

In Cu3a we are physically distancing while staying socially close

From Sarah Jones, Chair



Welcome to another informative, inspiring Newsletter from Cu3a.

I hope all is well with you and that you have been able to enjoy the summer, maybe getting away.

I have a request!

Please send me an email, or if you don't like email then please give me a call.

I would love to hear what you like about Cu3a, what you really enjoy. What we could do better or differently and anything you think we should start or stop doing.

With your help we will be able to build on our strengths and make improvements. This will benefit us as existing members as well as allowing us to open our doors wide and offer a warm welcome to anyone not in full time employment who would like to join us.

We are only constrained by our imagination.

Even during the pandemic, we have been very active. So much creativity has been demonstrated.

New groups started, existing groups continuing to operate. There have been new ways of doing things. Groups meeting outdoors that would usually meet indoors, groups doing things on Zoom or Skype. We now have a Facebook page and we have been running talks on a wide variety of fascinating subjects every week via Zoom. Some of us have been staying in touch by phone and even snail mail. Recently we have been investigating hybrid

meetings (some people meeting face-to-face while others are on Zoom) with success; a few such meetings have already been run. We can take the best bits of this experience into our future.

With what we are hearing and hoping about COVID being less of a threat we have an opportunity to have a look at what we do and make new plans.

We are all part of a fabulous organisation/ community that we run together. Every person in our community has a role in guaranteeing the future of Cu3a. **You** have a key role. It could be that you enjoy being an active member and attending groups, you may enjoy the Wednesday meetings, be a convenor (group leader) or a co-convenor, be part of our Newsletter team, our tech team, or our entertainment refreshments team. All these roles are so important.

Our strength comes from the energy of us all. Our energy, fun and support of each other is what makes Cu3a the special u3a it is.

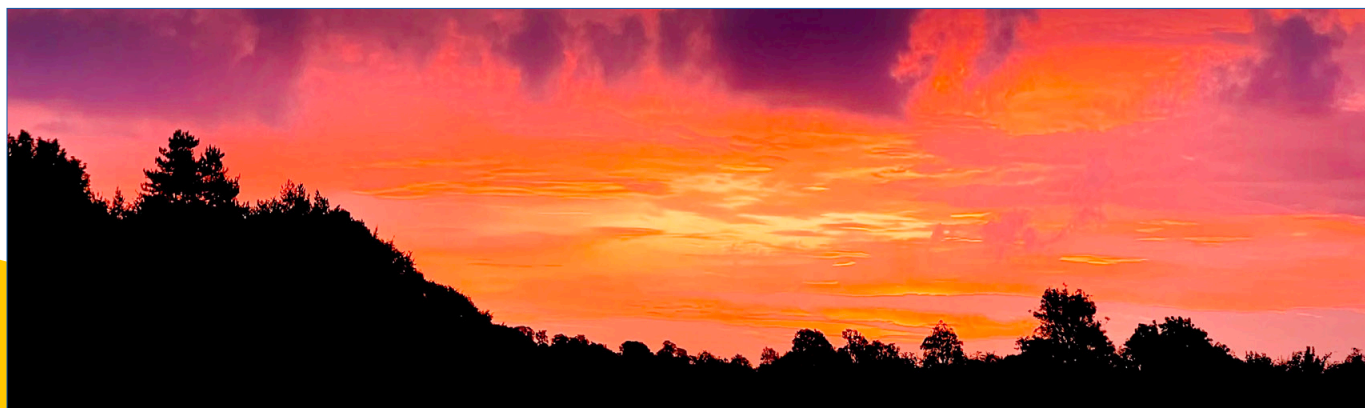
For the future, if you could see yourself joining me as a member of the committee or just getting a bit more involved in Cu3a, please contact me and we can explore that together.

Without you we will not be able to be the u3a that I think we all aspire to.

To be clear, a conversation with me is 'off the record' and commits you to nothing. **Please do email me if you have any ideas about Cu3a or maybe you just fancy a chat with me (I would really enjoy that).**

Sarah Jones, Chair

u3achair@chiltern-u3a.org.uk



Why not send a copy of this Newsletter to family and friends and encourage them to join us?
You can download a version suitable for people who aren't members from [here](#)

Sustainability and Development Project



Following on from the success of our u3a Day in June (for which we created a range of leaflets and flyers) we have contacted local organisations to make them aware of Cu3a – particularly the range of activities on offer – and to ask them to display the flyers on their noticeboards and share the leaflets with their staff.

We hope that this will promote Cu3a to both their staff and their service users. So far we have contacted: GP Surgeries, Libraries, Parish and Town Councils as well as Citizens Advice, The Samaritans and Amersham Museum.

We are building a list of others (such as Faith organisations) who we will be contacting over the

coming months – as well as hoping to keep them all updated on our latest news and events!

Despite this work, a personal recommendation is still the most effective way of spreading the word and benefits of u3a to potential new members.

Therefore if you feel able to have some leaflets/flyers to pass on to your local friends and relatives please ask your Group Convenor through whom we will distribute packs.

Finally, if you feel able in any way to help our project please contact me. Your volunteering doesn't have to be onerous but 'every little helps' and we will really try to tailor involvement to suit your time and interests.

Please contact **Christian Scott** at u3acommitteecs@chiltern-u3a.org.uk or

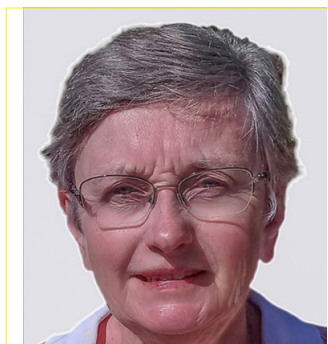


Your Committee

Chair	Sarah Jones	u3achair@chiltern-u3a.org.uk
Vice-Chair	Jenny Jobson	u3avicechair@chiltern-u3a.org.uk
Secretary	Ernest Newhouse	u3asecretary@chiltern-u3a.org.uk
Treasurer	Sue Harold-Barry	u3atreasurer@chiltern-u3a.org.uk
Groups Coordinator	Carolyn Spencer	u3acoordinator@chiltern-u3a.org.uk
Membership Secretary	Helen Beaumont	u3amembership@chiltern-u3a.org.uk
Tech Support	Mike Hender	u3atec@chiltern-u3a.org.uk
Speaker Organiser	Sarah Jones	u3aspeakersecretary@chiltern-u3a.org.uk
Webmaster	David Bender	u3awebmaster@chiltern-u3a.org.uk
Data Coordinator	Jenny Jobson	u3aconvenorupdate@chiltern-u3a.org.uk
Committee Member	Wallace Wormley	u3acommitteeww@chiltern-u3a.org.uk
Committee Member	Christian Scott	u3acommitteecs@chiltern-u3a.org.uk
Committee Member	Linda Walton	u3acommitteelw@chiltern-u3a.org.uk

In this section we aim to help members and prospective members find their way around our large number of groups and to home in on the ones that interest them most.

Choices, choices; How to find the Language group that is right for you?



Bonjour, ça va? Come sta? ¿Hola, que tal? Salve, quid agis? Wie geht's?

Here at Cu3a we have a plethora of language groups full of friendly members keen to share their expertise and to experience the shared pleasure of speaking a foreign tongue.

The question is, how to find the group that is right for you?

First of all, think about what kind of language experience you are seeking. Are you after a structured course, perhaps using a text book, mixed in with conversation? Do you want to maintain or revive your existing conversation skills? Would you enjoy being part of a group that organises cultural events? At Cu3a we offer all these options.

Secondly, go to www.chiltern-u3a.org.uk and under the tab 'Our Groups' you will find all our language groups listed in alphabetical order. On their home pages our convenors have written descriptions of what happens at the meetings, what books (if any) they use and if members tend to do private study. Our convenors want members to feel comfortable and to enjoy their u3a experience and so they usually indicate the basic language skill level that will fit well with existing members. Sometimes the clue is in the title; Spanish – Aspiring Intermediates is one in which the members were originally beginners and have now progressed.

Thirdly, make contact with the convenors and talk through your aspirations and expectations. Their contact details are all on the website. They will help you to make your choice and, if appropriate, they will also suggest an alternative group that better matches your need. Naturally there is always a limit to the number of participants and you may see an indication that a group is currently full. Get in touch anyway; there may be a waiting list that you can join. And of course, if there are a lot of people on the waiting lists, you could always consider setting up a group of your own! Carolyn Spencer, our Groups Coordinator (u3acoordinator@chiltern-u3a.org.uk) will be only too pleased to guide you through that process.

Chiltern u3a also has an active Film Appreciation Group, open to all. Whenever they are offering a foreign language film the organiser notifies all the relevant convenors so that their members can take advantage of the opportunity. Our colleagues in our two Latin groups have, unfortunately, not had as many chances to participate in this as our other linguists!

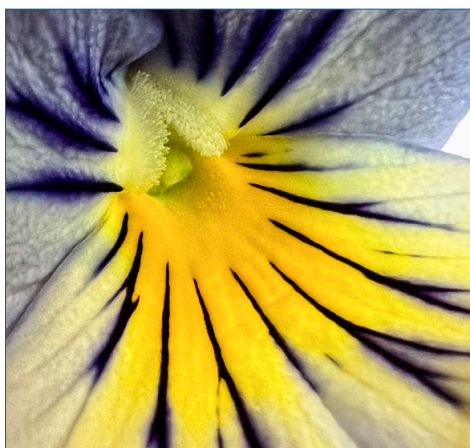
Finally, when you have identified your preferred group, always ask if you can come along and 'try it for size' before finally committing. Our convenors will happily oblige and none will be offended if, after a couple of sessions, you feel that it is not for you.

So, whatever linguistic experience you are looking for, I hope that you find a Cu3a offering that fits the bill. If you have questions about anything that you have read here, do contact me,

Linda Walton

u3afrenchconv@chiltern-u3a.org.uk

(more Groups information on next page)



All pictures in this section courtesy of the Photography Group and convenors

Which Creative and Performing Arts Groups are for you?



Here we focus on the 18 Creative and Performing Arts groups cluster, where I also serve as a convenor of two of the groups.

More information is available on our website or by emailing the convenor, or the Groups Co-ordinator, Carolyn Spencer.

Ballroom Dancing

Is for couples that enjoy dancing. Whether you are a beginner and want to learn a few steps, or you already know some moves and you want more practice. It is a nice, fun way to gently exercise.

Craft

We endeavour to share members' experiences with the rest of the group. Details of the equipment needed for each session are circulated to members at the beginning of each month.

Drama

This is an acting group without rehearsals. We read and act out a short, one act play (comedy, drama, farce, etc), at each meeting. We try to involve all members in the casts during 1-2 readings.

English Folk Dancing

Includes a wide variety of tunes and dances, suitable for all capabilities, many of them at a steady pace. You are not expected to learn dances off by heart, as instruction is given beforehand and continuously during the dance.

Knitting

We have an informal meeting of all abilities, with members helping each other. Members can either bring a project they are working on or come to get inspiration from others.

Line Dancing

The exercise and fun does all of us the world of good! No experience is necessary, and the emphasis is on enjoying ourselves, exercising body and mind, and having fun.

Music Making

The Music Making Orchestra, which includes recorders and guitar, meets to play light music of varying styles together. Pieces are selected in advance and a list is sent to members by email.

Painting and Drawing 1 and 2

We have room for a small number of new people to join. Our members continue with their painting or drawing, and we help each other by positive

criticism, previous experience of members, and the use of instruction books and magazines.

Patchwork & Quilting

We are a mixture ranging from beginners to those who have completed City and Guilds' qualifications. We are not able to offer tuition, but are all happy to share our knowledge. Mostly we work on our own projects. We also have group projects which we have donated to appropriate local charities.

Recorders

Our Group plays a range of music, old and new, and while we cannot accommodate complete beginners, the group will appeal to people who play the recorder or wish to take it up again, or who are learning now, and want a group to play with.

Sing for Pleasure

These groups are for less experienced singers who are keen to learn more about music. We aim to have fun and experience the beneficial effects of singing. Our repertoire covers a large range of music including folk songs, musicals and classical songs. See photo on next page.

Singers

We look forward to exploring new pieces whilst also revising some of the older ones from our extensive and varied repertoire. We welcome new members who are able to read music and are interested in part singing.

Tap Dancing

Beginners are welcome, as are experienced Tappers, and your first session is free.

Ukulele k

We are a group of enthusiastic beginners. We formed nearly a year ago and flourished through Zoom sessions. Now 'actual' meetings are taking place at the new Jubilee Hall on Rectory Hill, Amersham. See photo on next page.

Writing for Fun – 1

The group limits the membership to eight as the reading of each member's work fills the two hours.

Writing for Fun – 2

We write on various themes, with ideas suggested by members of the group. Sometimes writing is done while in the group meeting and sometimes it is prepared at home. Our compositions (usually short stories, dialogues, diaries, poems or a journal) are read and discussed at the monthly meeting.

u3acommitteeww@chiltern-u3a.org.uk



There are three singing groups

Ukulele for enthusiastic beginners!



Recognition Awards – November 2021

Members who volunteer are key to Chiltern u3a's continued success. We want to recognise their contributions and highlight our appreciation of their work. The awards also have a focus on cross-Cu3a efforts to help build our overall community.

Today we are recognising convenors who have contributed for 10, 15 and 20 years and those nominated by members.

Convenor for 20 years:

Robin Barry – Croquet and Bridge

Convenor for 15 years:

Brian Hammond – Writing for Fun 1

Cathie Orton – Painting & Drawing 2 and Line Dancing

Greville Jones – Philosophy

Sheila Mathers – Writing for Fun 1, Bridge Improvers and Jazz (Classical New Orleans)

Convenor for 10 years:

Alan English – History-General and Current Affairs

Chris Siggs – Current Affairs

Dorothy Drew – Recorders

Hazel Garas – Family History 1 and Writing For Fun 2

Jean Milnes – Reading Shakespeare's Plays and Russian for Near Beginners

Linda English – Line Dancing and Mah Jong

Neil Young – French Conversation, Jazz (Classical New Orleans) and Latin for Fun

Peter Metcalf – Wildlife and Ukulele

Roger Prowse – Recorders

Tony Wright – Photography, Digital Imaging and Digital Technologies

Nominated for exceptional service:

After all the challenges of the last two years we strongly encourage you to nominate members you feel have truly gone the extra mile for Chiltern u3a.

If you'd like to read our recognition policy or nominate someone then please go to:

<https://www.chiltern-u3a.org.uk/Awards> (You will have to login first.)

New Groups and Making a contribution

Do you have an idea for a new Group?
Something from your experience or a new area you'd love to get involved with?

Or maybe you'd like to make your contribution to Chiltern u3a by helping to run a Group or by helping elsewhere in the organisation.

Please contact Carolyn Spencer at:
u3acoordinator@chiltern-u3a.org.uk



Carolyn Spencer

Convenor Changes

Mindfulness (Plus) – Mike Hender has stepped down as co-convenor

Racketball/Squash57 – Steven Babb has stepped down as convenor to be replaced by Stephanie Savage

Readers 2 – Lesley Mathieson is the new co-convenor

Tai Chi – Sheila O'Sullivan has stepped down as convenor to be replaced by John Bradley and Christian Scott

Ten Pin Bowling – Kathie and Brian Jones have stepped down as convenors, see below

Convenor Vacancies

Art Appreciation – The current convenors, Malcolm Stockdale and Rena Hume, are planning to step down at the end of 2021, so this Group is now looking for two new convenors to take their places as soon as possible to effect a smooth handover.

One volunteer has already come forward, but a second is needed to enable the group to continue. Please contact Malcolm Stockdale or Rena Hume

or email: u3aart@chiltern-u3a.org.uk

Ten Pin Bowling – Kathie and Brian Jones have decided that they are unable to continue as convenors of this group. If you would like to take over from them, so that the group may recommence its usual sessions, please email them at u3atenpin@chiltern-u3a.org.uk

Group Changes

Apple Mac Computers has merged with **Apple New Technology** to become **Apple Technology Plus**

Apple Technology Plus – the group has changed its meeting time (see group listing for details)

Architecture & Applied Art & Fine Art – this group has closed

Bowls – Short Mat – the group has changed its meeting time (see group listing for details)

Bridge Improvers – this group has closed

Embroidery – this group has closed

Film Appreciation – the group has changed its meeting time (see group listing for details)

French – the group has changed its meeting time (see group listing for details)

Jazz (Classical New Orleans) – this is a new group with Sheila Mathers and Neil Young as convenors

Music Making – the group has changed its meeting time and venue (see group listing for details)

Recorders – the group has changed its meeting time and venue (see group listing for details)

Spanish Conversation – the group has changed its meeting time (see group listing for details)

Spanish for Beginners 2 – this group has closed

Tennis – the group has changed its meeting days (see group listing for details)

Yoga for Beginners – the group has changed its meeting time and venue (see group listing for details)

ACTIVITY GROUP PLANS

A note to Members in Outdoor Activity Groups

We expect members to travel to outdoor activities and to participate at their own risk.

During the activity, they are responsible for their own safety at all times.

Depending on activity duration and difficulty, members should wear suitable clothing and footwear for the conditions and consider carrying their own water, snacks and simple first aid kit.

All Activity Groups

Current advice from Cu3a is that members should be advised not to share cars with non-household members when travelling to interest group venues.

For local telephone numbers, the STD code 01494 has been omitted.

ANCIENT CULTURES Elaine Ring and Gloria Kirsop email: u3aancientcultures@chiltern-u3a.org.uk

We continue to meet on the **third Tuesday** of each month at **14.00** via **Zoom**. In the next month we will conclude our study of Creation Myths and Mythology. In January we will be embarking on a totally new topic – Women in the Ancient World. Our proposed programme for the next three months is as follows:

19 November: Presentation of **Maori Creation Myths – Susan Oakden** followed by **The Raven in Mythology – Elaine Ring**

21 December: Our own **Zoom Social Gathering** – bring your own drinks and mince pies!

18 January 2022: **Women in the Roman World – Elaine Ring**

Anyone interested in joining the group, please contact one of the convenors.



ANDROID HELPSHOP Mike Saunders Tel: and Brian Withington, email: u3aandroidhelp@chiltern-u3a.org.uk

The aim of this Group is to assist members in solving problems on all devices running Android. We meet in the **Pottery Room** on the **first Monday** of the month, except on Bank Holidays, at **16.00**. Mike Saunders is currently the main contact person and may be contacted by any member who needs support during the present crisis.



ANTIQUES & COLLECTABLES Heather Price and Colin Ross email: u3aantiques@chiltern-u3a.org.uk

The Group normally meets on the **second Thursday** of the month from **14.00** in the **Pottery Room**. We sincerely hope you are all well. As soon as we are able to return to our normal meetings we will contact you with the date, time and topic.

Meanwhile take care and fingers crossed it will not be long before we meet up again.

APPLE MAC COMPUTERS

Apple Mac Computers has now merged with Apple New Technology to create a new group called Apple Technology Plus. Please go to that group's entry for meeting and contact details.

APPLE TECHNOLOGY PLUS Mike Hender email: u3ant@chiltern-u3a.org.uk

and John Billington

NB: The Apple New Technology group has merged with the Apple Mac group and changed its name to Apple Technology Plus.

(continued on next page)

APPLE TECHNOLOGY PLUS (*continued*)

The aim of our Group is to keep members abreast of new technology developments that add interest and fun to our lives. Our focus is on the use of Apple products (iPhones, iPads, Macs, Watches and Services), to help members get the most from their devices. The 'Plus' in the group's name indicates we also aim to keep up with other selected major technology trends from Microsoft, Google and Amazon but not Android.



We normally meet on the **first Monday** of the month in the **Large Barn Hall** at **14.00** but for the duration of the current situation we are meeting via **Zoom**. Invitations to the virtual meetings will be sent a few days before the normal meeting times. (If you are interested in joining these meetings as a member or just an observer, please email Mike Hender at the link below.)

More details from Mike or John at: u3ant@chiltern-u3a.org.uk

ARCHAEOLOGY David Jobson

email: u3aarchaeology@chiltern-u3a.org.uk

We normally meet on the **third Friday** in the **Pottery Room** between **10.00** and **12.00**.



Our topics cover archaeology world-wide and members are encouraged to present on any relevant subject of their choice. There are regular email updates on the increasing number of archaeological finds being made, many due to the new technology now available. Members are also advised of any relevant Third Age Trust talks that may be of interest. **There are still a limited number of places available for those interested.**

The group will return to the Pottery room when considered practical to do so. Hybrid meetings will take place only if a sufficient number of members

indicate they will attend in person to warrant setting up the room and equipment otherwise meetings will continue on **Zoom** until further notice. Telephone contact with members is maintained where necessary.

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|---------------------|--|
| 19 November: | <ol style="list-style-type: none">1. Bierton Beaker Burial – Jill Hender2. The Natufians – Jenny Jobson |
| 17 December: | <ol style="list-style-type: none">1. Banged Up! Prisons in the Roman Empire – David Jobson2. Christmas greetings and forward planning |
| 21 January: | <ol style="list-style-type: none">1. Tunisia – Guru Guruswamy2. Archaic Roman Construction (a) Tuff (b) Aqueducts – David Jobson |

ARCHITECTURE & APPLIED ART & FINE ART Gillian Eastmond

email: u3aarchart@chiltern-u3a.org.uk

Due to a continuing lack of contributors to meetings, several member resignations and many members being unwilling to take part in zoom meetings, I have decided that at this time the Group is not viable in its intended format. **This group is therefore now closed.**

ART APPRECIATION Malcolm Stockdale

email: u3aart@chiltern-u3a.org.uk

and Rena Hume

Rena and I have decided to stand down as co-convenors of Art Appreciation from December. We have had a wonderful 'tenancy' with many happy experiences but it is time to hand over the baton to someone else.

We will do one more 'gig' on **Tuesday, 23 November** in the **Barn Hall** at **10.00**. There will be a guest speaker and some festive food and drink, and we hope as many of our members will join us for our final meeting. You will need to reserve your place by emailing malcolm@thestockdales.co.uk as numbers are limited.

The group now needs convenors, membership secretary and a treasurer. This is an opportunity for new blood to join a very friendly, supportive group of people. If an interested party would like to know what is involved Rena and I would be happy to share a coffee and our experiences with you.

We have the skeleton of a programme for a year already formulated but, of course this would need updating and speakers rescheduled.



ASPECTS OF INDIA Ramji Abinashi

email: u3aindia@chiltern-u3a.org.uk

We meet on the **first Monday** of each month from **14.00 to 16.00** in the **Pottery Room**. During lockdown, we have been meeting using **Zoom** online from our homes. We are happy to say that we have now started **Hybrid** meetings, so members will have the option of either attending a face-to-face meeting in the **Pottery Room** or for those who are still not comfortable with meeting in a small enclosed space, watch the meeting on **Zoom**.

In July, we had a presentation on Indian cuisine presented by Ramji Abinashi.

In August, we met for a lovely Kerala lunch in a restaurant in High Wycombe. This was attended by 18 members.

In September, there was no meeting as many members were on holiday.

In October: Ernest Newhouse gave a presentation on his travels in the lovely mountain kingdom of Bhutan.

We have planned the following meetings:

- 1 November:** A presentation on plurality and unity in Hinduism, presented by a very well read K Vaidyanath, who will be talking to us from Bengaluru via Zoom.
- 6 December:** Ramji Abinashi will do a presentation on Indian Naming Conventions and variations/ meaning. This will be a Hybrid meeting (Zoom/Pottery Room)
- 3 January** Details to be confirmed.

At random I also send out interesting news items about India to members via email.

The Group is able to accept new members, so please contact the convenor if interested in joining us.

AUTISM AND ASPERGER'S SUPPORT Alan Clark

email: u3aasd@chiltern-u3a.org.uk

This group is for grandparents, parents or carers of people with ASD. Our new meeting time, once we are comfortable meeting face-to-face again is **11.00 to 12.30** on the **second Wednesday** of each month in the **Pottery Room** in the **Amersham Community Centre**.

We offer an informal confidential meeting where members, when they feel comfortable, share their experiences and offer emotional and practical support. Please contact the convenor if you would like to attend or ask questions about how the group works.

While physical meetings are cancelled due to coronavirus, this group is meeting by Zoom. If you are interested in joining these meetings as an observer, please email the convenor to ask if this will be possible.

Even groups that have reached their physical limit for the room in which they usually meet may have vacancies for on-line virtual meetings. **However, once physical meetings resume, there should be vacancies for this group.**



BALLROOM DANCING Sheila Bulpett

email: u3aballroom@chiltern-u3a.org.uk

The Group meets in the **Drake Hall** on the **second and fourth Thursday** of the month from **14.00 to 16.00**, where we have plenty of space to practise and a teacher from 14.40 to help out with some of the steps. Members should bring a partner. The cost is **£6.00** per couple.

The group is now meeting again as usual in the **Drake Hall**. Please wear a mask through the lobby, not needed during the dancing in the main hall



BOULES/PETANQUE Greg Douglas

John Billington

email: u3aboule@chiltern-u3a.org.uk

and

Subject to dry weather we meet on **Monday** mornings at **10.00** on the **Pétanque Courts** behind the **Swimming Pool, Amersham Community Centre**. We limit the number of players to six to comply with regulations.



BOWLS – GREEN OUTDOORS Margaret Stickland

email: u3agreenbowls@chiltern-u3a.org.uk

After a very successful season, regrettably our outdoor bowls has come to an end for this year. More Cu3a members joined us during the year and we all experienced a fun but very competitive season – especially the men!!!

A big thank you to Amersham Bowls Club for yet again allowing us to use their facilities. The highlight of our season was in fact winning a match against Amersham Bowls Club by one shot! Hopefully we will all be fit and well enough to enjoy play again next year. Special thanks to Ann Parker for being a 'superb right hand'. Keep safe and well, Margaret.

Contact Margaret on _____ or Ann Parker on _____ for more information.

BOWLS – SHORT MAT Peter Williams and Sue Spalton

email: u3ashortmatbowling@chiltern-u3a.org.uk

Our winter sessions have now re-started, so we are now meeting **every Friday** at **Chesham White Hill Centre, HP5 1AG** from **13.15 to 15.30**.

Whatever your playing standard you are very welcome. Bowls are available to borrow and beginners will receive friendly help. Cost is **£3** per session and **50p** for tea and biscuits. If you have any questions please phone either Peter or Sue.

The group will welcome new members to this all year round game.



BRIDGE Alan Clark

email: u3abridge@chiltern-u3a.org.uk

The Group normally meets **every Tuesday** of the month from **14.00 to 16.00** in the **Committee Room** to play Chicago Bridge. Please contact the convenor for current meeting arrangements.

New members are welcome – please email or phone the convenor.

BRIDGE IMPROVERS

This Group has now closed.

CHESS Bernard Fletcher

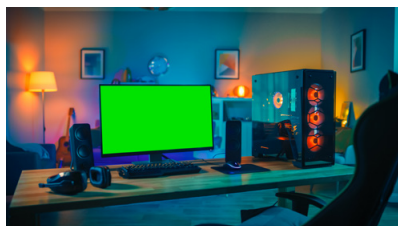
email: u3achess@chiltern-u3a.org.uk

We normally meet on the **second Tuesday** of the month from **14.30 to 16.30** in the **Pottery Room**. We hope to restart as soon as members are comfortable with face-to-face meetings again.

We need more members, so please contact me if you are interested. Beginners are very welcome.

COMPUTER IMPROVERS Philip Verity

email: u3acomputersimp@chiltern-u3a.org.uk



The Group runs as an informal session where we discuss problems based around using computers and their programs, as well as any related technology (printers, TVs, cameras, tablets). It is aimed at those of a non-technical nature, who can use a computer for simple tasks and now want to do more and are unsure how to, or have specific problems and are seeking practical answers. The format is to submit questions and topics beforehand by email where possible, which are then answered by discussion provided by both members and the convenor. Where practical, answers will be

demonstrated on the u3a laptop. Members do not need to bring their own computers.

It is currently intended to re-open meetings in the **Pottery Room** on the **second Friday** of the month at **10.00** starting on **Friday 12 November** – as always with the proviso of appropriate local health conditions. **New members are welcome as we are looking to increase our numbers to sustain the Group long term.**

CRAFT Angela Eccles

email: u3acrafts@chiltern-u3a.org.uk

Meetings are held on the **fourth Friday** of each month currently via a **Zoom** meeting. Our next meetings are on **26 November, 24 December and 28 January**. During these meetings we will be looking at different paper craft techniques.

Details of equipment needed for each session are circulated to members at the beginning of each month.

We currently have spaces for new members whilst we are meeting on Zoom, but please contact the convenor for more information. Nobody is an expert as such but some members have more experience of particular activities than others. We endeavour to share members' experiences with the rest of the group.



CROQUET Robin Barry

email: u3acroquet@chiltern-u3a.org.uk

We don't play croquet during GMT, so my lawn at is closed until we resume during BST next year.

Beginners are most welcome but please contact me in the first instance, for further details.

CURRENT AFFAIRS Chris Siggs

email: u3acurrentaffairs@chiltern-u3a.org.uk

We are continuing to meet via **Zoom** on the **fourth Tuesday** of each month at **14.00** until we are all comfortable with meeting in the **Pottery Room** again. We share views on topical news items from the mainstream and not so mainstream media. **New members are welcome to contact the convenor.**

DIGITAL TECHNOLOGIES Anthony Howe Tel:

and Tony Wright

email: u3adigitech@chiltern-u3a.org.uk

We continue to meet in the **Hybrid format**, meaning you can choose whether to attend via **Zoom** or **in person** at the **Pottery Room** at **10.00** on the **third Tuesday** of the month. We will continue in this fashion for the foreseeable future to maximise attendance, however please do come along to the room if you can.

Widening our remit earlier this year from its focus on Win10 PCs to everything to do with digital technology, including Win10, Apple, phones and tablets, has allowed a varied set of topics to be covered. **We cover everything technical to do with photos, video and audio, data storage, home technology, TVs, security. Basically you name it and ideally can talk about it and we can cover it.** This Group probably covers the widest choice of topics whether your preference is Apple, Google, Microsoft, Linux or you are just trying to improve your understanding of this technical and increasingly digital world.

At every meeting we cover a specific topic, get an update from the Apple group on what's happening in that world, and we try to answer any DigiTech problems members may have. **With Zoom there is always space to join, so contact the convenors for more information.**

DRAMA Wallace Wormley

email: u3adrama@chiltern-u3a.org.uk



This is an acting group without rehearsals. We read and act out a short, one act play (comedy, drama, farce, etc), at each meeting. We try to involve all members in the casts during 1-2 readings so that we can explore different interpretations of each role. Ideas and suggestions for pieces from group members are encouraged and welcomed.

Following the relaxation of national COVID-19 restrictions, this group has resumed meeting on the **fourth Tuesday** of each month in the **Pottery Room** from **10.00 – 12.00**.

We limit the membership to twenty because the play reading and acting easily fills the two hours. Please contact the convenor if you wish to give drama a go. No previous acting experience is necessary.

The Group currently has some vacancies.

EMBROIDERY

This group has now closed.

ENGLISH FOLK DANCING Phyllis Chapman

email: u3aenglishfolk@chiltern-u3a.org.uk



The group reconvened on **Tuesday, 26 October** from **14.30–16.15** in the **Large Barn Hall** at **Amersham Community Centre** and will continue to meet **every fourth Tuesday** of **each month** at the **same time**. There is adequate ventilation and hand sanitiser will be available.

English folk dancing is very enjoyable because of the wide variety of tunes and dances, many of them at a steady pace. You are not expected to learn them off by heart as instruction is given beforehand, and continuously during the dance..**New members are always welcome.**



EXCURSIONS Candida Ridler

email: u3aexcursions@chiltern-u3a.org.uk

Some venues are still not allowing large groups but since restrictions have been lifted, visits have taken place by coach in July, August and September to Brighton, Northampton and Windsor (see photo by Peter Hyatt).

At the time of going to press no further trips have been arranged, but if any are arranged before December they will be announced in the e-Bulletin.

As reported previously the current convenor is standing down in December 2021, but my successor will be 'holding the fort' from January 2022.

FAMILY HISTORY 1 Hazel Garas

and Anne Peters

email: u3afamilyhistory@chiltern-u3a.org.uk

Our meetings are held on the **third Tuesday** of every month in the **Large Barn Hall** from **10.00–12.00** and will be available **simultaneously** via **Zoom**. Our programme continues with:

- 16 November:** Breaking Down Brick Walls with DNA – Barry Walker
- 21 December:** Christmas Party (N.B. At the later time of 11.00–13.00) – family history related fun and games
- 18 January:** Reading Old Writing – Dr. Garry Marshall

FAMILY HISTORY 2 Gwyneth Wilkie

email: u3afamilyhistory2@chiltern-u3a.org.uk

Until we can again meet in the **Pottery Room** our meetings are taking place on **Zoom** from **10.00** to **12.00** on the **third Wednesday** each month.



Our programme for the next three months is:

- 17 November:** D Turner – 'It all started with a gravestone.....'
- 15 December:** No meeting or social meeting details available (still to be decided).
- 19 January:** Discussion – 'Why do we do family history and what do we get out of it?'

Since March we have been holding our meetings online via the Cu3a's Zoom account. So that we can all keep in touch, extra newsletters have been sent out and a list of members who are willing to offer help to others has been circulated. For the moment we will continue to hold our meetings via **Zoom**. **The group is now full.**

FILM APPRECIATION Steve Coates

email: u3afilmappreciation@chiltern-u3a.org.uk

The Group meets to watch and discuss films across a wide range of cinema genres, decades and countries. Our meetings are now held on the **second Tuesday** of every month at **14.30** in the **Large Barn Hall**. Members are kept in touch with news and developments by regular emails and the Group's own Newsletter, which gives some background notes on the films featured.

Regular meetings of members via **Zoom** will continue for the time being, once each month, at **12.00** on the **Friday following** the **Tuesday** meeting so that members can discuss 'face-to-face' with each other, different aspects of films they have seen.

New members of the Group are always welcome, so please contact the convenor. Similarly, if any Cu3a member wishes to attend a particular meeting, they will be very welcome to do so.

9 November: Tarnished Angels (USA 1957, 91 mins)



This taut 1957 drama directed by German émigré Douglas Sirk is adapted from the 1935 novel 'Pylon', by William Faulkner, the Nobel laureate and one of the most celebrated writers in American literature. Set in the 1930s depression, Robert Stack (later to achieve wider fame as TV's 'Eliot Ness' in *The Untouchables*) plays Roger Shumann, a formerly successful WW1 pilot now reduced to making a hand-to-mouth living flying planes in a travelling aerobatics circus. Rock Hudson is a journalist writing a "whatever happened to...." story who becomes involved with the group, and with Shumann's wife in particular.

14 December: The Band's Visit (Israel, 87 mins)



In this charming comedic drama from Israel, the eight members of the Ceremonial Police Band from Alexandria, Egypt, arrive in Israel where they have been booked to play at an Arab Cultural Centre. Unfortunately, following an accidental mispronunciation, their bus delivers them to a remote village in the Negev desert. With no transportation and no hotels to stay at, the men settle in at the local restaurant whose owner offers to put them up for the night. Encounters with the curious townspeople provide the film with reminders, by turns humorous, clever, subtle and poignant, of what it is to be human despite the barriers erected by societies and by countries.

11 January 2022: Denial (UK/USA, 110 mins)



Our recurring theme for 2022 is 'Ladies First', exploring movies in which women have an especially prominent place either behind or in front of the camera. We begin with this film about the eminent American historian Deborah Lipstadt who, in her books, declared that British author David Irving was a Holocaust denier. In 1996 Irving sued for libel in the UK courts, where the burden of proof in libel cases rests with the accused, rather than the accuser. Lipstadt, played here by Rachel Weisz, was therefore forced to attempt to prove Irving's guilt. Members of the British Jewish community tried to get Lipstadt to settle out of court, to deny Irving the publicity. The film is a gripping account of the ensuing trial and the strategies employed by Lipstadt and her legal team. Irving is played by Timothy Spall, and Lipstadt's principal legal advisers by Tom Wilkinson and Andrew Scott. Lipstadt's book about the case is the basis for the screenplay by the renowned playwright David Hare.

FRENCH Graham Lewis

email: u3afrench@chiltern-u3a.org.uk

Our future meetings will be at **members' homes** on the **first Thursday** of the month at **11.00** instead of the afternoons of the first and third Thursdays.

We have had our first real meeting since the start of lockdown. We talked about some of our experiences during lockdown, read and translated some of the latest official French government regulations for COVID-19, looked at some of the vocabulary that has come into use or gained in popularity during the 'confinement'/lockdown and read an extract from Voltaire's 'Candide'. We shall continue as in the past to try to converse only in French, read a variety of material and occasionally revise French grammar with our book, 'Living French'.

FRENCH CONVERSATION Linda Walton
Tony Marigold and Neil Young
email: u3afrenchconv@chiltern-u3a.org.uk

Lola Sledmere

Currently we are meeting every **first** and **third Monday** in the month at **14.00** in **The Wheeler Room, St Michael and All Angels Church**. The group hopes to resume meeting at the Chilterns Lifestyle Centre from November and further details will be sent to group members.

FRENCH IMPROVERS Damaris Barnes and David Hargrave
email: u3afrench4@chiltern-u3a.org.uk



The group is for those who have studied French in the past to at least the equivalent of GCSE/O Level. It is not a group for complete beginners or for those very advanced in the language. Our aim is to improve our conversational and listening skills, together with our grasp of grammar and vocabulary, so gaining the confidence to use French in everyday situations.

We are fortunate to have a retired French teacher, experienced in teaching at a high level, as our tutor. Our programme includes discussions, rôle play, oral presentations on various topics by group members, translations, word games, reading and discussing articles from French magazines, journals and newspapers, grammar exercises and the use of appropriate TV programmes and films. We keep in contact and send items of interest to one another by email and our tutor emails documents and exercises for homework and for forthcoming meetings.

We meet on the **first** and **third Mondays** of each month between **14.00** and **16.00**. On the **first Monday** we try to meet in **members' homes**. When we cannot meet inside because of COVID restrictions on numbers, we meet in **members' gardens** or via **Zoom** depending on the weather. We foresee the continuing use of Zoom, from time to time, even when social distancing restrictions are eased, because not all members can accommodate the whole group in their homes. For the remainder of this year, on the **third Monday** of each month, we will meet at the **Amersham Community Centre** (for the immediate future please contact the convenor to check the actual meeting room). Occasionally, we change the date of a meeting if it falls on a Bank Holiday.

The group is full at the moment but we keep a waiting list. Ideally, any new members should be willing and able to host meetings in their homes/gardens on a rota basis and to provide refreshments. **If you are interested in joining us when we do have a vacancy, please contact Damaris Barnes or David Hargrave.**

FRENCH REFRESHER 2 Neil Richardson
email: u3afrenchref2@chiltern-u3a.org.uk

We are now meeting from **11.00** to **12.30** on the **second** and **fourth Wednesday** of each month via **Zoom**.

The Group seeks to help members who already have some years' experience in both oral and written French. Our activities include discussion of a wide variety of topics, translation, general conversation and viewing French language video material.



FRENCH FOR LEISURE Phil Spalton
email: u3afrenchforleisure@chiltern-u3a.org.uk

Going forward we will meet in the **Lounge** from **14.00** to **15.45** on the **second** and **fourth Friday** each month. Having had our first two face-to-face meetings in October for some time, our next meeting will be on **Friday 12 November**.

The aim is to encourage you to improve your grasp of the French language through conversation, to enable you to give very short presentations on topics that interest you and of course to understand what is being said. And if you travel abroad to use your French, not only in France but in former French governed countries such as Algeria, Morocco, Cambodia, Laos and Vietnam. There may be opportunities to see French films showing either in Chesham or in the Barn Hall, Amersham, followed by informal discussion over coffee.

Ideally members should have previously studied French, but this should not stop you joining our friendly class for a taster session. You will benefit from 1-2 hours of study in your own time each month on selected topics but don't let that deter you. *(continued on next page)*

FRENCH FOR LEISURE (*continued*)

Importantly, you will be able to input into the direction of this group, the choice of syllabus and the learning materials, as we start face-to-face meetings. **As our group now has some vacancies, just contact Phil Spalton for a chat.**

GARDEN INTEREST Helen Farndon

email: u3agardens@chiltern-u3a.org.uk



As the COVID restrictions are lifted and there is more confidence in getting out and about, I have started to plan and organise events, initially on a month-to-month basis and from October, unless COVID restrictions rear their ugly head again, am planning for the forthcoming year.

We have enjoyed visiting gardens – Marian Hoffmeister and I opened our gardens for charity and am pleased to say we raised the sizeable total of £275. Church Gardens at Harefield was such an inspiring experience I have arranged for the owner to come and give us a talk on her ideas for how she is going to

develop the gardens even further on 11 February and we will visit her garden again on 18 August 2022.

Forthcoming events for November, December 2021 and January 2022:

Friday 12 November: Garden Interest Group AGM followed by Q & A. Meet in the Barn Hall at 14.00.

Friday 10 December: Christmas Social – Making a Christmas table decoration. Meet in the Barn Hall at 14.00.

Friday 14 January: Speaker to be confirmed.

GERMAN CONVERSATION Gerlinde Dunkley

email: u3agermancon@chiltern-u3a.org.uk



We will continue to hold our meetings on the **first Monday** of each month via **Zoom** from **10.30 to 12.00**. However, from **January 2022**, we hope to resume our face-to-face meetings at _____ on the **first Monday** of each month (except Bank Holidays) from **10.30 to 12.30**. Members introduce their own material. We listen to each other, raise questions and elaborate. Themes vary from experiences (holidays, outings, films and books) to cultural and political issues.



GOLF David Teasdale and John Farndon

email: u3agolf@chiltern-u3a.org.uk

The Golf Group plays weekly **every Monday**. The games alternate between 18 and 9 hole courses, although we try to provide both formats at most of the venues whenever possible. Golfers of all abilities are welcome. We play to the Stableford format and use our own handicap system which tries to ensure that all players have a fair chance of winning.

We are now almost back to normal and are able to meet for a drink and a chat after our games. We have planned our remaining fixtures for the rest of the year until our **Christmas Bash** in **mid December**. These plans include games at **Princes Risborough, Waterstock, South Bucks, Whipsnade, Hedsor** and a new course for us at **Hadden Hill** which is just beyond Wallingford.

As we approach the winter months a few of our players go into hibernation and refresh themselves ready to start again in the spring. However, there is always a hard core of say 20 players who will endeavour to play throughout the year.

We do try to be a very social group as most of our members are very keen to get out of doors and have some social interaction whilst keeping fit. **We can accommodate a few more players but cannot provide teaching as most of us are not good enough.**



HISTORY – GENERAL Wendy Douglas Alan English and Barry Harmer

email: u3ageneralhistory@chiltern-u3a.org.uk

We are now once again holding our meetings in the **Pottery Room** on the **first Wednesday** of the month at **14.00**.

Our programme for the next three months is as follows:

3 November: 'D-Day, 6 June 1944' – Ross Panter.

1 December: 'Harry's Story' – Michael Bibring (external speaker) followed by members agreeing 2022 theme and a Christmas celebration if possible.

5 January: Programme yet to be agreed by members.

ITALIAN CONVERSATION Anthony Marigold and Mary Burgess **email:** u3aitalianconv@chiltern-u3a.org.uk

This friendly Group normally meets in **members' homes** twice each month and, at present, usually on the **second** and **fourth Friday** of the month at **14.00**. We are currently using **Zoom**. The Group is for members who have a good knowledge of the Italian language and seek to improve their conversation in a congenial atmosphere. **The Group is now full and we have a waiting list.**

JAZZ APPRECIATION Douglas Gray **email:** u3ajazz@chiltern-u3a.org.uk



We hope to cater for all tastes and broaden our experience and knowledge of the jazz spectrum. Blues and Bebop, Dixieland and Big Band, Soul and Spiritual, Cool and Hot, Trad and Modern are all on the menu for those who like their music free and improvised or just feel the need to tap their feet.

We are hoping to restart face-to-face meetings in the **Pottery Room** on the **third Monday** of the month at **14.00** maybe in **November**. This may involve restricted numbers because of some members' concerns, but in the meantime please contact the convenor for details.

JAZZ (CLASSICAL NEW ORLEANS) Sheila Mathers Tel: 07531 031942 and Neil Young Tel: 01494 729227 email: u3ajazzneworleans@chiltern-u3a.org.uk

We are a new Group and will be meeting on the **first Tuesday** of each month from **14.00-16.00** in the **Pottery Room**. The group will be concentrating on Dixieland and New Orleans jazz, mainly from the 1920s to 30s.

We would welcome new members, so please contact either Sheila or Neil if you would like to join us.



KNITTING Eileen Tanner **email:** u3aknitting@chiltern-u3a.org.uk

The Knitting Group is back up and running in the **Lounge** on the **second** and **fourth Wednesday** of the month from **14.00** to **16.00**. **New members are always welcome.**

LATIN FOR FUN Jane Fawcett **email:** u3alatin@chiltern-u3a.org.uk

We are pleased to announce that we have restarted our meetings. It was great to get back to some Latin with a definite fun element. We meet in the **Pottery Room** on the **fourth Thursday** of each month from **10.00** to **12.00**. At present we are leaving the door and windows open for ventilation. After putting up the tables they are wiped down and hand sanitiser is provided. For the moment we are not providing refreshments but members are welcome to bring their own.

New members are always welcome. You just need a smattering of knowledge/interest in Latin. Combined with the Latin we are always looking into aspects of Roman history. **Just come to a meeting as a guest to try us out.**

LATIN LANGUAGE Gina Kelland
email: u3alatin2@chiltern-u3a.org.uk

We normally meet in the **Pottery Room** at **10.00** on the **first Tuesday** of each month. However, until everyone is happy to meet indoors again, we will continue to keep in touch by email. We have studied the first three books of the **Cambridge Latin Course** and will continue with **Book IV** when we can resume meetings. **The Group is currently full.**

LINE DANCING Lynne Benest
Knowles

Linda English

and Elaine

email: u3alinedance@chiltern-u3a.org.uk



We have now returned to normal face-to-face meetings for all our members. We meet in the **Methodist Church, Bellingdon Road, Chesham** on the **second** and **fourth Wednesday** of the month at **10.00**. Meetings last one hour and we pay our teacher each time we attend a class. No experience is necessary and the emphasis is on enjoying ourselves, exercising mind and body and having fun. There is parking available where we meet and buses from Amersham stop nearby. **The Group is currently full but please contact the convenors if you wish to join our waiting list.**

LOCAL HISTORY 1 Judy Hough

and Alison McAnoy

email: u3alocalhistory@chiltern-u3a.org.uk

The group generally meets on the **second Thursday** of each month in the **Barn Hall** at **10.00** unless we have a visit. In September we enjoyed our first meeting since the start of lockdown and it was lovely to see so many of our members. Our programme for the next three months continues with:

- 11 November:** We welcome back **Mike Farley**, retired County Archaeologist, who will talk about **The Origins of Aylesbury**. Charge £2.
- 9 December:** Christmas meeting. **Mike Payne** will tell us about **The History of Pinewood Studios**. This will be followed by **mulled wine and mince pies**. No charge.
- 13 January:** **Paul Rabbitts**, local author, will speak about **50 buildings in Windsor and Eton**. Charge £2.
-

LOCAL HISTORY 2 Ernest Newhouse

assisted by Margaret Filsell

and Margaret Maund, email: u3alocalhistory2@chiltern-u3a.org.uk

We are continuing with our meetings on the usual **fourth Thursday** of the month at **10.00**. These will be in the **Large Barn Hall** and will also be available on **Zoom**, details for which are usually circulated at the beginning of the week of the meeting.

We are working on a programme for the next year in an effort to avoid closing the group, but this is dependent on members of the self-help organisation, which is the u3a, providing help to keep it going. One person has come forward, but they cannot do it alone.

- 25 November:** **Mike Payne** will make a return visit to talk about **'The Battle of Chalgrove Field'**.
- 23 December:** **No meeting.**
- 27 January:** Our own **Ron James** will provide a talk on **'Amersham at work'**.
-

LONDON WALKS Ann and Neil Watson,

email: u3alondonwalks@chiltern-u3a.org.uk



Regents Park marked the resumption of real walks, which was very successfully managed by our guide Diane Burstein. Her smartphone Zoom earphone system worked remarkably well and facilitated social distancing. We continue with her Zoom walks which will be as follows:

- Tuesday 23 November:** **Hampstead Garden Suburb**
- Wednesday 26 January:** **Blackheath**

We are open to new members.

Activity Groups – Convenors, Days and Locations (NB: While COVID restrictions apply please check details in Group listing or Cu3a website)

DAY	FIRST	SECOND	THIRD	FOURTH	OTHER
Monday	Sustainability 10.00 PR Audrey Abbot V	Russian for Near Beginners 10.00 PR Jean Milnes V	Political Thinking 10.00 PR Jonathan Lucas V	Sing for Pleasure Monday 13.45 AFC Maureen Clare F+WL	Boules (weekly – BST) 10.00 Tel: V CP(A)
	German Conversation 10.30 MH Gerlinde Dunkley V	Spanish–Aspiring Intermediates 14.00 PR Bridget Makinson V	French Conversation 14.00 St.M Linda Walton V	Russian for near Beginners 10.00 SBH Jean Milnes V	Racketball (weekly) 9.30 HG Stephanie Savage V
	Apple Technology Plus 14.00 LBH Mike Hender V	Sing for Pleasure Monday 13.45 AFC Maureen Clare F+WL	Jazz Appreciation 14.00 PR Douglas Gray V	Patchwork and Quilting 14.00 L Gina Kelland F+WL	Croquet – (weekly excl BH – BST) 14.00 MH Robin Barry V
	French Improvers 14.00 MH Damaris Barnes F+WL	Mindfulness (Plus) 12.30 PR Sarah Jones V	French Improvers 14.00 L David Hargrave F+WL	Spanish–Aspiring Intermediates 14.00 SBH Bridget Makinson V	Golf (weekly) David Teasdale F+WL
	French Conversation 14.00 St.M Linda Walton V				Tennis 14.00 LC (09.30 July & August) Mike Shearme V
	Aspects of India 14.00 PR Ramji Abinashi V				
	Android Helpshop, 16.00 PR Mike Saunders V				
	Political Thinking 10.00 PR Jonathan Lucas V				
Tuesday	Latin Language 10.00 PR Gina Kelland F	Psychology 10.00 PR Ann Pummell V	Digital Technologies 10.00 PR Anthony Howe V	Ornithology 2 Jeremy Tanner F	Bridge (weekly) 14.00 CR Alan Clark V
	Readers 2 10.00 MH Mavis Turl V	Sailing 13.00 (BST) RS Peter Heilbrunn V	Family History 1 10.00 LBH Hazel Garas V	Drama 10.00 PR Wallace Wormley V	Pilates (weekly) 10.05/11.05 DH Jan Williams F+WL
	Jazz (Classical New Orleans) 14.00 PR Sheila Mathers V	Chess 14.30 PR Bernard Fletcher V	Ancient Cultures 14.00 PR Elaine Ring V	Painting and Drawing 1 14.00 SBH Frankie Forster V	Tai Chi (weekly) 12.00 ZM John Bradley V
		Film Appreciation 14.30 LBH Steve Coates V		Current Affairs 14.00 PR Chris Siggs V	Yoga (weekly) 11.00 LBH Kevin Sowden F
				English Folk Dancing 14.30 LBH Phyllis Chapman V	Yoga for Beginners (weekly) 11.00 SBH Phyllis Chapman V
				Art Appreciation 10.00 PR Malcolm Stockdale V	
Wednesday	Music Making 10.30 MHAB Rosalind Aspinall V	Knitting 14.00 L Eileen Tanner V	Music Making 10.00 AFC Rosalind Aspinall V	Mindfulness (Plus) 13.00 PR Sarah Jones V	Bowls–Green Outdoor (weekly April to September) 10.30 ABC Margaret Stickland V
	Music Appreciation 10.00 PR Jerry Goldbloom V	Line Dancing 10.00 CMC Lynne Benest V	Family History 2 10.00 PR Gwyneth Wilkie F+WL	Opera Appreciation 10.00 AFC Wallace Wormley V	Writing for Fun 1 (last Weds) 10.00 MH Sheila Mathers F
	History – General 14.00 PR Wendy Douglas V	Ten Pin Bowling 10.00 W V	Spanish Intermediate 14.00 PR Christine Holloway V	Line Dancing 10.00 CMC Linda English V	
		Autism & Asperger's Support 11.00 PR Alan Clark 488371 V	General Meeting 14.30 – 16.30 DH	Sailing 13.00 (BST) RS Peter Heilbrunn V	
		French Refresher 2 10.00 ZM Neil Richardson F+WL		French Refresher 2 10.00 ZM Neil Richardson F+WL	
				Knitting 14.00 L Eileen Tanner V	
				Scrabble 14.30 PR Gail Heilbrunn V	

DAY	FIRST	SECOND	THIRD	FOURTH	OTHER
Thursday	Readers 1 10.00 MH Brenda Finlay F	Local History 1 10.00 LBH Judy Hough V	Table Tennis 10.00 CLC Tony Davies F+WL	Local History 2 10.00 LBH Ernest Newhouse V	Mah Jong (weekly) 13.30 L Linda English V
	Reading Shakespeare's Plays 10.00 CR Jean Milnes V	Readers 3 10.30 PR Angela McKinley F	Science and Technology 14.00 PR John Byrne V	Latin for Fun 10.00 PR Jane Fawcett V	Table Tennis (fifth) 10.00 CLC Tony Davies F+WL
	Tap Dancing 14.15 DH Carol Hall V	Table Tennis Extra 10.00 CLC Guru Guruswamy F+WL	Tap Dancing 14.15 DH Carol Hall V	Table Tennis Extra 10.00 CLC Guru Guruswamy F+WL	Tennis (weekly) 14.00 LC (09.30 July & August) Mike Shearme V
	Table Tennis 10.00 CLC Tony Davies F+WL	Ballroom Dancing 14.00 DH Sheila Bulpett V		Ballroom Dancing 14.00 DH Sheila Bulpett V	
	French 11.00 MH Graham Lewis F+WL	Antiques and Collectables 14.00 PR Heather Price V		Philosophy 14.00 PR Greville Jones V	
	Reading Crime Novels 10.00 MH Susan Oakden F+WL				
	Writing for Fun 2 15.00 PR Felicity Vickery F+WL				
Friday	Sing for Pleasure Friday 09.45 AFC Nicci Hookins WL	Singers 09.45 AFC Brenda Liddiard V	Sing for Pleasure Friday 09.45 AFC Nicci Hookins WL	Singers 09.45 AFC Brenda Liddiard V	Bowls – Short Mat (Weekly) 13.15 V WHC or HGSA – see Group listing Peter Williams V
	Spanish Intermediate 10.00 PR Christine Holloway V	Computer Improvers 10.00 PR Philip Verity V	Painting and Drawing 2 13.30 SBH Cathie Orton V	Craft 10.00 PR Angela Eccles V	
	Recorders 09.45 SBH Roger Prowse O V	French For Leisure 14.00 L Phil Spalton V	Recorders 09.50 SBH Roger Prowse V	French For Leisure 14.00 L Phil Spalton V	
	Photography 14.30 LBH David Pearson V	Rummikub and Upwords 14.00 PR Carole Robinson V	Archaeology 10.00 PR David Jobson WL	Rummikub and Upwords 14.00 PR Carole Robinson V	
	Ukulele 10.00 WRSH Peter Metcalf V	Italian Conversation 14.00 MH Anthony Marigold F+WL	Ukulele 10.00 WRSH Peter Metcalf V	Ornithology 1 Richard Tomlin V	
	Money Matters 14.00 PR Anthony Howe	Spanish Conversation 10.00 MH Laurence Smy		Italian Conversation 14.00 MH Anthony Marigold F+WL	
				Spanish Conversation 10.00 MH Laurence Smy	

KEY

'F' or 'V' in the table indicates that the Group is **Full** (with no waiting list) or has **Vacancies**. 'WL' indicates a waiting list. Members are advised to contact the convenor before joining a group. All telephone numbers are local (unless stated) i.e. the STD code is 01494.

Amersham Community Centre

CR Committee Room; **DH** Drake Hall; **L** Lounge;
LBH Barn Hall;
PR Pottery Room; **SBH** Small Barn Hall;
WR Weaving Room.

Other Locations

ABC Amersham Bowls Club; **AFC** Amersham Free Church; **CP(A)** Amersham Pool; **CLC** Chalfont St Peter Leisure Centre; **CMC** Chesham Methodist Church; **COAP** Chesham Open Air Pool; **HG** Holmer Green Squash and Racketball Club; **HGSA** Holmer Green Sports Assoc; **HHVH** Hyde Heath Village Hall; **LC** Westwood Park, Little Chalfont; **MHAB** Amersham Band Hall; **MH** Members' Homes; **RS** Rickmansworth Sailing Club; **St.M** St. Michael's, Amersham; **W** Watford Hollywood Bowl; **WHC** White Hill Centre, Chesham; **WRSH** Walter Raleigh Room, Jubilee Scout Hall, Amersham;
ZM Zoom.

Variable dates and locations

Ornithology 1, Walkers, Striders, Strollers, Garden Interest, Wine Tasting (1; 2; 3) and Veg Patch, London Walks and Excursions meet on different days. See main entries for details.
M.O.T.O. (Members On Their Own) currently meets on the first and third Saturdays at 10.00, PR.

One-off requirements for electrical equipment

Contact Tony Wright
email: u3aequipment@chiltern-u3a.org.uk

Bank Holidays

Please check individual group entries for changes.

MAH JONG Linda English , email: u3amahjong@chiltern-u3a.org.uk

We are now meeting again in the **Lounge** every **Thursday** afternoon from **13.30** to **16.30**. I look forward to welcoming all the existing members back and some new members too.

Mah Jong is a challenging and satisfying game which is as complicated as you personally want to make it. You can learn the basics of how to play with ease but it could take a lifetime to master all of its subtleties. Our existing players will offer assistance and guidance.

Beginners or individuals wanting to renew their interest in the game are welcome. Please contact me by phone or email to ascertain the current position regarding vacancies.

MINDFULNESS (PLUS) Sarah Jones
email: u3amindfulness@chiltern-u3a.org.uk

We meet the **second Monday** of each month from **12.30** to **13.30** and on the **fourth Wednesday** of every month from **13.00** until **14.00**.



This group is for you if you would like to understand more about Mindfulness and how you can make that part of your life. You will have heard many things in the media about Mindfulness. Most/many of those things are true and some are entirely misleading.

The way to understand it more is to give me a call and give it a try. While we are not meeting face-to-face the Mindfulness (plus) group will continue to meet by **Zoom** at our usual times. If you're not familiar with Zoom and would like some help please let me know. We have an army of patient and willing volunteers who would just love to help you. We will start meeting face to face in the **Pottery Room**

when we decide to and I will let you know by e mail.

The Mindfulness (plus) group is open to anyone who has an introductory conversation with me Sarah Jones either face-to-face or by phone. The two meetings of each month form the same pattern. We discuss Mindfulness and how it applies our experiences, we experience Mindfulness practice and share any questions. You are welcome to attend both sessions per month or just one.

If you know people who you think might benefit from becoming more familiar with Mindfulness then do please ask them to get in touch with me. It would be my pleasure to welcome them into our community.

M.O.T.O. [MEMBERS ON THEIR OWN] Jennifer Jeacock and Daphne Bromley
email: u3amoto@chiltern-u3a.org.uk

We are a group that normally meets **twice monthly** to arrange activities. These are often ad hoc ideas. It is not a cohesive group with a common study focus but a facility to enable members alone to meet others who would like to join them in a social outing e.g. pub lunch, garden centre, outing, cinema visit etc.

Daphne (Coordinator) has sent occasional group emails to everyone and some members of the group keep in touch with friends they have made using emails.

We hope to meet in the coming months so that we can arrange group outings which is the purpose of MOTO.



MONEY MATTERS Anthony Howe
email: u3amoneymatters@chiltern-u3a.org.uk

We continue to meet in the hybrid format, meaning you can choose whether to attend via **Zoom** or **in person** at the **Pottery Room** at **14.00** on the **first Friday** of the month.

Our topics are very diverse within the realm of personal finance. For example in the coming months we have talks on equity release, the cost of owning electric vehicles and all about ETFs (exchange traded funds). Additionally we continue to see how our virtual investments are doing

and have lively general discussions about whatever money topic catches our attention.

If you want to know how to better look after your money then you will find people in this friendly group can help. There is a lot of expertise available but everyone is a novice in some aspects.

(continued on next page)

MONEY MATTERS (*continued*)

It makes for an interesting group, and personal finance is a topic relevant to everyone. I can guarantee you will benefit from attending as others have already.

MUSIC APPRECIATION Jerry Goldbloom

email: u3amusicappreciation@chiltern-u3a.org.uk



Music Appreciation carries on waiting for when we can have a COVID-19 friendly place to meet. The convenor continues to send selected YouTube links of choice classical pieces for members to play on their own kit.

We would normally meet at **10.00** on the **first Wednesday** of each month in the **Pottery Room**. In that venue we can enjoy a mixture of music on Blu-ray discs, USB flash drives, DVDs and CDs. There is always a break for coffee and a chat. We would be happy to receive members' requests for music items which we will include as soon as is feasible.

New Group members are still welcome.

MUSIC MAKING Rosalind Aspinall

email: u3amusicmaking@chiltern-u3a.org.uk

The Orchestra meets on the **first Wednesday** of the month in the **Amersham Band Hall, Vicarage Lane, Old Amersham**. We set up from **10.15** and play from **10.30 to 12.30** with a short break. We aim to keep a balance of players but we have a few vacancies for certain instruments and anyone interested in joining should **contact Jan Bradley on** **or email**

We play a variety of light and classical music from a list which is sent out in advance. The orchestra includes guitar and recorders. We ask for a **joining fee of £10** and occasional extra contributions to cover the cost of the music.

We would also like to hear from anyone interested in conducting the group on a regular or occasional basis. Please contact **Rosalind Aspinall email** to discuss this.

At present there is an additional gathering on the **third Wednesday** of the month in the **Owen Room, Amersham Free Church** from **10.00 to 11.45**. led by members of the group. Again, anyone wishing to join in should contact Jan Bradley

OPERA APPRECIATION Wallace Wormley

email: u3aopera@chiltern-u3a.org.uk

Following the relaxation of national COVID restrictions, this group has resumed meeting on the **fourth Wednesday** of each month from **10.00 – 12.00** in the **Amersham Free Church**.



Our Group of about 60 people enjoys many aspects of Opera in a relaxed and friendly way, through an ongoing series of DVD presentations introduced by members. Good audio and video facilities enable the Group to show excerpts from worldwide performances captured on DVDs.

In addition, on an ad hoc basis, we alert our members during the monthly meetings about live opera in the area, and/or via email of opera performances that are being streamed online and/or via the broadcast media.

We also have an 'Opera Box' of DVDs available for our members to borrow. **There are still spaces for new members** and new presenters are always welcome!

Our upcoming programmes:

24 November: **Becoming Verdi's 'La Traviata' ('The Fallen Woman'), Presenter: Janice Foster**

22 December: **No meeting –holiday break**

26 January 2022: **'Il Trovatore' ('The Troubadour'), by Verdi, Presenter: Peter Hyatt**

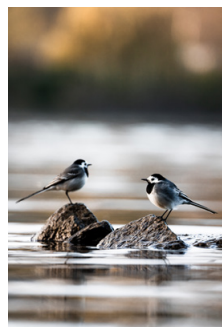
ORNITHOLOGY 1 Richard Tomlin

email: u3aornithology@chiltern-u3a.org.uk

Our meetings are usually in the morning of the **fourth Friday** of each month. As an outdoor group, we are now meeting normally.

Our next meeting dates will be on **Friday 26 November** and **Friday 28 January**.

The **December meeting** which would have been on the Christmas Eve **will take place sometime shortly after Christmas**.



ORNITHOLOGY 2 Jeremy Tanner

email: u3aornithology2@chiltern-u3a.org.uk

As in recent months, meetings will continue to be planned, and will operate within the guidelines in force at the time.

The activities of the group are primarily field trips, suitable for all levels of experience. Future meetings will continue to be on the **fourth Tuesday** of the month. Details will be communicated nearer the time. Suggestions for meeting venues are always welcome. **We are currently able to accommodate new members**, please let me know if you are keen to join us, or indeed if you are no longer interested to receive meeting information.

PAINTING & DRAWING 1 Frankie Forster

and Maggie Williams

email: u3apainting@chiltern-u3a.org.uk

We usually meet on the **fourth Tuesday** of the month, but since we have been unable to meet face-to-face, members have been working on a project at home.

In the meantime we do encourage the use of a sketchbook for mini drawings and for noting ideas for future projects. You are welcome to contact the convenors for any help or ideas. Arrangements for autumn meetings will be clarified in due course.

PAINTING & DRAWING 2 Cathie Orton

email: u3apainting2@chiltern-u3a.org.uk

19 November will probably be the second meeting inside after lockdown. Our venue will be **Small Barn Hall, 13.30 to 16.30**. We expect to **continue into 2022** in this room for **third Friday** meetings. **17 December** we shall probably make a **celebration of Christmas** with members bringing food and drink items.

We expect to continue drawing and painting whatever takes our fancy.

We learn from materials used by others and the subjects they work on. We encourage each other by gentle criticism and comment.



PATCHWORK & QUILTING Gina Kelland

email: u3apatchwork@chiltern-u3a.org.uk

We would normally meet in the **Lounge** at **14.00** on the **fourth Monday** of each month.

Whilst we can't meet in person we keep in touch by email and share our projects, ideas and photos. We will arrange to meet in whatever way we can when the restrictions are eased.

The Group is currently full and we have a waiting list.

PHILOSOPHY Terry Glover

Greville Jones

email: u3aphilosophy@chiltern-u3a.org.uk

We study mainly western philosophy from the ancient Greeks to the present day. Our approach is to consider the work of prominent philosophers and also to examine philosophical topics of particular importance and interest. The meetings are arranged in the form of discussions built around talks given by one or more of our members.

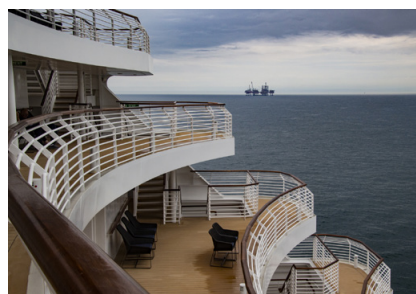
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PHILOSOPHY (*continued*)

In normal times we meet on the **fourth Thursday** of each month from **14.00 to 16.00** in the **Pottery Room**.

Our face-to-face meetings have been suspended for the duration of the pandemic constraints and instead we hold virtual meetings using **Zoom** technology twice a month on the **second** and **fourth Thursdays** from **14.00 to 16.00**. The gradual easing of Government restrictions offers the prospect of resuming face-to-face meetings in the foreseeable future. At the appropriate time members of the group will be consulted about this in the light of Community Centre requirements and the policy of Chiltern u3a. **Anyone is welcome to join.**

PHOTOGRAPHY David Pearson and David Bender email: u3aphotography@chiltern-u3a.org.uk



Meetings: **14.30** on the **first Friday** of the month. Contact **David Pearson** or **David Bender** by telephone or email. We are now holding **hybrid meetings**, with some members in the **Large Barn Hall**, others joining via **Zoom**.

The Group explores techniques and technologies that will help members increase their understanding and enhance their enjoyment of all aspects of photography. Our meeting format is varied to appeal to all levels of expertise with a range of tutorials, opportunities to view members' images, photo shoots and visits to exhibitions.

We aim to improve our photography through tutorials and viewing and discussing each other's images, while also covering processing by exploring photographic technologies, editing software and a wide range of other digital imaging techniques.

5 November: A video tutorial on 'How to See Photos', followed by our set subject: 'Light'

3 December: 'The story of the world's biggest camera' by Nigel Dorian. For our set subject we will be showing pictures of 'Kop Hill' or your Christmas cards, calendars, etc.

7 January: 'Luminance Masking' by David Pearson. No set subject, just show your own favourites.

4 February: 'Exposure' by Tony Leonard. Set subject: 'Water'.

We continue to welcome new members. If any u3a member would like to join in on any of our meetings, please let us know and we will send you information and a meeting invitation.

PILATES Jan Williams, email: u3apilates@chiltern-u3a.org.uk

For COVID safety our group is now split into two, A and B. From the beginning of November group A will meet from **10.10 to 11.05**, group B will follow from **11.05 to 11.55** every **Tuesday** in the **Drake Hall**. It is hoped we can open the waiting list again in the New Year.

POLITICAL THINKING Jonathan Lucas email: u3apoliticalthinking@chiltern-u3a.org.uk



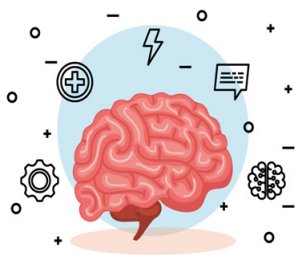
The Political Thinking Group meets on the **first** and **third Mondays** of the month from **10.00 to 12.00** through **Zoom**.

Members in turn present a topic of their choosing for group discussion. We have also considered some of the current topics in Parliament such as the debate around **palliative care for those suffering from incurable illness**. Political ideas such as **Libertarianism** we have tackled as well as the moral issues underlying the **foreign policy of western democracies**.

On the **alternate Mondays** at the **same time** there is a discussion of several topics of immediate interest chosen by attendees also using **Zoom**. Subjects vary considerably – current issues, controversies, policies, theories and institutions, but not party politics. Members participate by contributing their own views, by listening to the often very different views of others on complex and important political questions and occasionally by researching, introducing and leading the discussion on a topic of personal interest. Summary reports of our major discussions are available under Group Political Thinking on the Chiltern u3a website for those interested. **Prospective members should contact either convenor for details of the next meetings and to request the Zoom invitation.**

PSYCHOLOGY Ann Pummell and Annie Leedham
email: u3apsychology@chiltern-u3a.org.uk

We meet at **10.00** on the **second Tuesday** of the month in the **Pottery Room**. Our next meetings are: **9 November, 14 December 2021, and 11 January 2022.**



If you have ever wondered why we and others are the way we are, then psychology may interest you as it is all about understanding mind and behaviour. Books, articles, videos, contributions from members and discussions feature in our learning, and we look to see where we can apply the theories we learn about to our own lives. Aspects of relationships, both personal and professional, emotional agility, the influence of culture and the effect of social media and fake news on our decision making are some of the topics we are interested in.

No specialist knowledge is needed and everyone is most welcome to contribute to our friendly group if they wish. **At present we have two vacancies.** If you are interested in joining us please telephone Ann on .

We are continuing our meetings on **Zoom** for now, before moving to a **hybrid system**.

RACKETBALL/SQUASH 57 Stephanie Savage
email: u3aracketball@chiltern-u3a.org.uk

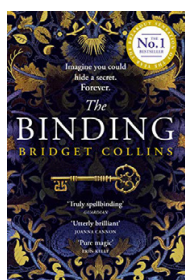
I am pleased to report that following our enforced break due to COVID we have now resumed our weekly Racketball sessions..

We normally meet **every Monday** morning at the **Holmer Green Squash and Racketball Club** from **09.30 to 11.15**.

Racketball, also known as Squash 57, is an easy and simple game to pick up and play, so if you are looking to increase mobility and fitness come and see if the game is for you. We have the use of three courts and also changing room and shower facilities. All you need to play are comfortable clothing and shoes suitable for a squash court. You are also welcome to come and watch and see how the game is played. A game for all ages and abilities – improve fitness and have some fun – a great way to start the week.

For more information contact Stephanie through u3aracketball@chiltern-u3a.org.uk.

READERS 1 Brenda Finlay email: u3areaders@chiltern-u3a.org.uk



We meet on the **first Thursday** of the month at **10.00** in **members' homes**. Our programme for the next three months is:

- | | |
|------------------------|---|
| 4 November: | The Binding – Bridget Collins |
| 2 December: | Take Nothing with You – Patrick Gale |
| 6 January 2022: | Programme meeting for 2022 |

The group has been meeting face-to-face over the summer, much to everyone's delight. We will continue to do so, so long as we are able, with the proviso that we all take a lateral flow test before attending a meeting.

We have two vacancies in the group so would welcome new members. We are a friendly group so please contact the convenor with any enquiries.

READERS 2 Mavis Turl
email: u3areaders2@chiltern-u3a.org.uk



For the time being, we are continuing a mixture of hybrid and Zoom meetings. Our programme is as follows:

- | | |
|------------------------|---|
| 2 November: | Where The Crawdads Sing by Delia Owens |
| 7 December: | The Dutch House by Ann Patchett |
| 4 January 2022: | The Noise Of Time by Julian Barnes |

We meet on the **first Tuesday** in the month at **10.00**, either in **each other's homes** or via **Zoom**, as appropriate.

RUSSIAN FOR NEAR BEGINNERS Jean Milnes

email: u3arussian@chiltern-u3a.org.uk

We normally meet from 10.00 to 12.00 on the **second** and **fourth Mondays** of each month. On the **second Monday** we meet in the **Pottery Room** and on the **fourth Monday** we meet in the **Small Barn Hall**.

Our dates from **November** to **January** are: **8 and 22 November; 13 December; 10 and 24 January**. NB There is **no meeting on 27 December** as this is a bank holiday. We are currently meeting via **Zoom** on the **second** and **fourth Mondays** from 12.00 to 14.00. The Group has not yet decided when to resume face-to-face meetings

We concentrate on studying the Russian language using Ruslan Russian 2, a modern textbook for adults. Group members also volunteer to give occasional short talks on literary, historical and other Russian-related topics which interest them. **The Group is no longer suitable for complete beginners.**

SAILING (Dinghy) Peter Heilbrunn

email: u3asailing@chiltern-u3a.org.uk



We have now reached the end of our sailing season – we sail **April to October** on the **second Tuesday** and **fourth Wednesday** of the month. Our end of season ‘tidy up’ and lunch will take place on **Tuesday, 16 November** (please note change of date) – there will be no sailing on that day. There are currently no land-based activities planned for the winter but you will be notified as and when.

We sail with the **Rickmansworth Sailing Club** at **Troy Lake** and **welcome new members** whether experienced or not. It has a varied fleet available to suit all abilities. Sailing days cost **£10 per head** which includes free tea and cake. If you are manning a safety boat you will be charged half price.

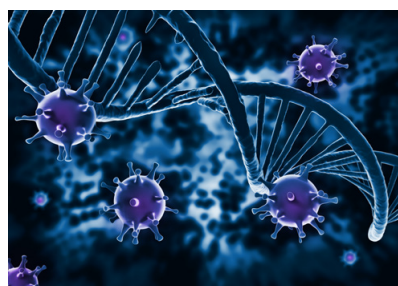
If you are considering joining, why not call Peter Heilbrunn, the Convenor, by phone or email.

SCIENCE AND TECHNOLOGY John Byrne

and Richard Eastmond

email: u3ascience@chiltern-u3a.org.uk

Please note that we are currently holding our monthly meetings using Zoom because of the COVID-19 outbreak – Please email the convenors for any more information.



We would normally meet in the **Pottery Room** on the **third Thursday** of each month at **14.00**. We have presentations and discussions covering a wide spectrum of science and technology subjects, usually and preferably given or led by our members. Our meetings have ranged from **dark matter** and **landing on a comet**, to the **inner workings of the human cell**, with **self-driving cars**, the **environmental effects of aviation**, and **using science to grow vegetables** in between. We encourage friendly social interaction particularly during our mid-session tea break and during or after the presentation. **New members are very welcome but please contact one of the convenors before turning up at a meeting.**

You certainly do not have to be a scientist to be part of the group, although some people are. Of more importance is an interest in things scientific and the technology that flows from this.

Our anticipated programme for this period is:

18 November: How the Chinese make pipe – Dave Dove

16 December: The Blind Watchmaker – Why the evidence of evolution reveals a universe without design – Richard Eastmond

20 January: Will be advised in due course

SCRABBLE Gail Heilbrunn

email: u3ascrabble@chiltern-u3a.org.uk

I am delighted to report that this group is now meeting up again in the **Pottery Room**. We meet on the **fourth Wednesday** of each month from **14.30 to 16.30**.

Please bring hand sanitizers. The room will be well ventilated, and surfaces wiped before the session commences. **We welcome new members.**

SINGERS Brenda Liddiard
email: u3asinging@chiltern-u3a.org.uk

and Ernest Newhouse



Our normal meetings have resumed, with Pam Hearn as our conductor. We meet in the **Owen Room** at the **Amersham Free Church** on the **second** and **fourth Fridays** from **9.45** to **11.45**.

For the rest of the year, we shall be singing Christmas music, largely avoiding the standard carols. In the New Year we shall revert to our normal, extensive repertoire.

We welcome new members who are able to read music and are interested in part singing.

SING FOR PLEASURE – MONDAY Pam Hearn **and Maureen Clare**
email: u3asingforpleasuremon@chiltern-u3a.org.uk

The Monday Choir normally meets on the **second** and **fourth Monday** of each month from **13.45** to **15.45** in **The Amersham Free Church**.

The Group is for less experienced singers who are keen to learn more about music. We aim to have fun, and experience the beneficial effects of singing. Our repertoire covers a large range of music including folk songs, musicals and classical songs.

The Group has no vacancies at present but if you would like to add your name to the waiting list please email the convenors.

SING FOR PLEASURE – FRIDAY Pam Hearn **and Nicci Hookins**
email: u3asingforpleasurefri@chiltern-u3a.org.uk

The Friday Choir normally meets on the **first** and **third Friday** of each month from **09.45** to **11.45** in **The Amersham Free Church**.

The Group is for less experienced singers who are keen to learn more about music. We aim to have fun, and experience the beneficial effects of singing. Our repertoire covers a large range of music including folk songs, musicals and classical songs.

The Group has no vacancies at present but if you would like to add your name to the waiting list please email the convenors.

SPANISH – ASPIRING INTERMEDIATES Bridget Makinson Tel: **and Moira Probert**
email: u3aspanishaspint@chiltern-u3a.org.uk

¿Qué tal? ¿Quieres mejorar tu español?

We meet on the **second Monday** of each month from **14.00** to **16.00** in the **Pottery Room** and on the **fourth Monday** of each month from **14.00** to **16.00** in the **Small Barn Hall** (excluding bank holidays). Our next meetings are **8 November, 22 November, 13 December 2021** and **10 January, 24 January 2022**.



At the time of writing, we are planning to restart **face-to-face meetings** in October, combining these where possible with **Zoom** for those unable to attend in person.

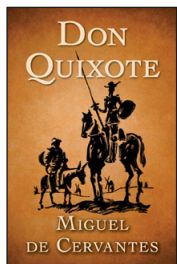
We are a friendly group and have worked through the book *Pasos 1* and are now using *Pasos 2* to loosely structure the lessons and consolidate what we have learnt so far with the help of a Spanish speaker. A basic

knowledge of some Spanish is useful but not essential. We have vacancies so if you are interested, please contact either of the convenors.

SPANISH FOR BEGINNERS 2

This Group has now closed.

SPANISH CONVERSATION Laurence Smy
email: u3aspanishconversation@chiltern-u3a.org.uk



Our intermediate Spanish Conversation Group has been meeting twice monthly via **Zoom** and we continue to do so on the **second** and **fourth Friday** of the month at **10.00**.

We have discussed topics including **Unesco World Heritage** sites, recommending books and films, and our favourite paintings, architecture, food and popular songs including **Resisteré** and **Mediterráneo**. We had a brief dalliance with **Don Quijote** and **Los Santos Inocentes** by **Delibes**. We also read about the use of jury trials in Spain and the incidence of tobacco smoking.

We shall continue to meet virtually until members vote to meet in each other's homes.

SPANISH INTERMEDIATE Christine Holloway and Natalie Shillito
email: u3aspanish@chiltern-u3a.org.uk

The Group would normally meet on the **first Friday** each month from **10.00** to **12.00** and the **third Wednesday** from **14.00** to **16.00** in the **Pottery Room** on both occasions.

We are a friendly, informal mixed ability group. We cover a mixture of Spanish conversation practice and grammar. We follow the book "Ele Actual B1" (2012 edition). We recently welcomed a volunteer: Hafiz, who is going to help us with conversation on Fridays.

We are still looking for someone to help us out on Wednesdays. It wouldn't be necessary to lead the class, just help out when we get stuck or struggle with the pronunciation. Please contact one of the convenors if you would like to find out more.

Now we are back to live meetings in the Pottery room we are pleased to welcome new members. Please get in touch if you would like to join us

STRIDERS Liz and Adrian Buckley
email: u3astriders@chiltern-u3a.org.uk

A big thank you to all those who have volunteered to lead and who have participated in strides and walks.

New members are invited to join our group and a warm welcome to those who have joined recently. Our strides are usually 9-11 miles with a lunch stop at a local hostelry, however some of our strides continue to be shorter than normal for striders and there may or may not be a lunch stop. **If you would like to join our friendly Striders Group, please contact us for more information.**



Wednesday, 3 November: 'Penn' – 6.8 miles. Leaders: Hazel North and David Mead, Tel: , email: . **Mobile on the day** . This walk starts in Penn and passes what is probably the country's oldest inn. Starting at The Crown, Witheridge Lane, Penn. Please park at the far end of the car park. When booking please indicate whether or not you wish to have lunch after the walk, that is if it can be arranged. OS Map 172, GR SU916933, Sat Nav: HP10 8NY. **Start time 10.00.**

Thursday, 11 November: 'Hambleton' – 6 to 7 miles. Leaders: Malcolm and Teri.
email:

(Teri). Starting at Hambleton we cross to the south side of the Thames then head over the hills above Remenham with views over the Thames valley. Our return route follows the river downstream crossing over the Thames again at Hambleton. Possibility of lunch nearby. OS Map 171, GR SU 785854, Sat Nav: RG9 6TL. **Start time 10:00.**

Thursday, 18 November: 'A Penn Stride' – 8 miles. Leaders: Chrissy Moon and Mary Harrison. email: Chrissy – , Mary . A woodland walk round the village of Penn starting at the Squirrel (Penn Street). Please book in with Chrissy indicating whether you would like lunch afterwards. OS Map 172, GR SU923958, Sat Nav: HP7 OPX. **Start time 10.00.**

Tuesday, 23 November: 'Three Canals, with amazing scenery' & update on canal restoration – around 10 miles. Leaders: Dave Dove email: . **Dave King** . We start and finish at the Half Moon pub Wiltstone, where we will walk the Aylesbury arm, the Grand Union Canal, & the Wendover Arm, returning to the Half Moon for lunch. After lunch we will cross over the Aylesbury arm to complete a circular walk. Car park at The Half Moon Pub, 60 Tring Rd, Wiltstone, Tring. Car park is not big, but there are plenty of free spaces around the pub. OS Map 182, GR SP9044 1406. Sat Nav: HP23 4PD. **Start time 10:00** (continued on next page)

STRIDERS (*continued*)

Friday, 3 December: 'Ashridge Circle' – 9.5 miles. Leaders: Liz and Adrian.

email: . A stride around Ashridge taking in Aldbury, and Pitstone Hill before crossing through woodland to Little Gaddesden (6.25 miles). Lunch will be at the Bridgewater Arms, Little Gaddesden. After lunch we have 3.25 miles (maybe less depending on conditions) back to Ashridge. Plenty of parking areas at Ashridge. Meet by the NT shop. OS Map 181 GR SP971130, Sat Nav: HP4 1LX. **Start time 10:00.**



Tuesday, 14 December: 'Chalfont St Giles' – approx. 9 miles Leaders: Pat Porter and Lionel Moore,

email: . A walk from our house in Chalfont St Giles. Details of route and lunch stop will be circulated to those booking a place. Parking in our drive or in our neighbour's drive in Chalfont St Giles. HP8 4NS. Exact location to be given to people who sign up. Christmas snacks and festive cheer if you have a few minutes after we return. **Start time 10:00.**

Tuesday, 4 January: 'New Year Walk' – 7.5 miles. Leaders: Liz and Adrian.

email: . Our first walk of 2022 starts from Wigginton recreation ground. A fairly flat walk taking in well known woods and fields but hopefully not too much mud! Lunch at the Greyhound, Wigginton at the end of the walk. Please advise, at the time of booking if you would like to stay for lunch. OS Map 181, GR SP938097, Sat Nav: HP23 6HH. **Start time 09:45.**

Friday, 14 January: 'Chesham Hill Walk' – 8.5 miles. Leader: Lenore Kent

email: . Starting at the Water Meadow car park in Chesham HP5 1LF (paid parking). A hilly route crossing several valleys, circling through Chartridge and Ashridge. There will be a lunch stop en-route, aiming to be a pub lunch, to be confirmed, if possible, nearer the time. OS Map 181, GR SP958013, Sat Nav: HP5 1LF. **Start time 10:00.**

Thursday, 20 January: 'London Parks Walk' – 9 miles. Leaders: Alison & Roger.

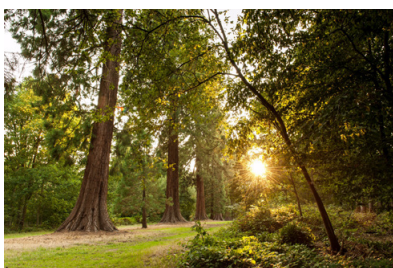
email: . The stride is a section of the London Parkways walk starting from Marylebone onto a circuit through Regents Park & then proceeds to visit Primrose Hill & the Regents Canal. Then a route through Hyde Park to Green Park. Further details will be sent to those signing up. Meet at Amersham station. Contact details on day .

Wednesday, 26 January: 'Stokenchurch to Radnage and back' (courtesy of Andrew Clarke) – 7 miles.

Leaders: Stephanie Kenna and Hazel North, Tel: email: . A scenic route taking in rolling chalk hills, sweeping views and beech woodland. Meet at free public car park at the King's Head in Stokenchurch. OS Map 171 & 172, GR SU760962 Sat Nav: HP14 3TA. **Start time: 10:00.**

Thursday 3 February: 'Through Woods and Fields' – 7 miles. Leaders: David Pullinger & David Mead

email: . A varied walk from Sarratt towards Flaunden and back through Commonwood. Parking on Sarratt Common. The Boot in Sarratt does good food, so let me know if you would like to have lunch. OS Map 172, GR TQ042993, Sat Nav: WD3 6AT. **Start time 10.00.**



Wednesday, 9 February: 'Parkland Winter Walk' – 7.2 miles. Leaders Hazel North & David Mead,

email: . **Mobile on the day** . This walk takes in both Langley and Black Parks. The terrain consists of good tracks and grassland. The walk is flat with no stiles. From Denham roundabout take the A412 toward Slough and immediately after Billet Lane on the left. Park in the layby on the A412. Car sharing is preferable though not essential. No lunch planned although there is a Cafe in Black Park close to the end of the walk. OS Map 172, GR TQ 015826, Sat Nav: SLO OLS. **Start time 10.00.**

STROLLERS Ann Lawrence

and Chris and Hazel Thomas

email: u3astrollers@chiltern-u3a.org.uk

In recent months we have welcomed back those members whom we had not seen for some time and so we now have the same numbers on our walks as we had before COVID arrived on the scene. We have not always managed to arrange lunch but nevertheless it has been good just to meet up, chat and walk together. Now we no longer have to follow social distancing rules we are able to take on some more members and so we hope there are some of you who would like to join us. Our walks are normally no longer than 3 miles and we do our best to avoid stiles and steep inclines. No problem in the Chilterns then! If interested, contact any Convenor listed above to register and thereafter the leaders of the walks you would like to do.

(continued on next page)

STROLLERS (*continued*)

Tuesday, 11 November: 'Stroll around Wendover Reservoir' – approx. 3 miles. Leader: Ann Crook,

, email:

. A repeat of a level walk around the reservoir, canal and fields. Paths may be muddy. Meet in Dobbies Wendover Garden Centre car park, old farm shop end, at **10.15 for 10.30 start**. The restaurant does not take reservations, however, it has table service and offers a variety of meals and snacks.

Wednesday, 24 November: 'College Lake Nature Reserve' – 2 miles. Leader: Margaret Maund,

, email:



. An opportunity to see a variety of birds as you walk the surfaced paths around the lake. Meet at the car park for the Reserve, B488, Tring HP23 5QG at **10.15 for 10.30 start**. The cafe does hot and cold refreshments, no booking but please let the leader know if you intend to stay as they need to know how many of us to expect. There is no official charge for parking but a suggested donation of £3 in support of their work would be welcome.

Wednesday, 8 December: 'Thames Winter Walk' – 2.5 miles. Leader: Ann Lawrence,

, email:

. A walk from The Crown at Cookham SL6 9SB. Meet in the pub car park (free). **Start time 10.30**. The walk follows the tow path on the south bank of the Thames and then turns inward to the edge of the Winter Hill Golf Club and then back to the Common and the pub for lunch. A basic, light lunch menu will be sent out at the time of booking.

Tuesday, 4 January: 'Strolling through Penn Wood' – approx 3 miles. Leader: John Oxley,

email:

. A fairly easy circular walk through the wood but paths could be muddy in parts. Meet in the car park of the Hit or Miss pub in Penn Street, HP7 OPX at **10.15 for 10.30 start**. Please say on booking if you intend to stay for lunch.

Wednesday, 19 January: 'Exploring Swan Bottom' – approx. 3 miles. Leader: Diana Forster,

, email:

. A pleasant varied stroll over fields, woodland paths and through pretty villages. Meet in the car park of The Old Swan, Swan Bottom, Swan Lane HP16 9NU at **10.15 for 10.30 start**. Please say, on booking, if you intend to stay for lunch.

SUSTAINABILITY Audrey Abbott

email: u3aclimate@chiltern-u3a.org.uk

In normal times we meet from **10.00 to 12.00** on the **first Monday** of each month (except when it falls on a Bank Holiday), usually in the **Pottery Room** unless there is a planned off-site visit. We have recently restarted having our monthly face-to-face meetings. The dates of our meetings are as follows: **1 November 2021, 6 December 2021, 3 January 2022**.

New members are very welcome, please call or email the convenor. There are no requirements as to level of interest or expertise, just a healthy interest for exploring sustainable living issues affecting our world today. We attempt to keep abreast of latest developments/reports on the progress of 'global warming' and 'climate change' and make off site visits when and where appropriate.

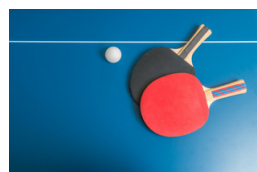


TABLE TENNIS Tony Davies

email: u3atabletennis@chiltern-u3a.org.uk

Since the August Newsletter I am now able to report that we are able to play both Singles and Doubles.

Not all of our members have decided to return so far but I am reviewing the situation regularly over the coming weeks to see if we are able to accommodate new members to the Group.

We meet at the **Chalfont St Peter Leisure Centre** on the **first, third and fifth Thursdays** of the month from **10.00 to 11.30**. The Group enjoys 90 minutes of great activity and exciting games.

TABLE TENNIS EXTRA Guru Guruswamy

email: u3atabletennisextra@chiltern-u3a.org.uk

We meet at the **Chalfont St Peter Leisure Centre** on the **second and fourth Thursdays** from **10.00 to 11.30**. Our group consists of members from the main Table Tennis Group who enjoy the extra exercise and are above average standard. There are opportunities to play singles. **We have limited the number to 16. Contact the convenor to be added to the waiting list.**

TAI CHI Christian Scott T

and John Bradley
email: u3ataichi@chiltern-u3a.org.uk



Whilst we monitor the practicalities of recommencing face-to-face meetings during the move of equipment from **Drake Hall** to the new **Lifestyle Centre**, our group continues to meet every week via **Zoom**. These sessions typically consist of a 15-minute 'Warm Up' followed by a 15 minute 'Tai Chi' session and completed by a further 15 minutes of 'Qi Gong' or similar exercises using the Chiltern u3a DVD and other online resources. All Members, existing and

new, are very welcome to join our friendly Group! Please contact John and Christian for details of dates and joining information via the convenor's email: u3ataichi@chiltern-u3a.org.uk. We would also like to hear from new Members interested in joining face-to-face meetings when they recommence. **We will update Group Members on our plans for face-to-face meetings as soon as possible.**

TAP DANCING Carol Hall

email: u3atapdance@chiltern-u3a.org.uk

After many months of dancing via Zoom, the Tap Dancing group returned to the Drake Hall in late May, following the easing of COVID-19 restrictions on 17 May to allow adult indoor exercise classes. We have a professional dance teacher who kept us all motivated during lockdown but it is wonderful to be back dancing together, albeit socially distanced.

We meet on the **first and third Thursdays at 14.15** and we have room for two or three new members (more once social distancing ends). **New members are welcome to join us for a free taster session.**

TENNIS Mike Shearme

email: u3atennis@chiltern-u3a.org.uk



We are playing tennis every **Monday and Thursday in Westwood Park, Little Chalfont** (subject to weather). We have several new members joined/joining since lockdown ended and are looking for more. From November we will be back to winter times of **14.00** on both days.

We are a friendly mixed standard group so please feel free to come along and try it out (just drop me an email beforehand in case of cancellation), you just need a racket and a shiny £1 coin!

TEN PIN BOWLING Kathie and Brian Jones

email: u3atenpin@chiltern-u3a.org.uk

Many aspects of our lives have changed since Covid struck. Now that we could resume our monthly meetings at Garston we are not in a position to continue as Group Convenors.

Our group members are aware of our change of circumstances and that we will not be able to continue. A plea was sent out for someone to take our places and now that a resumption is possible hopefully someone will come forward and run this very successful and fun group.

THEATRE APPRECIATION Robert Martin

email: u3atheatreappreciation@chiltern-u3a.org.uk

We aim to organise theatre visits to **London theatres** and, occasionally, to **provincial locations**. We choose a wide variety of shows, classical and contemporary plays, musicals and comedies. Usually we can obtain seats at group prices up to half the normal rate, but we have to book them well in advance. All members of the Group are informed by email of forthcoming events as soon as they become available and seats are allocated on a first come, first served, basis. We usually travel by train to London venues but, depending on numbers and location, coaches may be organised.



The convenor is evaluating the way forward prior to arranging further theatre visits. Given the pandemic and the closure of all theatres it has not been possible for

the Group to function in any form during lockdown. As soon as it is absolutely certain when theatres will be able to open again, and what form that will take, it will be possible to make plans and Group members will be informed of these. **If you are able to help formulate our plans, when we are able to make them, please email your address and phone number to Robert at the above email address.**

UKULELE Peter Metcalf

email: u3aukulele@chiltern-u3a.org.uk



Now that lockdown restrictions are easing, we have been able to enjoy 'actual' meetings much to the enjoyment of the members and our playing has improved correspondingly. Nevertheless, we remain aware of individual COVID concerns and maintain relevant distances at our meetings. These take place on the **first and third Fridays** in the month at **10.00 until 12.00** at the **Scout's Jubilee Hall on Rectory Hill, Amersham** in the **Walter Raleigh Room**.

The aim of the group is to learn to play the ukulele and enjoy ourselves in the process. The enthusiasm of the members has enabled us to achieve this so far and we look forward with optimism to the future.

New members are always very welcome – whether beginners or experienced players who can help us along. If you feel your fingers twitching, please get in touch!

VEG PATCH Anthony Howe

email: u3avegpatch@chiltern-u3a.org.uk

The growing season is drawing to a close, so the **Veg Patch group will enter it's usual winter hiatus from November to March.**



It's been a good year for the group. Being outdoors meant we were lucky all our meetings could go ahead whatever the lockdown rules were. This was a godsend for many in the group that had not had much social interaction for some time. Initially we visited those members with allotments but gradually were able to include back garden plots. We have seen small plots of no more than a box, through various sizes to large allotments and back gardens that are run to the height of efficiency. It's all very varied and interesting, with something to learn at every meeting, even if we have visited that plot before or grow that veg ourselves. The meetings provide a great boost of enthusiasm when the

going gets tough. Not to mention we often get a piece of cake made from the produce grown. Yummy!!

All our upcoming meetings are shown as EVENTS on the Cu3a website as the precise day in the first week of the month varies to suit those attending. **We will restart meetings as the growing season begins in 2022, visiting each other's allotments or gardens.**

We welcome new members so please do get in touch to join a friendly group. You don't have to know anything about growing fruit and veg as the group has people of all experiences and plots of all sizes.

WALKERS Andrew Edwards

email: u3awalks@chiltern-u3a.org.uk

NB: The Walking Group does walks of 4-7 miles in length. For details of longer walks, please see Striders Group. For easier walks at a slow pace, for those who cannot manage the Walking Group walks, please see Strollers Group.

Members accept lifts and come on walks at their own risk and should be responsible for their own safety when crossing roads or climbing stiles and carry their own simple first-aid kit, water etc.

Walks Programme



Thursday, 4 November: 'Metroland' – 6 miles. Leaders: David Mead & David Pullinger, email: , .

This varied route visits Rickmansworth and Croxley Green, includes woodland, fields, a moor and a village green, as well as the rivers Chess and Gade along with the Grand Union Canal. If you are hankering after peacefulness, open spaces, lots of green countryside then this is a walk not to be missed. Starting in the Car Park at Rickmansworth Aquadrome, Frogmoor Lane, Rickmansworth, WD3 1NB (OS map 172, TQ 058938). **Start Time 10.00.**

Monday, 8 November: 'A walk along the Misbourne Valley towards Chalfont St Giles and back along the hills' – 5 miles. Leaders: Richard Tomlin and Sheila Harley, email: .

Please meet at the eastern end of Tesco's Car Park in Old Amersham (OS Map 172, SU 960972), in time for a **10.15 departure**. It would be appropriate for some of us to visit the store and buy something in return for free parking! We have not made arrangements for a group lunch, but there are plenty of "eateries" along the road if you wish to eat out.

(continued on next page)

WALKERS (*continued*)



Thursday, 18 November: 'Hyde Heath & Misbourne Valley' – about 4 miles.

Leaders : Alan & Sylvia Sturges, email:

. The walk will start from The Plough pub, Hyde Heath (HP5 5RW, OS map 181, SP 929003). Short lane walk then downthrough fields to Little Missenden, circle back at the church across the A413, then short ascents & descents through woodland to Hyde Heath Common, one stile. Lunch at The Plough. Please confirm if you would like to stay for lunch, details nearer the date. **Start time 10.15.**

Thursday, 25 November 'Treading Familiar Ground – a walk from The Hart and Magpies around the Coleshill area' – about 5 miles. **Leaders: Mike and Eileen Baldwin**, email:

. Please meet at the Hart and Magpies on the Amersham/Beaconsfield Road, (HP7 OLU, OS map 172, SU 955940) at 10.00 to order lunch in time for a **10.15 start.**

Wednesday, 1 December: 'Jordans and surrounds' – about 4.5 miles. **Leader: Chris Allen**, email:

, **Tel:** . A moderate walk beyond Jordans. Meet at the Three Horseshoes, Seer Green (OS map 172, SU 966919) at 10.15 to order lunch. **Start time 10.30.**

Thursday, 9 December: 'Shardeloes Walk' – 5.7 miles. **Leader: Gill Kirkpatrick**, email:

, **and Karen Martin.** A circular walk from Shardeloes to Mop End, Little Missenden, and back alongside the lake. Park on the road between the roundabout and Shardeloes (OS map 172, SU 946977). Be prepared for mud. **Start time 10.30.**

Wednesday, 15 December: 'On the Level' – 4 miles. **Leader: Andrew Edwards**, email:

. A walk towards Hyde End returning via South Heath with some stiles. **Start at 10.00** from St Peter & St Paul Church, Great Missenden (OS map 181, SP 900010) NB: the gate from Frith Hill will almost certainly be closed and access is via Church Street.

Thursday, 6 January: 'Misbourne Valley Views' – 4.6 miles. **Leaders: Janet and Ian Paterson**,

email: **Tel:** . Park around the village green in Holmer Green (no parking restrictions) and meet near the War Memorial on the north side of the green (HP15 6XQ, OS map 172, SU 906974). **Start time: 10.15.**

Wednesday, 12 January: 'Woodoaks Farm' – 5 miles. **Leader: Andrew Clark.** email:

. On this stile-free walk, we will leave the farm and make our way to join the Chiltern Way and Chiltern Heritage Trail before returning via Dragons Wood. Optional refreshments at The Tea Shack afterwards. Park and meet at Woodoaks Farm, Denham Way, Rickmansworth, WD3 9XQ (OS map 172, TQ 032932) (from the Rickmansworth direction, the farm entrance is on the right just before the pedestrian crossing). **Start time 10.00.**



Wednesday, 19 January: 'Locks, Bridges and Lakes' – about 4.7 miles. **Leaders: Tony Harding and John Byrne**, email:

. A flat walk with no hills and no stiles, encompassing the Grand Union Canal's Wendover and Aylesbury Arms and skirting the Wilstone Reservoir. Meet at The Anglers Retreat pub in Startops End, Marsworth (HP23 4LJ, OS map 181, SP 919141) at 9.45 to order lunch. Parking at the pub is limited so car sharing would be helpful and if you are not staying for lunch please use the public car park nearby (charge applies). Please let us know if you are planning to stay for lunch.

Start time 10.00.

Thursday, 27 January: 'Return to The Greyhound' – 5 miles. **Leaders: Martin and Beryl Shaw**, Email:

. Fairly easy walking, only one steep climb, likely to be muddy in places. Park in front of the Greyhound Inn, Aldbury (HP23 5RT, OS map 181, SP 965125) – next to the duck pond in the village centre. Please let the leaders know if you wish to stay for lunch. Meet at 10.00 to order food. **Start time 10.15.**

Tuesday, 1 February: 'Rickmansworth Lakes' – 4.5 miles. **Leaders: David and Evelyn Martin**, Email:

. A peaceful walk around four lakes at the Rickmansworth Aquadrome. Mostly level ground with good paths and boardwalks but with some muddy patches. There is free parking at the Aquadrome, (WD3 1NB, OS map 172, TQ 056938), and we will meet by the Café and toilets. **Start time 10.30.**

WINE TASTING 1 Carolyn Spencer
email: u3awine@chiltern-u3a.org.uk

We normally meet **monthly** in **members' homes**, or, occasionally, in the **Pottery Room**, on **dates chosen to suit the host**. **Except in December, meetings start at 14.30.** (*continued on next page*)

WINE TASTING 1 (*continued*)



Our programme for the coming quarter is:

Tuesday 9 November: Clive – Party Wines from Anywhere

Thursday 9 December: Christmas Dinner

Wednesday 12 January: John – theme to be decided

We have one vacancy.

WINE TASTING TOO Peter Heilbrunn

email: u3awine2@chiltern-u3a.org.uk

We meet monthly at **14.00** in members' homes or if numbers demand, at the **Amersham Community Centre, (ACC)**. There is a charge of **£8 per head** and we aim to taste 8 wines per session which lasts approximately two hours. **We currently have no waiting list.**

Tuesday 9 November: Sandy Harrison; "Unusual grape varieties" Small Barn Hall

Wednesday 8 December: Frank Fermor; 'Can you judge the price' Small Barn Hall

Friday 7 January: Peter Heilbrunn; "Physical Repeat of earlier Zoom individual choices" Small Barn Hall

Please let the host know early if you plan to attend. This helps him/her budget the number and cost of wines and nibbles and avoids disappointment if fully booked.

WINE TASTING 3 Neil Campbell

email: u3awine3@chiltern-u3a.org.uk



WT3 is aimed at those who are interested in learning more about wine in a friendly ambience to improve their enjoyment and independent purchases of wine. We are now able to resume our normal gatherings, which are held in one of the rooms at **Amersham Community Centre**, or sometimes at **members' homes/gardens**. Our usual charge is **£8 per head**. We start at **14.00** with the sampling of 8+ wines and conversation lasting two to three hours.

New members are most welcome.

Our next tastings are :

Thursday 18th November: English whites – Buy British? At the ACC, hopefully the **Lounge** but it may well change. **Host Neil** or

Thursday 16th December: Berry good wines. At the ACC, either the **Large Barn Hall** or the **Lounge**. **Host Anthony** or .

Please contact the Host directly.

Our Convenor circulars to WT3 members will provide dates and further details for all upcoming tastings.

WRITING FOR FUN 1 Sheila Mathers

email: u3awriting@chiltern-u3a.org.uk

and Brian Hammond

Our meetings will continue on the **last Wednesday** of each month in a **member's home**, from **10.00** to **12.00**

WRITING FOR FUN 2 Felicity Vickery

email: u3awritingff2@chiltern-u3a.org.uk

and Wallace Wormley

Writing for fun 2 is a friendly supportive group, organised by its members. Following the relaxation of national COVID restrictions, we have resumed our sessions on the **first Thursday** every month in the **Pottery Room**, meeting from **15.00 – 17.00**.

(continued on next page)

WRITING FOR FUN 2 (continued)

We creatively write on various themes, with ideas suggested by members of the group. Sometimes writing is done while in the group meeting and sometimes it is prepared at home prior to the next meeting.



Our compositions (usually short stories, dialogues, diaries, poems or a journal) are read out and discussed at the monthly meeting. We explore different genres of creative writing, such as fiction, autobiographical and life experiences.

No previous creative writing experience is necessary, only a desire to write and enjoy the fun of it. However, we limit the membership to ten as the reading of each member's work fills the two hours. **The group is currently full, but please contact the convenors if you wish to have your name added to our waiting list.**

YOGA Kevin Sowden email: u3ayoga@chiltern-u3a.org.uk

When it restarts for all those who are comfortable to meet in person, this class will return to its usual time of **12.30 to 13.30** every **Tuesday** and it will be in the **Large Barn Hall**. It is best to assume that members will feel more comfortable wearing masks to start with. However, the final decision on numbers and masks will be determined collectively by the group, after discussion with the yoga teacher.

Yoga has become increasingly popular as people have become aware of the many physical and mental benefits the practice offers. Yoga classes involve asana (postures or poses), pranayama (breathing practices) and some philosophy. At the end of the session, comes shavasana, a relaxation position enabling the body to absorb and process the physical work, perhaps accompanied by meditation. Participants wear loose, comfortable clothing and most work barefoot.



This Cu3a class was suspended while we were unable to meet in person. It is hoped that the group will soon be able to meet face-to-face again for a one-hour session.

For your safety, this Chiltern u3a Yoga class will be taught by a qualified teacher so there will be a charge of £4 per session attended. It is for those with some Yoga experience as the group has been in existence since Jan 2019. Pre-COVID up to 16 people were meeting in-person, but now it is likely that a smaller number of people will meet together, due to space limitations in the Large Barn Hall. In practice, the number will be agreed by the group members, in conjunction with the teacher.

The Cu3a requires a group meeting in paid for accommodation to have a minimum of ten members and to have a volunteer convenor who is a member of the group and the Cu3a. Currently, there are sufficient members including those remaining on the waiting list who wish to start. However, the two previous co-convenors have left the group and as yet no-one has volunteered to be the convenor or a co-convenor. Priority for in-person places is normally given to the pre-COVID Yoga group members and the waiting list. However, if someone wished to join the group who is willing to also fill the convenor role – or to share it with at least one other person, they would be given the same priority, as without a volunteer the group cannot restart.

We will welcome applications from anyone who would be interested in joining us and particularly those willing to volunteer to be either the convenor or a co-convenor.

YOGA FOR BEGINNERS Phyllis Chapman email: u3ayogabeginners@chiltern-u3a.org.uk

This group has been meeting via Zoom since September 2020. However, arrangements are now in place to commence meeting weekly on **Tuesdays at 11.00am** for a **45 minute** session in the **Small Barn Hall**, Amersham Community Centre starting on **Tuesday, 5th October**.



All windows will be opened for ventilation, but please bring your own sanitiser and a mask to use if preferred.

Due to ongoing space restrictions this group is at present full.

General Meetings/Afternoon Gatherings

Currently being held via Zoom Wednesdays at 14.30.

Details and dates of future talks and how to join will be emailed in advance of each meeting. When the presenter agrees, the meetings are recorded. Below are some recent examples.

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Examples of recent presentations this year:

[The rise and fall of the German borders](#) 29 September

[Lifting the lid – darkly comic aspects of researching family history by Miranda Pender](#) 22 September

[Lockdown Saved my Damaged Brain by Nick Gibbs](#), 15 September

[Shakespeare says it all by Jude Hayland](#), 8 September

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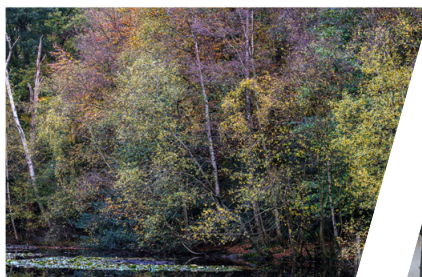
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[Hearing challenges and hearing dogs](#) by Deb Fullbrook, 30 June



Chiltern u3a Information

Home Services Scheme

Based on Members' Recommendations
Coordinator Joy Fletcher

You will find a comprehensive list of all the services available on the Chiltern u3a website:

Newsletter Editors: Paul Holloway (Lead Editor),
John and Gill Allport, Vivienne Pozo, Geoff Walker,
Mike Hender. Design Consultant: Jill Smith
u3anewsletter@chiltern-u3a.org.uk

eNewsletter distribution: David Pearson
eBulletin editor: Peter Heilbrunn
u3aeditor@chiltern-u3a.org.uk

Distribution enquiries: Helen Beaumont
u3amembership@chiltern-u3a.org.uk

Chiltern u3a

Amersham and District Community Association
Chiltern Avenue
Amersham
HP6 5AH

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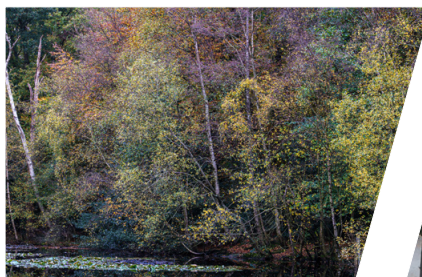
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Some Autumnal scenes from across the Chilterns, from the Photography Group.



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