epping Forest District Museum on Wednesday 18th November. The talk will be looking at Churchill's political career through the lens of his constituencies, exploring his time as MP in the Epping Forest area, his 'wilderness years' and onto his time as Prime Minister.

The talk commences at 7.00pm, with doors opening 6:45pm. Tickets are £7.50. Further details are available at: https://www.ticketsource.com/efdmuseum/t-zoxoajr.

Collection of Winter Clothing

THE ROTARY CLUB OF BARKINGSIDE & REDBRIDGE
and THE ROTARY CLUB OF RODING

COLLECTION OF WINTER CLOTHING

(coats, jackets, hats, gloves, jumpers etc)

In aid of the Whitechapel Mission for the Homeless

DONATION DATES
Between 16th and 20th November

DONATION TIMES
10.00-11.00am and 5.00-7.00pm

Place your donations in a sack and deliver it to either of the following addresses during this period and the times indicated:

10 Field Close Buckhurst Hill IG9 5AQ
(please call 07774 604676 to confirm availability)

79 Malmesbury Road South Woodford E18 2NL
(please call 020 8505 5988 to confirm availability)

Alternatively: please call Geoff Wrightman on 07774 604676 to arrange a possible collection from your home

This is an extract from the Mission's website: https://whitechapel.org.uk/:

"The Whitechapel Mission has been serving the homeless and marginalised since 1876 – including a day centre, skills training and career advice, activity programmes and specialist support for complex needs. By encouraging each person to address the issues which caused their homelessness, we help them to gain the skills and confidence to make lasting changes in their lives".

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IN MEMORIAM

Sending our love to Christine Gibson on the passing of her husband. Our thoughts are with her and the family.

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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.

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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 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 is Friday 4th December.

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.

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GROUPS INFORMATION

GROUP	MEETING DAY
Backgammon and Banter	Last Monday of the month 2.30pm
Board Games	Monthly, 2nd Tuesday 2.00pm
Book Club 1	Monthly, 2nd Monday 10.00am
Book Club 2	Monthly, 1st Wednesday 10.30am
Book Club (Non-Fiction) (RVu3a)	Monthly, 2nd Thursday 7.15 pm
Bridge for Beginners & Refreshers (EFu3a)	Weekly, each Monday 1.30pm
Bridge (Social)	Weekly, each Tuesday 10.00am
Carry on Crafting	Monthly, 3rd Wednesday 11.00am
Coffee Morning	Monthly, 3rd Thursday 10.30 am – 12.00 noon
Craft Group	Monthly, 4th Friday 1.00pm
Creative Writing	Monthly, 1st Saturday at 10.30am
Creative Yarns	Monthly, usually 2nd Wednesday, 11.00am
Cribbage	Monthly, 4th Thursday evening
Current Affairs (RVu3a)	Monthly, 2nd Tuesday 2.30pm
Curry Club	Monthly, 3rd Thursday evening
Curious Mementos	Monthly, 2nd Friday 2.00-4.00pm
Dog Walking (EFu3a)	Monthly 3rd Friday 10.00-11.30am
eBay Group	As arranged
Family History	Monthly, 2nd Saturday 10.30am-12.30pm
Film and TV discussion Group	Monthly, 3rd Monday 2.00pm Cinema Outings as arranged
Fitness for Fun	Monthly, 2nd & 4th Tuesday 10.30a
Flower Arranging	As arranged
Forest Walks	Monthly, 1st and 3rd Monday 10.30am
Fun Quiz Afternoon	Monthly, 3rd Friday, 1.30pm. September/October
Grumpy Old Men	As arranged
Guitar Group	Monthly, 4th Tuesday morning
HaHa Club	Monthly, 1st and 3rd Tuesday 10.30am
IMPROV Group (RVu3a)	Monthly, 4th 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	Monthly, 3rd Tuesday 2.00pm
Let's Doodle	Monthly, 1st and 3rd Wednesday 2pm
Lunch Club 1	Monthly, 2nd Tuesday
Lunch Club 2	Monthly, 2nd Monday
Lunching With Style	As arranged

Mah Jong	**Monthly, 1st Monday 2.00pm**
Mosaics for Beginners	**Monthly, 2nd Monday at 1.00pm**
Museums and Galleries Group	**Monthly, 1st Thursday, am**
Outings	**As arranged**
Photography	**Monthly, usually 4th Thursday**
Photography: Developing Technical Skills (RVu3a)	**Monthly, 2nd Tuesday 2.45pm**
Play Reading	**Monthly,1st Thursday 2.00pm**
Recorder (Intermediate) (EFu3a)	**Monthly, 2nd Wednesday 10.00am – 12.00 noon**
Rubber Bridge (EFu3a)	**Weekly Thursday afternoon 1.30-3.30pm**
Rummikub	**Monthly, 2nd Monday 2.30pm**
Science Group (RVu3a)	**Monthly, 1st Thursday 2.00pm**
Scrabble 1	**Monthly, 2nd Wednesday 2.00 pm**
Scrabble 2	**Monthly, 2nd Friday 2.00pm**
Sunday Club	**Monthly, 4th Sunday 2.30-4.30pm**
Sunday Lunch for Singles	**Monthly, 1st Sunday**
Ten Pin Bowling	**Monthly, 1st Tuesday (unless school holidays)**
Theatre Outings (Local)	**As arranged**
Theatre Outings (West End)	**As arranged**

MONTHLY MEETING - MONTHLY 2ND THURSDAY

Visitors or Potential New Members are allowed to attend the Monthly Meeting ONCE ONLY (free of charge)