



LEA VALLEY U3A

**Members welcome from Broxbourne, Hoddesdon & Lea Valley
Area**

Meetings Held at The Spotlight, Hoddesdon.

Registered Charity No. 1033311

President: Barbara Cordina / Chairman: Mary Cole

Web Site: www.lvu3a.org.uk / Email:

NEWSLETTER

13th August 2018

**Monthly meetings are usually held on the
2nd Monday of each month from 1pm to 4pm with a speaker from 2pm.
*** Annual membership cost just £15, visitors always welcome *****

**TODAY: Mr John Astin "The Potters Bar Film
Makers Video Show (formerly the Two Johns) with
John Astin"**



**Next Meeting. Monday 10th September 2018
Mrs. Jenny Gibbs "The Turkish Shirley Valentine"**

Chairman's Corner

The school summer holidays can be a refreshing time for U3A members; many of our groups take a summer break and welcome the chance to have a rest before starting again in September with renewed enthusiasm.

But for many of our members it is a time of some stress, as we are called on to do 'grandparent duties' to help out our families during the holiday season. Others find it can be a lonely time because many of our usual social activities have stopped.

I know that quite a few members of Lea Valley have been, or will be, helping in various Church-run Holiday Clubs during the holidays, a great chance for young and old(er) people to have fun together. Though by no means restful, working alongside children is a rewarding experience – on both sides, one hopes!

While you are hopefully enjoying a refreshing rest, you might like to consider some of the new groups that are starting up. Astronomy has had its first meeting, as you can read elsewhere; Table tennis has begun; talks are in progress to develop Food Appreciation as a group. I personally am hoping that the July meeting on a Beatles theme and the Singing Group's performance of several Beatles songs may encourage people to form a group aimed at listening to, and appreciating, the music of the 60s and 70s.

However you are spending your summer, I hope that you find much to enjoy and I hope to welcome you back, membership renewed, in September.

Mary Cole, Chairman



**DEADLINE FOR SEPTEMBER NEWSLETTER
SUNDAY 2nd SEPTEMBER 2018**



The Safety of Group Members

The safety of our members is paramount, so we would like to remind you of the following:

- **All participation in LVU3A activities is at the member's own risk.**
- **Members should carry their membership card for all U3A activities**



“Brightest and Best”

Many people in Lea Valley U3A will remember Keith Hammond, who worked tirelessly for us as leader of several groups and as a loyal committee member. He was also an enthusiastic member of our Broxbourne Handbell Ringers. When he died, two of the team commissioned a piece of music in his memory from Sandra Winter, an accomplished British composer and arranger for handbells.

By the time you read this, that piece, called “Brightest and Best” will have been played by several hundred handbell ringers in Cairns, Australia, because it has been selected as the UK representative in the International Handbell Symposium, taking place in that city at the end of July.

The dedication at the top of the original copy of the piece reads: “For Keith Hammond, a keen and valued member of Broxbourne Handbell Ringers and the East Anglian Regional Team, whose warmth, humour and simple kindness brightened the lives of all who knew him”.

It is good to think that Keith lives on through this lovely piece of music, and that in a small way LVU3A has shared in an important international event.

Mary Cole

Michael Shawe Physio

New Hand Class for Rheumatoid and osteoarthritis

We now have a time and date for our brand-new hand class for rheumatoid and osteoarthritis as well as hand trauma (as long as any lacerations have fully healed!).

Our 1st class time will be on Wednesdays 11:00 - 12:00, the class will be FREE to try and usually £5 per session. You do not need to register or sign up ahead of time, but try to arrive 5 minutes before the beginning of the class where able.

We aim to add more dates and times to our schedule for classes so if this day and time does not suit you, please let me know whether you would prefer a Tuesday 11:00 - 12:00 or Thursday 13:00 - 14:00

If you have any further questions regarding the class, please feel free to reply to me, or call the clinic on 01992 451849 to discuss any questions with our admin team.

FILM GROUP Unfortunately the last meeting of the Film Group was on 6th August and we will not be showing further films. We have shown over 40 films during the past 4 years and hope that those that attended over the years found the films entertaining

Regards Brian Kattenhorn



Lea Valley U3A's



12th FUN QUIZ

MONDAY 15th October 2018; 1.30pm Start

St. Augustine's Parish Centre, Broxbourne, EN10 7AU.
ADMISSION £2 for LVU3A members (£2.50 for non-members).
includes tea and cake.

TICKETS ON SALE AT OUR MEETINGS, FROM AUGUST
Arrange your own teams on tables of 8, or just go along and fill
a table when you get there, and make some new friends!

Can You Help?

- Having organised all our Speakers for many years, Chris Murphy has decided that he would like to step down from the role of Speaker Secretary. We are therefore looking for a **new committee member** with effect from October's AGM.
 - Would **you** like to come onto the Committee as a general Member?
 - The post of Secretary will become vacant in October of next year as Maryanne has only a year to run, so we would like **someone to shadow her role** during the coming year.
 - If you would like to find out more about what being on the committee entails, do come and talk to me. Talking doesn't commit you to anything!
- Mary Cole**

A VISIT TO BOULOGNE 10TH OCTOBER. An opportunity to sample some French cuisine, practise your French, browse the shops and maybe visit the new aquarium. We will have time to visit a hyper market before taking the Shuttle home. Coach, driver's gratuity, shuttle crossing £ 54 (depending on numbers). **CHEQUES MADE PAYABLE TO LEA VALLEY U3A. Open to all Lea Valley members.** "Balance for the Boulogne visit required at the **AUGUST MEETING.**"

Perspiration. Here's a little proverb, you surely ought to know,
Horses sweat and men perspire, but ladies only glow. **Anon.**
John Grindell



INVITATION TO VISIT VALLEY GROWN SALADS

As some of you will know, the nursery in Paynes Lane, Nazeing, has one of the largest fully automated nurseries in Europe, growing mainly peppers and tomatoes. They have a five year contract to sell their produce to Waitrose, whose stores are renowned for their high quality goods.

Recently, they have added an extension to their already vast greenhouses. This has had a few teething troubles, but is now in full production & the part owner, Jimmy Russo is justly proud of his achievements and has invited me to bring any U3A members & their friends who are interested for a guided tour. We did have a tour of the nursery a few years ago, but this time we will see the new extension, the size of 20 football pitches.

The tour will take place on Monday, 3rd September, at 2.30 p.m. We will meet at the entrance to Paynes Lane at 2.15 p.m. & travel down as one group. There is plenty of parking.

Do contact me if you would like to reserve a place or for more information.

Elizabeth Brown 01992 893431, email: elizabeth.hoccroft2@gmail.com.

NEW GROUP – WALKING LEISURELY IN THE COUNTRYSIDE

Leaders: Eddie Cordina & Ian Perkins



As many of you know, I have led walking groups for LVU3A for the last six years, both in London and in the countryside. The countryside walks were of intermediate length and over time both Ian and myself found that long distances were too much for us. We decided to move to leisurely country walks of 4 – 5 miles in length, taken at a moderate, not a fast pace.

Having both joined other groups we found that while they were enjoyable, the pace was uncomfortable for us so we decided to walk 4 - 5 miles on our own.

We then realised that many members would benefit from, and enjoy the experience of, a leisurely walk where the pace is controlled from the back, and we can assure members new to walking that they will not be left trailing behind. With help and guidance they would probably find that they can walk further than they think they are capable of.

Our new walks will therefore be 4 – 5 miles long which will take approximately 2 – 3 hours with “picnic stops”. The aim is to have a group of walkers enjoying the countryside whilst having enough breath for a good natter. The walks will normally be circular along footpaths in fields, woods, country lanes, through villages and on tow paths.

They will take place on the first Friday of every month starting at 9.30am. Provided we get enough support the first one will be on September 7th. Seasoned walkers are more than welcome to join us, and walk at our pace.

All walkers are responsible for their own safety and should carry their membership card with emergency contact details on the back.

To register your interest, email me at or for more details contact me on

Outstanding Twenty-Year Certificates

Some people were unable to collect their Certificate of Twenty Years Membership at the July meeting. I still have certificates for the following members:

- Mrs Iris Atkinson
- Mrs Juliet Hatfull
- Mr John Lewis
- Mrs Doris Phillips
- Mrs Beryl Sambridge
- Mr John Wright

If they are attending the main meeting, they can collect their certificate from me after John Astin has finished his video show. If they are unable to attend, the certificates will be posted to them.

Mary Cole

Astronomy New Group



The Lea Valley U3A Astronomy group is now under way. We have started as a small group and have agreed to meet in each other's homes at present. We will aim to meet in the evening, on the last Tuesday of the month at 7:30pm, though that might vary according to circumstances. We are a mixed group of individuals, those more knowledgeable about Astronomy are pleased to share their knowledge with some who are complete beginners. The one lady in the group so far would

welcome others! The meetings will generally start with everybody participating in a discussion about current and recent Astronomical and Space events, including what is going to be visible in the night sky that month. A more formal part of the meeting will include study of a particular topic in more detail - this may include viewing parts of TV programmes like "The Sky at Night" or "Horizon" or "Brian Cox DVDs" to prompt more discussion and (hopefully!) understanding of topics on the stars and planets as well as more esoteric subjects like the Big Bang, Black Holes and High Energy Astrophysics! Some meetings (particularly in the darker months) will aim to be more practical and look at the night sky with binoculars and telescopes. None of us are telescope experts, but some of us are hoping to learn! We also aim to arrange special events to visit places of Astronomical interest. Some of the group have already made a visit to Greenwich Observatory. If you are interested in becoming involved, contact **Mike Cording on or Laurence Cole on** . Laurence will be at the Family History table at the Spotlight main monthly meeting.

Would you like to be one of 'Pam's People'?



No, it doesn't involve dancing, although, of course, you can dance if you want to!

I am looking to recruit people for my team of helpers. To meet and greet our members at the monthly meetings, with a happy welcoming smile, check their membership cards and offer any help they may need; to help with refreshments at our interest afternoons, either to make or buy cakes, for which any expenses can be claimed, or to assist with serving the teas and coffees. you would only be asked to help every few months and it would be entirely at your convenience. At the moment, I am particularly looking for people to help with refreshments for our next quiz on Monday 15th October. If you think you could help, or you have any questions, please contact me. You will find my contact details at the back of the newsletter.

Pam Benton



Calling all Busy Fingers Knitters.....

Do you recognise any of your work in the photo below?

We have a mountain of knitted leaves, flowers, butterflies, cakes,



a huge quantity of knitted squares, scarf lengths and longer, and are looking to return them to our knitters. We shall take them to the August meeting at the Spotlight and fingers crossed you will collect anything which you made or take

squares, etc to make into items for charity.

Now that the group has closed we wish to return everything to those who contributed over the years – please help!!

Barbara Cordina

PROPOSED NEW GROUPS

TAP DANCING and BALLET Please note new start date. Monday 17th September. Thanks to the Mayhem this first taster session will be FREE. Details Dennis or find me on New Groups table.



POPULAR MUSIC mainly 60s 70s From the feedback of our Beatles themed July meeting a lot of our members still enjoy the 60/70 music scene. A revolution happened in popular music and we were part of it. Relive it again in this proposed new group. Contact: Dennis by text or phone Your ideas most welcome.

FOOD APPRECIATION A short meeting will take place after John Astin Video Show in the bar area for everyone interested in joining this proposed Food Appreciation group. Many ideas have been received including, demonstrations,talks,themed shared meals and visits. The main aim is to Learn and have Fun. See you at the bar around 3.10 Dennis.



Feelin' Groovy??!

Slow down, we don't do fast
We've got to make momentum last
Just kicking down the wobbles, moans
Looking for fun, but feeling whoozie
Ba da da da da da da, slightly snoozie!
Although utmost fortissimo-ing
Somehow the volume *isn't* growing
Whatcha know, it's time for tea!
Doot-in doo-doo... let's get moovy!
Ba da da da da da da, *now* we're groovy!



From Lee Rayner, (with apologies to Paul Simon)

Programme for August Meeting



- 1.35 Please take your seats in the Auditorium
- 1.40 The Lea Valley Singers, performing a selection of Beatles' songs, plus a special version of the song "Feelin' Groovy" (the words can be found above)
- 1.55 Presentation of Prizes for the Beatles Song Title Picture Quiz
- 2.00 Notices
Chris Murphy will introduce our Speaker, John Astin, who will be presenting a Video Show.
Afterwards, anyone who has not yet received their 20-year certificate can come and see me at the front of the auditorium.

Mary Cole, Chairman

Result of the Beatles Picture Quiz

The sheets have been marked and the results worked out. Quite a lot of people got good scores, but **our winners, with full marks, are Steve Fish and Carole Beeton**. They will be able to collect their Beatles mugs at our August meeting.

The complete answers will be pinned up on the Secretary's table in the foyer at our August meeting. If anyone would like their marked answer sheet returned, come and see me after the speaker has finished.

We do hope you enjoyed the quiz. Many thanks to Stan Benton who devised it.

Mary Cole

With a Little Help From Your Friends (Apologies to Lennon and McCartney)

The Committee hope that you enjoyed our Beatles-themed afternoon in July. We wanted to put on an afternoon that would have us all journeying down Memory Lane by remembering the Beatles and what a major part they played in the cultural life of our country and indeed the world.

Stan Benton had us cudgelling our brains to name the song title represented by his picture puzzles.

Many of our groups rose to the challenge of providing a Beatles-themed display. Song titles formed the theme for the Flower Arranging group, the Needlecraft group and the Painting Group, while "Beetles" of the creepy-crawly or vehicular variety were the focus of the Exploring Photography group. The Family History group displayed photos of their members as they were in the 60s – maybe you spotted your Chairman in her school uniform among the photos! Sugarcraft offered us a mixed display of Beatles songs and non-Beatle-related pieces, all exquisitely crafted.

The Broxbourne Handbell Ringers provided musical entertainment in the form of two Beatles songs – Yesterday and Yellow Submarine, which seem to have been much appreciated. They acted as the curtain-raiser to our excellent speaker, Tricia Thompson, whose talk on the lives and music of the Beatles was jam-packed with information, visuals, songs and videos - a real feast for Beatles fans.

But for me, the highlight of the afternoon was the exhibition of superb photos of the band, many of which had never been seen before. The curator, Graham, was the nephew of the Beatles official photographer Tom Hartley, and had access to some wonderful photos which he was keen to share with our members.

Last but by no means least, we also awarded certificates of 20 years of membership to 15 of our members. This was a great opportunity to thank so many people for their loyal membership.

Many people, not just committee members, were involved in preparing the meeting, and I am sure you would like me to thank them all on your behalf for creating a friendly and enjoyable afternoon.

Mary Cole

Broxbourne Winter Night Shelter Project

The Broxbourne Winter Night Shelter Project hopes to launch across the borough in January 2019 for an eight-week trial period. The plan is to have seven venue-churches, one for each night of the week across the borough, accommodating up to eight homeless guests each night, referred to the project by the Council. There are five churches signed up in Hoddesdon, Broxbourne and Wormley and two in Waltham Cross.

This project is supported by **Churches Together in Hoddesdon, Broxbourne and Wormley**, and **Churches Together in Cheshunt and Waltham Cross** and is coordinated by local Foodbank and church volunteers, along with key workers from the Housing Department of Broxbourne Council, in partnership with the national charity Housing Justice.

Volunteers are needed for evening shifts of preparing and serving hot meals and chatting to guests; staying overnight in the venue to provide night-time support and security; and in the mornings, helping with breakfast. Each venue-church is sourcing volunteers, but the more the merrier! Anyone of any faith, or none, can help out in this worthwhile project; if you can't give time, can you give a donation to provide help with transport to venues, food costs, etc?

If you would like to find out more about this project, please contact Dave Lee [Broxbourne and Lea Valley U3A member] on and or Rev Ben Quant [Wormley Free Church] on and.

GROUP INFORMATION

ANTIQUES & COLLECTABLES Chris Murphy –&Kate

Gorman –August: NO MEETING; 25 September Mr. Colin

Oakes " London and it's museums: One for Every Taste"; 23 October Mr.

Steve Lester " Insights of a Provincial Auctioneer" We meet every **FOURTH**

TUESDAY in the month at Broxbourne Parish Centre, Churchfields

Broxbourne – 2 to 4pm. **New members welcome.**

ART APPRECIATION New Leader Rona Email

Supported by Thelma

Find Rona or Thelma on Art Appreciation table

in foyer. Please join me at the end of the Lounge, where the doors lead onto the patio for a short informal chat after the main meeting on 13th August at approx. 3.15. I would like to meet interested people to hear their ideas on how to make this new group interesting, informative and fun. September 6th

Thursday Private Tour of the V and A with Dale Thomas October 11th Thursday

Tour of ground floor rooms at Wimpole Hall Cambs. November 6th Tuesday

Meet the Countess at Gorhambury to hear about renovations to the house.

Then a talk about herself as an Artist. December 4th Tour of Luton Hoo

(Hopefully decorated for Xmas). Followed by Tea Coffee and Pastries.

ASTRONOMY New Group See article on page 6

BROXBOURNE ARTS FORUM - BArts Lee Rayner –

Let's Do Lunch Sept 7th and 20th 'Revolution and Romance' - Russian Music.
£14 incl lunch and glass of wine **Pick up a programme from the Spotlight or call for details**

BOOKS FOR SALE Joan Underwood –Please continue to support our Book Stall - all proceeds go to the LV U3A and we have a huge selection of books. **“Due to a shortage of storage space we are currently unable to accept any more hard backed books, but please continue to donate good quality paper-backs. Many thanks the Bookstall Team.**

BOYS' TOYS – GIRLS WELCOME – John Ambridge

Wednesday 3rd October. Chatham Historic Dockyard. Coach will leave the Spinning Wheel at 9.15 a.m.. The cost is £36.50 per person and our tickets allow access to all of the galleries and attractions, including the Victorian Ropery on a timed entrance basis. Submarine tours are also included but need to be booked on the day at the information point. Further details at Boys Toys table on 10th August. Ladies are very welcome Future visits: Bletchley Park, Bentley Priory, the Battle of Britain Bunker at Uxbridge.

BRIDGE (IMPROVERS) Group 1 Ann Abercrombie

We meet every Thursday at Hoddesdon Methodist Church Hall, Middlefield Road, Hoddesdon 10am to 1pm.

BRIDGE (BEGINNERS) Group 2 Ann Abercrombie –

We meet every **TUESDAY** at above venue- 10am to 12pm.

IF YOU WOULD LIKE TO JOIN THIS GROUP PLEASE CONTACT ANN.

CARERS - New contact. Myrtle Meet

every 3rd Tuesday of the month. 11 -12 noon at at Sainburys Café Hoddesdon. Next meet Tuesday 21 August. All carers welcome to come along to this friendly group to relax and chat over cup of tea or coffee. **New members very welcome.**

CARPET BOWLS Jim Albon –We meet on **TUESDAYS** at Rosehill Bowls Club 10am – 12pm. Equipment provided. **Phone for more information. New Members Welcome**

CHINESE BRUSH PAINTING Group 1 Sybil Hammond –

All materials are provided.

CHINESE BRUSH PAINTING Group 2 Joan Newman –

Meetings usually on 2nd and 4th Tuesdays of each month. All materials provided. Contact Joan for more information.

CRAFT UNITE Carol French We meet fortnightly on Wednesday 10.30am to 12.30am. New members welcome. All proceeds from items we sell at the main meeting go to LV U3A.

CRAFTING for CHARITY NEW TIME :

NEW MEETING Due to family illness there will be NO MEETINGS until September when we shall resume meeting at the Parish Centre from 2pm on a Friday with a teen in the month, ie 14th September, 19th October, 16th November and 14th December. All donations of craft materials and items you have made are very welcome and can be given to Mary Cole or Sybil Hammond at the main U3A meetings. All the beautiful items you have made have been received by local charities with a hearty "Thank you so much".

CREATIVE WRITING Elizabeth Brown –We meet once a month and each of us reads out what we have written on a set subject, as agreed between us. We then have a friendly discussion about each of the pieces, some may be serious, some light hearted, depending on the writer's inclination. The writing can be poetry or prose. We do it because we enjoy writing in a friendly group. We would welcome a few more members, If you would like more information, do phone. **Now Amalgamated with Broxbourne**

CRIBBAGE Ray Dawney Cribbage Will be back in Sept..

CROQUET Peter Worth –You are welcome to visit us at Broxbourne Sports Ground, Mill Lane Close on a Wednesday morning between 9.30am and 1pm. The season started on 4 April

EAT YOUR WAY AROUND THE WORLD Pam/Stan Benton –

Open to all members of the Lea Valley u3a 6.30 for 7 PM , As usual. A £10 deposit will be required to secure your place. Please see Stan at the Photography display for more details. There will not be a meal in August. Please see next newsletter for details of September meal.

EXPLORING LONDON (1) John Ambridge–

Thursday 20th September. Guided walk in Tower Hill area. Thurs October 11th. Freemasons Hall. The group does not have a table at the Monday Meetings, but its members meet on the first **FRIDAY** of every month at 10am at Bollescroft to plan and finalise arrangements for forthcoming visits. **New members welcome**

EXPLORING LONDON (2) Rita Benn & Chris Vaughan

Planning meetings on 1st Friday of each month at Bollescroft
15 August Summer Lunch Thorpe Bay. 28 September Old Victorian Operating Theatre. 16 October. Bombay Sapphire Distillery Tour There are places available on both of these trips.

EXPLORING LONDON (5) Ann Young -

EXPLORING LONDON (6) Val Champney –Beverley Clark

Mike Cooper 16th August Supreme Court £5 contact
Valerie Champney 01992 636666 Tuesday September 25th Bank of England organiser Linda Cording 01992 442980. October 16 Beale Arboretum tour. Afternoon tea at West Lodge Park cost £6 Organiser Dennis Bruce. November 27th Behind the Scenes at National Theatre details to follow.

EXPLORING LONDON (8) Barbara Lewis –August Due to the holiday season no visit is planned. September 4th (Tuesday) Fulham Palace. October 2nd (Tuesday) London Walk Secrets of Somers town and Euston. November 29th (Thursday) Lunch at Brixton Prison the list for this visit will be closed after the September meeting.**All LVU3A members Welcome.**

EXPLORING LONDON (9) Eric Skilton – Please note the following. We are always looking for volunteers to join our group and who could organise just one trip a year.If you can help please contact above.**New members welcome.**

EXPLORING PHOTOGRAPHY Stan Benton All levels of ability welcome
We take images at various locations, exploring different aspects of photography i.e. landscapes, natural history, architecture.

FAMILY HISTORY Mary and Laurence Cole –We meet on the first Monday of each month at Hoddesdon Methodist Church from 10am – 12noon. We don't promise to trace your ancestors, but we do provide friendly and helpful sessions to guide you on your way.

FILM GROUP Brian Kattenhorn New members always welcome E-mail As the numbers of those attending has dropped off considerable we will not be running the Film Group in the future.

FLOWER ARRANGING GROUP Audrey Stanley - We meet every third Thursday in the month at Broxbourne Parish Centre, Churchfields. Broxbourne – 1.30 – 3.30 pm Any queries please do not hesitate to contact me. **New members very welcome – beginners or experienced.**

FRENCH Beginners & Intermediate Mary Cole –Beginners meet on Wednesday mornings, 9.30am –10.30am Intermediates meet on Wednesday mornings 10.45am –12.15pm **Classes restart on Sept 5**

FRENCH BOULES - Jacques Bremont
New members welcome, beginners or experienced.We meet on Thursday mornings at the Old Highway Rec Grnd10am.

GARDENS Linda Weaver - 10th August A.G.M. at Bollescroft. Meetings are held at Bollescroft, The Spotlight, Hoddesdon on the second Friday of the month at 10.45 am. **Friday, 14th September** - 'A Funny thing happened on the way to the Potting Shed' Nick Dobson. **NEW MEMBERS & VISITORS WELCOME**

GENERAL HISTORY David Pracy – **New members always welcome.** We meet at 2pm on the **4th MONDAY of the month.** More details from David Pracy, as above.

HERITAGE GROUP Joan Underwood – “All members going to Nottingham please see Joan at the August meeting.” “ Balance for the Boulogne visit required at the AUGUST MEETING.”

JIGSAW SWAP SHOP – Richard & Kathleen Lord –Bring along your unwanted jigsaws to swap them for another at 50p, or just buy one for £1. Please make sure any puzzles you bring are complete and securely packaged. All proceeds to Lea Valley U3A. Thanks.

KEEP FIT TO MUSIC - Joan Underwood –Sessions take place on Mondays at Broxbourne Scout Hut. Cost is £3 per session. 11:30 – 12:30pm At the moment we are full and can take no new members

LINE DANCING- Ann Powell– Carol Farren

We meet on Monday at 11am - 12.30pm at St Catherine's & St Paul's Church BARCLAY HALL Paul's Lane, Hoddesdon EN11 8TR. (Opposite Morrisons). LIMITED FREE PARKING AT THE CHURCH but there is parking nearby. This is an Improvers class. **ABSOLUTE BEGINNERS** at 10am, at the above address. If you have never tried Line Dancing before, come along and have a go. We are a very sociable and happy group. Cyndy, our tutor, makes the whole session fun and is very patient with all of us. If you are interested please contact us at the above numbers or at Line Dance table at Lea Valley Meeting.

LISTENING TO MUSIC Felicity Foster–

Monday 3rd September 1.30 - 3.30 at Mayhem Centre up from Sainsbury's with 310 bus stop nearby. Ian Hiscock presents Music from France. **visitors from all U3A s always welcome. We serve tea/coffee in the interval.**

MAHJONG Sybil Hammond –Meet every TUESDAY 9.30am

12.30pm at Nazeing Congregational Church. 'Why not try something new? Learn to play Mahjong. Tuition will be given and you do not need a partner. So come and try it in this very friendly group.'

NATIONAL TRUST – CURRENTLY LOOKING FOR NEW LEADER

NEEDLECRAFT Carol Parsons –We meet on alternate **WEDNESDAYS** – 2 to 4pm at the Beaumont Centre. New members are urgently required please ring above number if interested.

PAINTING FOR PLEASURE Val Champney – We

meet second and fourth Friday of the month. Mornings from 10am to 12pm. at Hoddesdon Methodist Church. We experiment with different media and have a varied timetable for this year no previous experience needed, just contact Val Champney **NEW MEMBERS WELCOME**



PILATES Joan Underwood - Wednesdays 1.30pm - 2.30pm. at the Methodist Hall, Hoddesdon. £4 per session. Further details from Joan. A few places are available. Why not give Pilates a try? Exercises to develop core strength, flexibility and balance. Taught by an experienced, qualified instructor.

PLAYREADING Penny Groome Shirley Roos

1st & 3rd **THURSDAY** in each month 2 - 4pm. Phone Penny or Shirley for details of venue & what we are reading. **New members welcome.**

PUB LUNCHES (1) Thelma Lobb

Wednesday 29 August The Bulls Head Turnford 12:00 Contact Thelma.

Wednesday 26 September The Black Swan Broadly Common Contact Lilly Bloor 01992 639812

PUB LUNCHES (2) Vivien Jackson Smith –Mon 20th

August at The Orange Tree, 166 West Road Sawbridgeworth, CM21 OBP. At 12.00 Mon. 24th September at The 3 Horseshoes, Hooks Cross, Watton-at-Stone, Herts. SG14 3RY. (It is on the left on the A602 towards Stevenage at 12.00.

READING FOR PLEASURE (1) Carol & Keith Reast

Gr Leaders Keith and Carol Reast. We meet on the 2nd Thursday morning of each month in each other's homes. Each member chooses a book for their month in turn, which we read & discuss. We are currently full with 12 members but have started a waiting list. Our group meets on second **THURSDAY** morning of the month in members' homes.

READING FOR PLEASURE (2) Lynette Belch –

Group meets on 3rd **FRIDAY** of the month at 10am at members' homes. Our choice for August is The Moonstone by Willkie Collins, a classic tale considered to be the first true full length detective novel.

SCRABBLE *New Group* 2pm The first and third Thursday of the month. Venue, Hoddesdon Library. Scrabble. **Will be back in September. Details Chris Horder**

SINGING FOR PLEASURE Helen Miles –Meet alternate

WEDNESDAYS at Broxbourne Parish Centre 4pm. We need a Conductor, if anyone can help please contact Helen Miles as above. **NEW MEMBERS VERY WELCOME.**

SUGARCRAFT - Sybil Hammond –

TABLE TENNIS *New Group* Every Monday 2-4 @ Laura Trott Leisure Centre. All abilities welcome. Malcolm available for coaching if required. Details Dennis

THEATRE GROUP Lee Rayner –BOOKING September 28th

Variety Show A visit to the famous Brick Lane Music Hall for a variety show with afternoon tea. 1 ticket left for Brick Lane Variety Show **Sept 28th £55 including coach** **EVENTS OPEN TO ALL MEMBERS OF THE LV U3A**

WALKING LEISURELY *New Group* – Eddie Cordina & Ian Perkins 4 – 5 mile walks in the countryside, at a leisurely pace, with “picnic stops” and enough breath left to natter. First Friday in the month from 9.30am. Contact Eddie on

WALKS - SHORT Barrie & Sue Spice –Meet 3rd Sunday

of each month 10.15 for 10.30 start. Circular 3 mile walks. Sunday, 19th August will be at Cheshunt Park, led by Dennis Bruce and Dian Wells Meet at the Golf Club car park EN7 6QD at 10.15 am for usual start of 10.30 am Walk starts at the memorial trees, en route we will pass London's last defence in WW2, the Pill Boxes. A memorial seat to veterans of WW1 and a bit of history of the Debenham Estate. **All Members of LV U3A will be welcome.**

WALKS IN LONDON on the third FRIDAY of each month. Contact Eddie for details and to register your interest.

WALKS- INTERMEDIATE New Leader Jill Dockley phone

Meet 9:15 for 9:30 start. First Friday of the month.

OTHER GROUPS

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

AWAY DAYS Rose Lovelidge –

Email: This a Cheshunt Group that

welcomes LVU3A members. **25 September Beside the Seaside** There is nothing better than the great British seaside resorts and the south coast has plenty of these to offer. Your day will begin in the Victorian resort of Bexhill-on-Sea where you will enjoy a cup of tea or coffee in the elegant, Modernist Pavilion which sits on the promenade. After lunch your guide will take you to Eastbourne, 'Sunnier Place in Britain. Morning Tea at Bexhill-on-Sea, Admire the Views at Beachy Head Lunch at The New Wilmington Hotel then visit Sunny Eastbourne. All inclusive £43 p.p Pick up our coach outside Spinning Wheel 8 am **Monday 26th November 2018 Christmas Broadway Party**

There's no business like show business" so join us for the 2018 Christmas season on stage in 'Christmas on Broadway'. Talented entertainers will trip the light fantastic to bring you an afternoon of well loved musical numbers that will have you tapping your feet, & twirling around the dance floor. Start your day with coffee and mince pies at your table. Your talented entertainers will then bring you some show-stopping numbers plus you will be having a delicious three course set festive lunch. All inclusive £45 p.p Pick up our coach outside Spinning Wheel 9 am

RETAIL THERAPY Ann Powell

Shopping trips by coach from Cheshunt & Hoddesdon. Details from Ann. This is a Cheshunt Group. L.V. members most welcome. Wednesday 5th September 2018 Peterbough Coach leaving Cheshunt 9.30 Lowewood Hoddesdon 9.45am Contact Ann Powell Mobile No.

SHAKESPEARE Lee Rayner A Broxbourne Group open to Cheshunt and Lea Valley. First meeting of Autumn Term Sept 14th Miscellany. **Oct 5th, 12th, 26th** As You Like It **£2 per session**. Informal sessions on Shakespeare's life and works. **11.00 am to 12.30 pm**, Mayhem Theatre Arts, Brewery Road, Hoddesdon. Bus stop adjacent. Some free on-site parking 3 hours free in Sainsbury's car park 2 mins walk.

T'AI CHI Margaret Chandler –LVU3A with Hertford Group. We meet at St. John's Hall Hertford. Beginners Fridays from 10am – 11am. Intermediates 11:15am – 12:15pm. The Summer Half Term begins 1 July. Ring me anytime on above number with any queries.

The groups below are not U3A groups but may be of interest to our members

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



Autumn Events Online Booking is available or call the National Office

The Royal Institution – London – Monday 15th October

2018 Explore an afternoon of science talks at the Royal Institution, London Time: 1.45 pm – 4.45pm - £21.50 (Bookings

open now **“Makers not Muses” – The National Gallery – London – Thursday 1st**

November 2018, day of talks by experts exploring status of female artists their paintings and obstacles to success Time: 11.00 am to 3.45 pm - £25.00 (Bookings open in August)**“From Page to Stage – Ambassador Theatre – Lyceum Theatre, London – Monday 12th November 2018**

– under watchful eyes of three directors your chance to direct a scene putting into practice valuable lessons learnt through the day. Welcome refreshments. Time: 10.30 am to 4.30 pm - £37.50 (Bookings open in August) **Guildhall Art Galley – London – Wednesday 28th November or**

Thursday 29th November 2018 (Two separate dates) Delve into the Roman archaeological world buried beneath the City of London, a day of workshops and talks with welcome refreshments – 11.00 am to 4.00 pm - £22.00 (Bookings open in August).

Christmas Concerts – the Queen’s Chapel of the Savoy, London – Monday 3rd December 2018 – Performances at 2.00 pm or 5.30 pm and

Tuesday 18th December 2018 at 2.00 pm onlyThe Brandenburg Singers will perform a balanced programme of familiar repertoire alongside traditional carols - £19.50 – (Bookings open late September)

DIARY OF EVENTS

FOR FURTHER DETAILS PLEASE CONTACT THE COMMITTEE

AUGUST

13 August

MAIN MEETING

Mr John Astin " The Potters Bar Film Makers Video Show
(formerly the Two Johns) with John Astin "

SEPTEMBER

10 September

MAIN MEETING

Mrs. Jenny Gibbs " The Turkish Shirley Valentine"

OCTOBER

8 October

MAIN MEETING

Mr. Rupert Dickens to the Lea Valley U3A "Madame
Pompadour and the French Court of Louis XV "

15 October

12^h Fun Quiz.St. Augustine's Church Broxbourne
1:30pm start. £2 LVU3A Members £2.50 Non Members

NOVEMBER

12 November

MAIN MEETING

Mr. Mike Brown "Dear Old Blighty"

DECEMBER

NO MEETING

Due to pantomime

JANUARY 2019

14 January

MAIN MEETING

Rev'd Dr. Nicholas Henderson " Whatever happened after
Henry VIII "

LV U3A COMMITTEE AND HELPERS FOR 2017 / 2018

General Enquiries Mary Cole		
<u>Committee</u>		
Chairman Mary Cole		
Vice Chairman Pam Benton		
Treasurer Monica Georgiou		
Secretary Maryanne Goulding		
Mem/ship / Gift Aid Anthony Crowther		
Group Coordinator Dennis Bruce		
Webmaster John Mills		
Newsletter Editor Alan Cole		
Spotlight Liaison Jenny Merton		
NewMembers/Meet & Greet Pam Benton		
Publicity Lee Rayner		
Speaker Secretary Chris Murphy		
<u>Helpers</u>		
Powerpoint Sue Spice		

Cannon

TRAVEL



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