

LEA VALLEY U3A

Members welcome from Broxbourne, Hoddesdon & Lea Valley

Area

Meetings held at Spotlight, Hoddesdon.

Registered Charity No. 1033311

Chair: Glynis Evans

Web Site: www.lvu3a.org.uk / Email: lvu3a@live.co.uk

Find us on our Facebook Page Lea Valley U3A @Lea Valley U3A



NEWSLETTER JULY 2024



**Meeting: Monday 8th July – Cafe and Bar open from 1pm,
meeting formally starts in Auditorium at 2pm.**

**Mark Smith: BBC Antiques Roadshow Presenter “ A day on the
Antiques Roadshow”**

Chair's Corner

Hello again!

I will start this month by saying a big "Thank You" to all those members who helped with running our publicity stall at the Love Hoddesdon Festival day on Sunday 23rd June. We will also be having a stall at the summer fair on Saturday 13th July at St Augustine's Church, Broxbourne.

I find it hard to believe it's July already which means it is time once more for our special annual "Garden Party" meeting on Monday 8th July. We will be welcoming back Mark Smith from the BBC as our guest speaker and he will be telling us all about "A Day on the Antiques Roadshow".

We will be providing refreshments of tea/coffee or a soft drink and cake, which will be available after Mark Smith's talk. As you arrive at the Spotlight, make sure you get your ticket to exchange for your drink at the bar. You can use your drinks ticket either before or after the main meeting.

For those of you who like to have lunch ahead of our main monthly meeting, pizza and sandwiches will be available to buy.

When you arrive at the Spotlight you will find a number of changes which we are trialling – we hope they will be changes for the better and would welcome feedback from our members.

The first change you will notice is that our Meet and Greet team will be registering members. As you go into the Spotlight foyer you need to go to the correct place to show your card and sign in – there will be 3 stations: one for people with surnames starting A – E, one for F – M and one for N – Z. We hope this will not cause too much in the way of delays, but of course there may be the odd hiccup the first time we are trying this so please be patient.

The second change you will notice is that our group tables will no longer be in the café/bar area but behind the seating in the auditorium. Many of our members have found it very frustrating that there were no tables left for them to sit at for refreshments, but hopefully this will improve the situation, And please do visit the group tables in their new location.

Our Interest Afternoon this month is on Friday 12th July at the Barclay Hall, Hoddesdon. Textile artist Alison White will be telling us all about the "Sheepythings" she makes from British wool. As usual the afternoon will start at 2pm with drinks and cakes and a chance for a chat, ahead of the talk.

I hope to see as many of you as possible at our Garden Party meeting on July 8th at the Spotlight and/or at our Interest Afternoon at the Barclay Hall on July 12th.

Glynis Evans, Chair



**DEADLINE FOR AUGUST NEWSLETTER
SUNDAY 4th AUGUST 2024**





Vouchers Worth

£50, £30, £20

Main meetings:

- July 8th **Mark Smith**, BBC Antiques Roadshow Presenter will be talking about **“A Day on the Antiques Roadshow**
- Aug 12th Alison Green **“From Field to Floribunda – the creation of Theobalds Farmhose Garden”**
- Sept 9th **Tony Tutton** will be speaking on **“That’ll Be The Day: The Life, Music & Influence of Buddy Holly”**
- Oct 14th: **Christine and Peter Padwick** - **“All Things Banned and Censored”** The talk is a light-hearted survey of banning and censorship over the past 100 years or so with pictures, songs & anecdotes.
- Nov 11th **Colin Oakes** **“A Hertfordshire Christmas”**The talk looks at how the people of Hertfordshire celebrated Christmas over the ages. It includes Charles Dickens and Anthony Trollope’s time in the season here, and local visits to see Father Christmas.
- Dec 9th **Christmas Social in the Spotlight Bar** (no speaker)

Interest Afternoons:

- July 12th **Alison White** **“Sheeptythings”**
- Sept 13th **Mary & Laurence Cole**, New Zealand
- Oct 10th **David Pracey** **Why my Grandfather went to prison**
- Nov 14th **No interest afternoon as we have the quiz.**

2025

Main meetings:

- Jan 13th **Rupert Dickens** **“Off the Record”** – Album cover art 1950
- Feb 10th **Helen Fry** **“The London Cage”** A secret interrogation centre in WW2
- Mar 10th **Bobbie Darbyshire** **“A beginning, a Muddle & an End”** Where do Authors Get Their Ideas From?
- Apr 14th **A Grandmother’s Legacy** **“Memsahibs & their Servents”**



LVU3A’s 19th FUN QUIZ – Mon 4th Nov 2024 1:30pm

Our next quiz will take place on 4th November, at our usual venue (St Augustine’s, Broxbourne), so save the date! Tickets will go on sale from our July main meeting. As before the ticket price will be £2 for LVU3A members and £2.50 for non-members, including tea and cake. Tickets must be purchased (or reserved) in advance; they will not be available on the door.



25% off English Heritage memberships

Looking for a fun day out with family and friends? Members of u3a Friends Extra can enjoy 25% off* annual membership at English Heritage - giving you unlimited access to England's most stunning historical places, including Rievaulx Abbey in Yorkshire (pictured.) This offer is

exclusively for members of u3a Friends Extra - [join the scheme now](http://www.u3a.org.uk) at www.u3a.org.uk .

*Terms and conditions apply. Offers not in conjunction with any other offer. Only valid on new memberships paying by Annual Direct Debit. Accompanying children must be under 18 and within the family group. Offers subject to change without notice. u3a Friends Extra is managed and run on behalf of u3a by Parliament Hill Ltd.

Lea Valley



Lea Valley

Shadow
and help
the current secretary

**Membership Secretary
Wanted!**



Take over
from
October 2024

01992 893264
lvu3a-memsec@outlook.co.uk

General History Group Programme

June 17th.

Tour of Waltham Abbey Town + lunch.
A few places available @ £2.50.

July 15th.

Special Needs Teaching **Liz Trew**

August 19th

Honourable Ladies (MPs). **Joan Wickenden**

September 16th

Education, Teaching and Tutoring **Lee Rayner**

1.15 pm at Mayhem Theatre Arts



Group Leader: David Pracy 01992 893264
david_pracy@hotmail.com

Lea Valley
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New!

Lea Valley
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Members' T-Shirts



***Ideal for Group Leaders, Group Outings,
Main Meetings, Meet and Greet, General Helpers,
Publicity Events, Recruitment.....***

Sizes S, M, L, XL, 2XL

Stand out in the crowd!

*All sizes currently in stock and available
at Main Meetings,
or call Publicity: Lee Rayner 01992 467420
leerayner_arts@hotmail.com*

Wanted!

**For
Lea Valley
u3a**

**Group
Co-ordinator**

01992 916485



LVu3a
Interest Afternoon
LVu3a

July 12th
2.00 pm, Barclay Hall

Textile artist,
Alison White,
creates
unique little
sheep made
out of British
Wool...



....Charms,
Earrings,
Keyrings,
Magnets....

'Sheeptythings'

Alison White

Tickets £3 on the door, include tea and cake

LVu3a
Interest Afternoon
LVu3a

September 13th
2.00 pm, Barclay Hall



New Zealand

Mary and Laurence Cole

Tickets £3 on the door, include tea and cake



Broxbourne, Cheshunt, Lea Valley **Shakespeare**

An informal group looking at Shakespeare's life and works within the setting of the C16th /C17th and the Tudor and Stuart monarchy.

FRIDAY MEETINGS

Designated dates throughout the academic year

**July 12th, 26th, Aug 9th, 23rd, Sept 6th, 20th,
Oct 4th, 18th, Nov 1st, Nov, 15th, Dec 6th, 20th**

11.00 am to 12.30 pm,

Mayhem Theatre Arts, Brewery Road, Hoddesdon. 01992 465100

Bus stop adjacent. Some free on-site parking
Sainsbury's car park 2 mins walk

£2.50 per session, incl tea, coffee and biscuits

**Currently reading the History Plays
Henry VI Part II and III, Richard III and Henry VIII**

Lee Rayner 01992 467420

leerayner_arts@hotmail.com

u3a Learning Events

There's always plenty of interesting online learning events free to join to be found at:

www.u3a.org.uk/events/educational-events



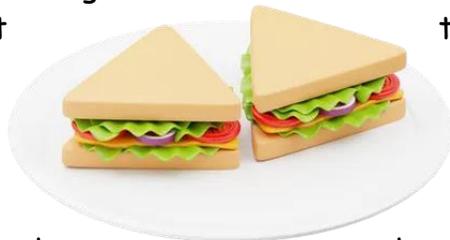
Here's just a few:

- Mindfulness and Meditation
- Taking revenge: Artemisia Gentileschi's Quest for Justice
- Help Us Remember with the War Memorials Register
- Laughter Yoga with Judith
- Vaccines
- London 2012 – A Games Maker's Story
- Expert tips and Essential Apps for Effortless Online Living
- Secrets of the Human Brain: Talk Six: Your Spinal Cord
- Celestial marvels: Demystifying the Cosmos
- Darkness on the Edge of Town: Bruce Springsteen and the American dream

Refreshments at the Spotlight before our monthly meetings

We are delighted to say that plans are well underway to restore catering in the bar and café area

at the Spotlight so our members can once more have lunch there before our main meetings.



Until this is finally resolved, I am glad to say that pizza (whole or by the slice) will be available, as well as a selection of sandwiches

BRIDGE GROUP 2

New to the game or just like to improve?

This is the group for you. In the first instance contact Liz Trew by mobile or email:



Give Liz a call and be in at the beginning of a new group.

Interest Afternoon with a Difference

A first for the LVu3a when, on June 7th, we invited some of the animals from the mini zoo at Cedars Park Nature Centre to our Interest Afternoon. Along with their keeper, Ranger Stuart, we enjoyed a most informative and interesting afternoon finding out about the lives of these creatures. We met seven of the residents of the Nature Centre, including a bearded dragon, a tenrec, a python and a tarantula!



Stuart was extremely knowledgeable and answered the many questions we had for him. It's not every day a u3a member can hold a tarantula, but fearless Stan Benton did just that! If you were unable to attend, you can meet these animals and many others at Cedars Park in Cheshunt www.cedarsnaturecentre.co.uk . Great for young grandchildren!



Love Hoddesdon Gala Day



The sun certainly shone on Sunday 23rd June for the Gala Day of the Love Hoddesdon Midsummer Festival. Our volunteers did a great job handing out publicity leaflets and promoting the Lea Valley u3a to members of the public. Many we spoke to were keen to hear what

we're all about and there was plenty of interest shown. Hopefully, we will see some of these faces again at our Spotlight meeting on July 8th and beyond! A big thank you to all those who helped out on the day and to Lee for her outstanding work in producing all our publicity material.

Lea Valley

u3a
learn, laugh, live

Lea Valley

Listening To Music



August 5th The World of Vaughan Williams **David Pracy**
September 2nd Won't You Join the Dance? **Lee Rayner**
October 7th A Night At The Opera **Val Driver**
November 4th TBC
December 2nd Ding-Dong Merrily **Group Selection**

**Meetings at 1.30 pm at Mayhem Theatre Arts,
Brewery Road, Hoddesdon**

**Group Leader Lee Rayner 01992 467420
leerayner_arts@hotmail.com**

The Arts and Literature

ART APPRECIATION Dennis Bruce

Van Gogh Immersive Exhibition, Commercial
St. ECI **Friday 26th July**, meet Liverpool St. station 10.30am Cost £17.50
includes VAT & Booking fee. Sorry, not suitable for wheelchairs.

BROXBOURNE ARTS FORUM - BArts Lee Rayner email

BOOKS FOR SALE Joan Underwood –

CHINESE BRUSH PAINTING Group 1 Sybil Hammond –

CREATIVE WRITING Lesley Robinson

Now Amalgamated with Broxbourne.

PLAYREADING Kay Braithwaite

READING FOR PLEASURE (1) Carol & Keith Reast

READING FOR PLEASURE (2) Rosemary Ryan

Our June book was 'The Remains of the Day'
by Kazuo Ishiguru, winner of the Booker prize for 1989. Set in 1956, after
decades of service at the fictitious Darlington Hall, Stevens, the elderly butler
sets out on a car journey into the countryside. Ostensibly to visit the former
housekeeper and obtain her return to service at the Hall, he looks back and
re-assesses his career and life and the people he has served. The scores for
this book varied enormously, some finding it interesting and involving, others
less so, although all agreed it was well written. Our next book is 'Lessons in
Chemistry' by Bonnie Garmus. We meet in members houses at 10am,
normally on the 3rd Friday. We have space for 1 new member. For more details
contact Rosemary as above.

The Environment, Heritage and History

ARCHAEOLOGY & ANCIENT HISTORY Mary & Laurence Cole

Our group meets on Zoom on the 4th Wednesday afternoon of the month. We
welcome anyone interested in learning more about ancient civilisations such
as Egyptian, Minoan, Mycenaean, Greek, Roman or British as revealed in the
many documentaries we can show. If you would like to join us, please ask us
to send the Zoom link.

EXPLORING LONDON (2) Chris Vaughan

EXPLORING LONDON (5) Ann Young

EXPLORING LONDON (6) Contact Val Champney Beverly Clark on

Thursday 11th July Visit to the Hitchin

Lavender fields, Caldwell Farm, Arlesey Road, Ickleford, Hitchin SG5
3UA. Arrive at 11.00am Contact Mike Cooper on **Friday**

9th August visit William Morris Museum at Walthamstow. Meet at Tottenham
Hale platform by 10.30am. Contact Joan Underwood on email

Tuesday 24th September Coach trip to Hormiman

Museum in Forest gate. Cost and times to be confirmed. Contact

Val Champney on or **Sunday 27th October** visit

to Sonning Mill for matinee performance, meal and coach. Balance of £72.00
payable at August meeting.

FAMILY HISTORY Mary and Laurence Cole –

GARDEN GROUP Dennis Bruce

Talking Gardens, return visit to Nazeing, subject Dahlias. **Tues 23rd July 2pm**
Limited numbers, phone Dennis on 0208 3607096 to book your place.

GENERAL HISTORY David Pracy –

Mayhem Theatre Arts, Brewery Road, Hoddesdon, 1.30 to 3.30. We meet on the 3rd Monday of the month. Buses stop right outside. Unfortunately parking at Sainsbury's is now only two hours, but there is other parking nearby. New members welcome, especially if you hated history at school and now love it!

HERITAGE GROUP Joan Underwood

Please collect an itinerary for the Houghton Hall visit on 15th August. Full payment for Ingatestone Hall **Sept 7th**.

MOTO (For members on their own) Eileen Gibbs on 2 or

Email: Eileen Gibbs has come forward to be the group leader to launch this group. Her initial idea is this could be a way of pairing up members on their own to go on holiday (especially a cruise) but have no one to go with and do not want to go alone. It could also be used for theatre and cinema visits. If you think this might be for you, please contact Eileen.

Hobbies, Indoor Games etc

ASTRONOMY Laurence Cole on We

meet at The Haywards in Broxbourne at 7.30pm on the first Tuesday of the month. New members welcome.

BOY'S TOYS Simon George Spratt

BRIDGE Maryanne Goulding Richard Lord

BRIDGE 2 New Group for beginners. For details, please email.

EXPLORING PHOTOGRAPHY Stan Benton

If you are interested in joining the group or finding out more then please contact Stan Benton.

JIGSAW SWAP SHOP – Richard & Kathleen Lord –

Swaps 50p or buy for £1. Proceeds to Lea Valley u3a.

Please secure puzzle boxes with an elastic band or tape.

KNIT AND NATTER Gill Fowke Fridays 1pm

to 3 pm. Dobbs Weir village hall £3 per person to cover hire and refreshments.

Knit, crochet, embroider etc (Or just come to make tea and coffee and natter!)

At the moment it can be every Friday but we will get feedback from everyone and go from there.

MAHJONG Sybil Hammond –

At Nazeing Congregational Church at 10am. Please get in touch with me if you are interested in joining.

NEEDLE FELTING GROUP Gill Winter.

SCRABBLE Martin Benson Rejuvenated Scrabble group Now meeting 1pm to 3pm on first and third Wednesday each month, at The Haywards. Queries to Martin Benson.

Keep Fit and Outdoor Activities

CROQUET Joint leaders: Richard Lord

David Pracy

We play at the Broxbourne Sports Club, Mill Lane, EN10 7BA on Wednesday mornings from 9.30 am until 12.30 pm. The season is now well under way and new members will be welcome. No previous experience needed as we will show you the basics. Plenty of free parking.

FRENCH BOULES - Jacques Bremont

mcbremont@googlemail.com Every Thursday at 10:00am at Rye Park.

PILATES Joan Underwood -

Wednesdays 1.30pm. Methodist Church Hall, Middlefield Road, Hoddesdon. £5 per session. We have room for two additional members. As this is not a beginners group some experience of Pilates would be advisable.

STROLLERS New Group Diane Wells email or on

mobile If you want to walk but are no longer able to walk far or fast, would you like to join the Strollers Group? Perhaps you walk very slowly, possibly using a 'walker' or stick or wheelchair but still need to move, and meet people, if so, please join us on **Wednesday 10th July**, at Barclay Park main gates in Park View at **2pm** for a short stroll. This is not a walking Group, strollers only. Bring membership card with you with your contact details written on the back. Contact Diane Wells

TABLE TENNIS Details Dennis Bruce

Mondays 2.00 to 4.00 at Laura Trott Leisure Centre. Fun way to keep fit. Contact Dennis for details.

WALKING NETBALL Phone Linda: or email Monica:

Now amalgamated with Cheshunt U3A. LVU3A members can join the group without having to become Cheshunt members

WALKS- INTERMEDIATE Jill Dockley Details:

The walks will be circular to make transport arrangements easier, and will be in the region of 5 to 6 miles long. They take place on the first Friday of the month, meet at 9:45 for 10:00 start.

WALKS - SHORT Jill Dockley Details:

These walks are generally on the 3rd Sunday of the month and if you would like to be included on the mailing list please contact Jill Dockley

Eating and Drinking

EAT YOUR WAY AROUND WORLD Pam/Stan Benton –

There will not be a meal in July. Look out for news of August's meal in the next newsletter.

PUB LUNCHESES (2) Vivien J. Smith

Mon.29th July at The Crocodile, College Road, Cheshunt, EN8 9NQ. At 12.00. There is no Pub Lunch in August due to the bank holiday. At the moment this group is full but if you want to join, please contact Martin Benson on and we hopefully re- open a 2nd Pub Lunches group.

Languages

FRENCH Beginners & Intermediate Mary Cole–

Both groups meet every Wednesday morning in term-time, with Improvers from 10.30 am – 12 noon, and Intermediates overlapping from 11 am – 12.30pm. If you are interested, call me or come and see me at my table at the monthly meeting.

Music

LISTENING TO MUSIC Lee Rayner email

MUSIC APPRECIATION 50s – 80s Mary Cole

Our group meets on Zoom, usually on the second Wednesday afternoon of the month from 2.30 – 5pm. If you are interested in a relaxed afternoon listening to music on a set theme, featuring popular music artists from the 1950s to the late 1980s, call me. We might be able to fit in one or two new members

OTHER GROUPS

The following Groups are not part of LVU3A, but welcome our members.

HERTFORD FOLK DANCING GROUP Contact Carol Reast

This is not a LVU3A Group but may be of interest to some of our members. Hertford Folk Dancing Group has room for more members. We meet on Wednesday evenings at 8.00pm for 2 hours at a hall on the Horns Mill Estate.

MOVEMENT and MOBILITY Tuesdays 11.30am. First Wormley Scout HQ.

Cozens Lane West, Broxbourne. £5 per session. Contact: Lucy Kennedy, mobile

SHAKESPEARE Lee Rayner email Usually

fortnightly on Fridays 11 am – 12.30 pm, Mayhem Theatre Arts, Brewery Road, Hoddesdon. £2.50 per session / £25 for 10 weeks. including coffee and biscuits. New members welcome! Currently reading Henry VI Part 1, with discussion and DVD clips. .

HANDBELL RINGING - LVU3A members are welcome to join this local group based in Broxbourne. Ring Sybil Hammond – & Mary Cole –

NAZEING HANDBELL RINGERS

We get together to make music with handbells in Nazeing, on a Tuesday afternoon, would you like to join us? Playing music is good for your mental and physical wellbeing. It is a fun and sociable activity, and we are a fun and friendly group! Experience is not necessary, and although the ability to read music, at whatever level, would be an advantage, again, it is not necessary. If you would like to know more, or come along for a taster session, please contact **Pam Benton**

WEEK 1

	1st Monday	1st Tuesday	1st Weds	1st Thurs	1st Friday
AM	Family History 10.00-12.00	Mah-jong 10.00-12.30	Croquet Apr-Oct 9.30-1.00	French Boules 10.00	Shakespeare 11.00-12.30
		Carpet Bowls Oct-Mar 10 - 12	French Beginners 10.30 – 12.00	Bridge 10.00-12.00	T'ai Chi 10-11 or 11.15-12.15
		Movement & Mobility 11.30-12.30	French Intermediate 11.00 – 12.30	Creative Writing 10.30-12.00	
PM	Listening to Music 1.30		Scrabble 1.00-3.00	Play Reading 2.00-5.00	Knit & Natter 1.00 – 3.00
	Table Tennis 2.00-4.00		Pilates 1.30-2.30		
			Walking Netball 2.00-3.00		
		Astronomy 7.30pm	Folk Dancing 8.00-10.00pm		Handbell Ringing 5.30-7.00pm

WEEK 2

	2nd Monday	2nd Tuesday	2nd Weds	2nd Thurs	2nd Friday
AM		Mah-jong 10.00-12.30	Croquet Apr-Oct 9.30-1.00	French Boules 10.00	T'ai Chi 10-11 or 11.15-12.15
		Carpet Bowls Oct-Mar 10 - 12	French Beginners 10.30 – 12.00	Bridge 10.00-12.00	
		Movement & Mobility 11.30-12.30	French Intermediate 11.00 – 12.30	Reading 1 10.00-12.00	
PM	Main meeting Spotlight 1.00 – 4.00		Pilates 1.30-2.30		Knit & Natter 1.00 – 3.00
	Table Tennis 2.00-4.00		Walking Netball 2.00-3.00		
			Music Appreciation 2.30-5.00		
			Folk Dancing 8.00-10.00pm		Handbell Ringing 5.30-7.00pm

WEEK 3					
	3 rd Monday	3 rd Tuesday	3 rd Weds	3 rd Thurs	3 rd Friday
AM		Mah-jong 10.00 -12.30	Croquet Apr-Oct 9.30-1.00	French Boules 10.00	Reading 2 10.00-12.15
		Carpet Bowls Oct-Mar 10 - 12	French Beginners 10.30 – 12.00	Bridge 10.00-12.00	Shakespeare 11.00-12.30
		Movement & Mobility 11.30-12.30	French Intermediate 11.00 – 12.30		T'ai Chi 10-11 or 11.15-12.15
PM	General History 1.15-3.15		Scrabble 1.00-3.00	Play Reading 2.00-5.00	
	Table Tennis 2.00-4.00		Pilates 1.30-2.30		Knit & Natter 1.00 – 3.00
			Walking Netball 2.00-3.00		
			Folk Dancing 8.00-10.00pm		Handbell Ringing 5.30-7.00pm

WEEK 4					
	4 th Monday	4 th Tuesday	4 th Weds	4 th Thurs	4 th Friday
AM		Mah-jong 10.00 -12.30	Croquet Apr-Oct 9.30-1.00	French Boules 10.00	Intermediate Walks 9.15 start
		Carpet Bowls Oct-Mar 10 - 12	French Beginners 10.30 – 12.00	Bridge 10.00-12.00	T'ai Chi 10-11 or 11.15-12.15
		Movement & Mobility 11.30-12.30	French Intermediate 11.00 – 12.30		
PM	Table Tennis 2.00-4.00		Pilates 1.30-2.30		Pub Lunches 2
			Walking Netball 2.00-3.00		Knit & Natter 1.00 – 3.00
			Archaeology & Ancient History 3pm		
			Folk Dancing 8.00-10.00pm		Handbell Ringing 5.30-7.00pm

LVu3a Committee and Helpers for 2024/2025

General Enquiries Glynis Evans		
<u>Committee</u>		
Chair Glynis Evans		
Treasurer Tim Robinson		
Secretary Lesley Robinson		
Membership/Gift Aid Sara Pracy		
Group Co-ordinator	VACANCY	
Webmaster John Mills		
Newsletter Editor Alan Cole		
Publicity Lee Raynor		
Committee Member Marion Barrett		
Committee Member Sonia Scott Miller		
HELPERS		
Speaker Secretary Mary Cole		
Zoom Adviser Laurence Cole		
Powerpoint Secretary Tony Crowther		
Meet & Greet Pam Benton		