



HADDENHAM U3A

Newsletter September - October 2018

Chairman's Thoughts

Sally Lajalati (875292)

Hello everyone,

Well, hasn't it been a long hot summer! I hope you have all managed to enjoy the beautiful weather and keep your garden looking good. My grass looks very sad, but I'm sure it will soon recover with a drop of rain.

To start with some thanks.....

to Pat Woodward who is stepping down from leading the hugely successful Out With Friends Group and also Pam Harding who has been assisting her. After a slight reorganisation and a redistribution of responsibility the group will carry on with a slightly different format and I'm sure will continue to provide an interesting and exciting range of activities.

to Theresa Smith for her efforts to increase the number of members to ensure that the Yoga Group can continue.

to Sue Benwell for holding the fort so well with the Theatre Group and to Margaret Ackroyd who has taken over the leadership of this now.

to Roger Rickard for his work on the website and on the newsletter over the years.

YOUR U3A NEEDS YOU!

We are really fortunate to have such a thriving U3A with a dedicated committee working so hard to ensure that it continues to thrive.. This is not the case with all U3A groups and some have had to close because they cannot find enough people willing to take on that responsibility. However, we really need help from other members to keep things going.

This may well be the last newsletter you receive, because as you know, Roger Rickard, after many years of dedicated service, has decided that he should pass on maintenance our website or production of the newsletter. Unfortunately, even with a membership of over 400, we have still not found anyone willing to take on the task. Therefore, the committee are having to look into finding a commercial company who will look after our website, which obviously will not be free! If there is anyone out there who would like to take this on please contact me or Roger.

Our Group Leaders are such an important part of our U3A. Without them we would not be able to offer such a wide range of interest groups, so please, if you think you would like to lead a group and would like more information about what it involves please contact Theresa Smith.

I know that those of you who attend our monthly General meetings really enjoy them. However, we are continually struggling to find volunteers to help with the chairs and the refreshments. We have over 400 members with an average of 100 attending these meetings. I'm sure you can do the maths - and surely once a year to volunteer isn't much to ask to help keep our U3A going.

Best wishes to you all.

Sally Lajalati - Chairman



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Notices – Interest Groups

Theresa Smith (01296 747893)

The Yoga Group will begin operations on September 19th. Research has shown that a weekly Yoga class for older adults can improve physical function, mobility and balance. It can also improve mental wellbeing. The Group Leader will be Jan Baker. The group will meet weekly at the Walter Rose Room, Haddenham Village Hall on Wednesdays at 14.30 - 15.30 hrs. New members are welcomed. Classes are suitable for everyone and beginners are very welcome. See under Interest Groups below for more detail

Discussion Group 2 is currently seeking a few new members to join in for some lively discussion. If you are interested in joining please contact David Gregory (davidygregory@aol.com), Richard Withey (07857 634013) or George van den Berge (g.a.vandenbergh@btinternet.com)

Sunday Lunch Group Ray Price has stepped down as leader of the Sunday Lunch Group. My thanks to Ray for setting this group up and organising many lovely lunches. Annette Marsden who leads the Friday Lunch Group will now organise the Sunday group as well. The Friday group meets every two months and we have decided that the Sunday group will also follow this pattern and will dovetail with the Friday group. This means there will be a U3A lunch every month but will alternate between Friday and Sunday. The next Sunday Lunch will be in October. Annette will make the information available once the venue is booked. Thanks go to Annette for taking on this role in addition to the Friday group.

Spotlight on Interest Groups

Theresa Smith (01296 747893)

We are reintroducing our Spotlight feature to highlight a few of our interest groups in each newsletter:

Book Group 2 meets on the 2nd Tuesday of each month at 10.15am in members' homes. Members suggest books for the programme at our annual planning meeting and they then present the book which they have suggested. We always have a varied selection of books, both classic and modern. Members source the books themselves. This Group is currently full but if you do want more information please contact the Group Leader, Elaine Parkes at emparkes26@gmail.com

Friday Walking Group normally meets on the 3rd Friday of each month. Walks are usually about 5 to 6 miles long, but may sometimes be a little longer. Many walks are in the Chilterns, so some steep ascents and descents can be expected. However, other local areas are also visited. Walks generally start at 10.00 a.m. and usually finish with a pub lunch at about 1.00 p.m. Regular walkers take turns to lead the walks. There are currently 20 members in the group, with the monthly turnout varying between 10 and 15. All U3A members are welcome to join our walks. For further information, please contact Andrew or Helen Wild on 01296 748679 or wilddinton@waitrose.com

French Conversation group has the aim of enabling members to practise and improve their spoken French in a friendly environment. It is positioned as 'intermediate' level, meaning that we assume a reasonable basic knowledge, though this may have been learnt many years ago. Most participants have something approaching 'A' level in French from school. We do all need help, and therefore have a native French teacher, who guides, encourages and corrects us as necessary and also provides or suggests materials for discussion. We find that we gain enormously in confidence, simply by using the language in a 'safe' environment.

As we have a paid teacher, we do need to make a charge.

If you would like to know more, please contact Paul Dickinson on 01844 215140 or paul.dickinson2007@btinternet.com



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General Meetings

Organiser: Angela Hart (292070)

Monday 10th and Thursday 20th September **“Bagels & Bacon: a Jewish Childhood in the East End”** by Jeff Rozelaar, is an autobiographical account of growing up in the Post War East End. The book upon which the talk is based, was described by Fern Britton as “A hugely entertaining book ... a great sudsy wallow in the 1950’s”. The delivery is a lively and entertaining mixture of Jewish and cockney humour

Monday 8th and Thursday 18th October **“The Ascent of Everest from Tibet”** by Peter Ellis, who is one of about 400 people who are Seven Summiteers - those who have climbed to the highest point of each of the seven continents. This fascinating talk is about the final stage, climbing to the top of Everest.

Events and Outings

**Coordinators: Margaret Ackroyd (292393),
and Mary Paterson (291919)**

Visit to Sir Paul Getty’s Georgian Walled Garden & Library – Thursday 20 September

Sir Paul Getty spent 25 years assembling at Wormsley one of the finest private collections of books and manuscripts in the country. The collection dates from the 7th to the 20th century. Own travel arrangements

Organiser: Margaret Ackroyd 292393 or events@haddenhamu3a.co.uk

Thenford Arboretum & Garden - SATURDAY 20 October 2018

Michael Heseltine MP purchased Thenford House and its surrounding garden in 1976. Over the next twenty years, 40 acres of woodland was restored and the walled garden brought back to its former use. The arboretum, now extended to 70 acres, features a collection of more than 3,000 different trees and shrubs, together with extensive herbaceous borders, water gardens and many other features.

Organiser: Mary Paterson (01844 291919) or email on events@haddenhamu3a.co.uk

U3A Holidays

Refer to website and organisers

Cycling in Bordeaux, France – 1 to 8 September 2018.

Our U3A cycling group are embarking on a boat/bike holiday in September in the Bordeaux area of France. The holiday is on a river boat with hired bikes on board, and varying distances (20-32 miles) are cycled daily to the next embarkation point. Cycling is not compulsory and there is an option to stay on board.

Walking Holiday in Freshwater Bay, Isle of Wight, - 30 April to 4 May 2019

A 4-night holiday with full board has been arranged at Freshwater Bay on the Isle of Wight, which is situated by the sea on the south side of the island. There will be a choice of 3 walks each day, with up to 7 miles on the easier walks, 9 miles on medium walks and 12½ miles on harder walks. There is also the option to take a Discovery Tour holiday, with gentle walks of up to 1½ miles and visits to local sites by minibus. You can also take a Country House break and organise your own time.

For more information, or to book a place, contact Anne Gatward at annegatward@waitrose.com or tel. 01844 292811.



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Cycling Holiday to Prague and Beyond 6th – 13th July 2019

The cycling group have arranged a river boat with bike hire from Prague next year, and as this is a larger boat than usual (the “Florentina”) we are able to open this tour to all members of the U3A.

The cycling should be relatively easy along the rivers with reasonable distances. It is NOT limited to cyclists and one doesn't have to cycle at all, just stay on the boat. The price includes 7 breakfasts and 3 course dinners, plus 6 packed lunches or snack lunches for those who choose to stay on the boat. There is also tea/coffee on 6 afternoons after cycling. There is an on board tour guide who will give daily briefings on the cycle routes. Flights have not yet been arranged

This tour tends to get filled early so if you are interested don't hesitate.

For more information contact Eileen Monks 01844 216033. E mail emonks@tiscali.co.uk

Wider U3A News

further details from Sally Lajalati (875292)

Thames Valley Network Study Days

TVN Study Day – Polar Exploration – 4th September at Benson

TVN Study Day – Website Building with WordPress – 17 October at Benson

TVN Study Day – Art and Medicine - 1 November at Benson

TVN Workshop – How to be a Happy and Successful Convenor – 27 November at Benson

TVN Brandenburg Traditional Christmas Concert - 12 December in London WC2

For further details see www.u3atvnetwork.org.uk

National U3A Events

U3A Jazz Study Day – 19 September at Westminster Cathedral Hall, London SW1P 1QH

U3A Explores Science at the Ri – 15 October at Ri, Albemarle St, London W1S 4BS

For further details, see www.u3a.org.uk

See Haddenham U3A website or General Meeting noticeboards for further details. Early bookings are advised

Notes from the Interest Groups

(telephone 01844 unless otherwise stated)

Book Group 1	Leader: Ann Warris (292273)
25 September – “Regeneration” by Pat Barker, presented by Elaine Parkes 23 October – “Nations Favourite” by Grif Rhys Jones, Presented by Carole Fryer	
Book Group 2	Leader: Elaine Parkes (292184)
11 September – “The Warden” by Anthony Trollope, presented by Rosanne 9 October – “Conclave” by Robert Harris, presented by Carol Mason	
Card & Board Games Group	Leader: Ann Rickard (291613)
Meetings on 27 September at 16 The Gables and 25 October at 12 Wykeham Gate, Haddenham	
Computer Group	Leader (Chinnor U3A): Robin Preston-Whyte (350382) Haddenham U3A Liaison: Angus Mylles (290727)
The Computer Group meets on the first Friday of each month at 2.30pm at the Chiltern Room, Chinnor Village Centre. September/October topics TBC	



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Cycling Group	Leader: Marie Woodrow (292012) Malcolm White (291677)
1 to 8 September 2018 - Cycling Holiday in Bordeaux (see Holidays) Rides, typically in the Chilterns or Cotswolds regions are planned and led by members on the 4 th Tuesday of each month	
Dance Group	Leader: Theresa Smith (01296 747893)
This square dancing group meets weekly from 6 September to 15 December.	
Digital Photography Group	Leader: Bernard Warner (296118)
Next Meeting 21 September – talk by local photographer Mark Hewitson. Meetings with the Greater Thame U3A Photography Group on the Third Friday of each month, 10-12am, at Thame Guide Hut, Southern Road, Thame	
Discussion Group 1	Leader: Tricia Hirst (291117)
“Open Forum” meetings on 17 September and 15 October at 16 Townsend Green	
Discussion Group 2	Leader: TBC
Discussion Group 2 is looking for new members to join in for some lively discussion. If you are interested in joining please contact David Gregory (davidygregory@aol.com), Richard Withey (07857 634013) or George van den Berge (g.a.vandenbergh@btinternet.com)	
Earth Matters Group	Leader: Sue Oswell (290568)
September 12 th – Visit to Otmoor RSPB reserve near Beckley	
Film Club	Leader: Roger Rickard (291613)
3 September – “The Girl With a Pearl Earring”; 1 October – “Jackie” Both at Youth & Community Centre, 13.45 for 14.00	
French Conversation Group	Leader: Paul Dickinson (215140)
Next group meetings are on 24 September, 8 and 29 October.	
Friday Luncheon Club	Leader: Annette Marsden (291022)
21 September : The Peacock, Henton 1230 for 1300 sitting.	
Gardening Group	Leader: Doreen Barker (290377)
The Gardening Group meets on the third Monday of each month (except August and December/January) at 2.30pm. Future visits to be confirmed	
German Conversation Group	Leader: Paul Dickinson (215140)
Next meetings – September 5 th and 19 th , October 3 rd and 17 th	
Golf Society	Leader: Chris Vernon (291783)
Games arranged monthly, one month in advance convenient for members and the course bookings.	
Local History Group	Leader: Steve Sharp (290597)
September 26 – Visit and guided tour to Berkhamsted Castle October 24 – talk on “Brill – an unusual village in the Bernewood Forest”	
Mah Jong Group	Joint Leader: Helen Wild (01296 748679) Joint Leader: Carol Mason (292236)
Friday meetings at Haddenham Catholic Church: September 7, 21, October 5, 19 Wednesday meetings at Community Library: September 12, 26, October 10, 24	
Music Appreciation Group	Leader: Ed Bullimore (291011)
September 3 rd - Audrey Fisk gives a programme on "The Golden Ages of the Baroque Trumpet and the Bassoon and Oboe Concerto" at 14.00 hrs at 27a The Gables, Haddenham October 1 st – Bernard Warner presents “The Music of South America” at 14.00 hrs at 4 Whitecross Road, Haddenham	
Opera Group	Leader: Rosalie Sadler (290210)
No events planned	
Out with Friends Group	Leader: Pat Woodward (290460)
Group meetings on 5 September and 3 October. Events programme issued to Group Members.	



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Sunday Lunch Club	Leader: Annette Marsden (291022)
Sunday Lunch club will now meet on 4 th Sunday of alternate months. Next luncheon will be on 28 October at The Black Horse in Thame.	
Table Tennis Group	Joint Leaders: Steph Everitt (01844 299579) and Sylvia Eyles (eyless@msn.com)
Fortnightly sessions at Youth and Community Centre. Next sessions on 12 and 26 September; then on 10 and 24 October.	
Tai Chi Group	Leader: Mike Moore (290258)
The group meets on Tuesday afternoons at 14.00 hrs in the Youth and Community Centre. Current series runs from 4 September to 9 October.	
Technical Group	Leader: Kevin Nash (01296 658810)
October 23 rd - Visit to London Transport Museum Back-up depot at Acton	
Ten Pin Bowling Group	Leader: Michael Walden (291617)
Weekly sessions each Monday morning at 10.00 am, excluding Bank Holidays, at Rogue Bowling Centre, Aylesbury	
Theatre Group	Leader: Margaret Ackroyd (01844292393)
6 Sept – “The Wipers Times”, Oxford Playhouse. Satirical newspaper from WW1 trenches 27 Sept – “The King and I”, London Palladium. Possibly greatest musical? Critics give it 5 stars	
Visiting Country Churches Group	Leader (GTU3A): Elizabeth Bridges (216646) Haddenham U3A Liaison: Jane Brown (261195)
September 20 th – Visit, Towersey Church (1400 for 1415) October 18 th – proposed visit to St Albans or Hereford – details to be confirmed	
Walking Group 1	Leader: Malcolm White (291666)
Group 1 meets on the third Tuesday of each month. September 18 and October 16 – circular walks to be announced	
Walking Group 2	Leaders: Andrew and Helen Wild (01296 748679)
Group 2 meets on the third Friday of each month. September 21 and October 19 - Circular walks to be confirmed	
Walking – Long Distance	Leader: Neil Dury (291809)
The September 27 Chiltern Way walk of around ten miles will be from Lacey Green towards Tring area led by Hilary and Edgar Skipsey The October 25 continuation towards Whipsnade will be led by Angela Wenham and Eileen Monks	
Wine Group	Leader: Richard Moore (290972)
The Wine Group meets on the second Wednesday of each month	
Writers Group	Leader: David Gregory (01296 747528)
The Writers Group next meets on 24 September, for final preparations for TAL event. Please note that the Haddenham U3A Writers Group will be reading some of their work at the Thame Arts and Literature Festival on Friday 19 th October. The venue is the Memorial Hall at Christchurch on the High Street. Entry is FREE !! and it would be great to get some support from U3A members.	
Yoga	Leader: Jan Baker (07969 779222)
The new Yoga Group will begin operations in September 2018. The Group Leader will be Jan Baker. The group will meet weekly at the Walter Rose Room, Haddenham Village Hall on Wednesdays at 14.30 - 15.30 hrs. New members are welcomed. Classes are suitable for everyone and beginners are very welcome. you wish to join us, please contact: Jan Baker on janbakeryoga@gmail.com or call/text Jan 07969 779222 .	



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Calendar

SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Cycling Holiday	2 Cycling Holiday
3 Cycling Holiday 10.00 Ten Pin Bowling 2.00 Film Club 2.00 Music Appreciation	4 Cycling Holiday TVN Study Day 14.00 Tai Chi	5 Cycling Holiday 10.30 Out with Friends Gp meeting 10.30 German	6 Cycling Holiday 12.15 Dance 2.30 Theatre	7 Cycling Holiday 2.00 Mah Jong 2.30 Computers (Chinnor)	8 Cycling Holiday	9
10 10.00 Ten Pin Bowling 12.45 French Conversation 2.30 GENERAL MEETING	11 10.15 Books Gp 2 2.00 Tai Chi	12 10.00 Table Tennis 10.15 Mah Jong 2.30 Earth Matters 7.30 Wine	13 12.15 Dance	14	15	16
17 10.00 Ten Pin Bowling 10.00 Discussion Gp 1 2.30 Gardening	18 10.00 Walking Gp 1 2.00 Tai Chi	19 U3A Study Day 10.30 German 2.30 Yoga	20 12.15 Dance 12.45 VISIT 2.15 Visiting Country Churches 2.30 GENERAL MEETING	21 10.00 Walking Gp 2 1.00 Friday Lunch 2.00 Mah Jong 10.00 Photography (GTU3A)	22	23
24 10.00 Ten Pin Bowling 12.45 French Conversation 10.00 Discussion Gp 2 2.00 Writers	25 10.00 Cycling 2.00 Books Gp 1 2.00 Tai Chi	26 10.00 Table Tennis 10.15 Mah Jong 14.00 Local History 2.30 Yoga	27 LD Walking 12.15 Dance 2.00 Theatre 2.30 Card & Games	28	29	30

This calendar is compiled from dates notified to Haddenham U3A website. Please send any corrections to RARickard@aol.com

For updates and further information, go to www.bucksinfo.net/u3ahaddenham



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OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.00 Ten Pin Bowling 2.00 Film Club 2.00 Music Appreciation	2 14.00 Tai Chi	3 10.30 German 10.30 Out with Friends Gp meeting 2.30 Yoga	4 12.15 Dance	5 2.00 Mah Jong 2.30 Computers (Chinnor)	6	7
8 10.00 Ten Pin Bowling 12.45 French Conversation 2.30 GENERAL MEETING	8 10.15 Books Gp 2 2.00 Tai Chi	10 10.00 Table Tennis 10.15 Mah Jong 2.30 Yoga 7.30 Wine	11 12.15 Dance	12	13	14
15 10.00 Ten Pin Bowling 10.00 Discussion Gp 1 2.30 Gardening	16 10.00 Walking Gp 1 2.00 Tai Chi	17 TVN Study Day 10.30 German 2.30 Yoga	18 12.15 Dance 2.15 Visiting Country Churches 2.30 GENERAL MEETING	19 10.00 Walking Gp 2 2.00 Mah Jong 10.00 Photography (GTU3A)	20 VISIT	21
22 10.00 Ten Pin Bowling 12.45 French Conversation 10.00 Discussion Gp 2	23 10.00 Cycling 2.00 Books Gp 1 2.00 Tai Chi 2.00 Technical	24 10.00 Table Tennis 10.15 Mah Jong 14.00 Local History 2.30 Yoga	25 LD Walking 12.15 Dance 2.30 Card & Games	26	27	28 12.30 Sunday Lunch
29 10.00 Ten Pin Bowling	30 14.00 Tai Chi	31 2.30 Yoga				

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