

u3a
Chess Valley

Registered Charity 1126990

NEWSLETTER

September - November 2022

website: www.cvu3a.uk



Front Cover: A Strider takes a break during the Group's walk in June around Peterley.

Right: Members of Art Discussion Group 2 brought in valued ceramics from their own homes for their August meeting. Can you spot the Troika and Satsuma ware?

Below: The Singing for Pleasure choir teamed up with local brass band Vintage Brass, for an incredible concert performed for the Amersham National Trust Group in the new community centre in Amersham.

Bottom: The Wildlife Group receive expert advice on tree identification and woodland management during their field trip around Hockeridge Wood.



Speakers for General Meetings

All meetings start at 2pm

Council Chamber

Chesham Town Hall

Chesham, Bucks HP5 1DS

(Note: We hope to return to our usual venue, the Broadway Baptist Church, in November, once their building works have finished.)

Mervyn Edwards

Thursday 8th September

Walking the Beat to Nirvana

Mervyn is a former police officer, currently working as a consultant in Specialist Security Services, and a writer. Before retiring as a Chief Superintendent, he was in charge of Special Operations, which encompassed drug and explosive dogs search teams, armed protection of royalty, counter terrorism and riot training, and was part of a group tasked with training the police to deal with CBRN (Chemical, Biological, Radiological and Nuclear) terrorism. Despite the serious subject matter of this talk, it also includes a great deal of humour.

Howard Slater

Thursday 13th October

Buckingham Palace: Seat of Scandal

Howard is a retired qualified lecturer and has been giving talks for over 30 years, all of them researched by himself. This talk covers the five rulers (six if Edward VIII is included) who made the Palace their primary residence. Unsurprisingly, each has seen their fair share of scandal, tragedy, and controversy.

Graham Twemlow

Thursday 10th November

Art and Design in the Chilterns

Graham is a retired university lecturer, and writes and talks on design history and decorative arts. He has lectured extensively in venues such as the Ashmolean Museum, the Rowing Museum in Henley, at Christies as well as in the USA. The talk focuses on some of the 20th century artists who made the Chilterns their home, or found inspiration here.

David Coulton

Thursday 8th December

Gordon Bennett: From a Scottish Crofter to a Multi-Millionaire and Playboy

David retired after 30+ years in corporate finance, bought a company and finally retired at 70 after turning it around. His talk covers the amazing life of Gordon Bennett, his newspaper empire, and the explorations he funded. He has been described as a man who nearly changed world history



Chesham Town Hall is accessible to wheelchairs.

Notes from the Chair

Welcome to our third newsletter of 2022.

We seem to be beset by 'crises' at the moment – cost of living, energy, climate change to name but three – and I often reflect that u3a provides the perfect counterweight to all the doom and gloom; learn, laugh and live.

Annual quiz

We still have tables available for our quiz on Saturday 8th October, in the White Hill Centre in Chesham at 6:30pm for a 7:00pm start.

Tables accommodate up to six players but, if you don't want to organise a full team, book anyway and Valerie Garrod will put together ad-hoc teams – the perfect way to meet new friends! The cost is £5 per player.

You can bring your own nibbles and soft drinks but alcoholic drinks must be bought from the bar in the Centre.

If you need a booking form, one was attached to my July and August e-bulletins, or email me or Valerie (webmaster@cvu3a.uk).

New Business Secretary required

Colin O'Rourke has moved out of our area and, although he is willing to continue in post until our next AGM, it would be much better if someone would step forward now so that we can have an orderly transfer of responsibilities. This is one of the key Officer posts in our u3a and we really do need to fill it. For more information about what's involved, please contact me using the email below or Colin on secretary@cvu3a.uk.

General Meetings

As you can read on page three, we continue to hold our General Meetings in the Council Chamber of Chesham Town Hall. This is because the building works at the Broadway Baptist Church are a little behind schedule. We, and they, hope that we can resume using the Church from November and I'll keep you up to date via the monthly e-bulletin.

With best wishes



James Cadle
chair@cvu3a.uk

New Members

We offer a warm welcome to our newest members:

Christine Allen	<i>Hyde Heath</i>	Maura Martin	<i>Chesham</i>
Angela Anderson	<i>Amersham</i>	Stephen Moon	<i>Amersham</i>
Phillip Bangs	<i>Holmer Green</i>	Julie Rutt	<i>Hazlemere</i>
Sue Brown	<i>Seer Green</i>	Rosemarie Shelton	<i>Chesham</i>
Lyn Cameron	<i>Hazlemere</i>	Christine Willcocks	<i>Prestwood</i>
Thomas Harrison	<i>Prestwood</i>		

If you know anyone you think might be interested in joining, please ask them to get in touch with the Membership Secretary; contact details on page 5.

Do we have your up-to-date contact details?

If you have moved, changed your phone number or have a new email address, please make sure you update your information via the Chess Valley u3a website (www.cvu3a.uk). Click on 'Membership Login' on the homepage and then use your ID which is your membership number (from your membership card) prefixed by the first two letters of your first name (for example 'Jo9999'). If you don't have internet access, please let the Membership Secretary know (contact details above). We'd hate for you not to be kept up-to-date with the happenings in your u3a or miss out on events and visits.

From the Groups Coordinator

I am pleased to say we now have a new Convenor for MOTO2 so that is up and running again.

Do you remember *amo, amas, amat* with pleasure or dread? Would anyone be interested in a Latin for Fun group, no prior knowledge needed? If so please contact me on groups@cvu3a.uk As always any other suggestions or help needed please let me know

Helen Barnard
Groups Coordinator
groups@cvu3a.uk

Chess Valley u3a Committee

Chair	James Cadle	chair@cvu3a.uk	07889 732291
Vice-Chair	Helen Barnard	vicechair@cvu3a.uk	01494 715588
Treasurer	Geoff Naylor	treasurer@cvu3a.uk	01494 434918
Business Secretary	Colin O'Rourke	secretary@cvu3a.uk	01494 728897
Membership Secretary	Jim Wilkie	membership@cvu3a.uk	01494 782081
Groups Coordinator	Helen Barnard	groups@cvu3a.uk	01494 715588
Web Editor	Valerie Garrood	webmaster@cvu3a.uk	01494 433585
Newsletter Editors	John Bunyan	newsletter@cvu3a.uk	01494 778858
	James Cadle		07889 732291
Speaker Organiser	Michael Cohn*	speakers@cvu3a.uk	01494 763542
Events Coordinator	Jackie Cobb	eventscoord@cvu3a.uk	01494 773718
* indicates a non-voting member			

Update from the Events Team

The visits to the Queen's Gallery on Thursday 3rd November and to the Kew Christmas Lights on Tuesday 29th November are now fully booked but I am maintaining waiting lists for both. If you'd like to join the lists, please email me using events@cvu3a.uk.

The Events Team will be meeting shortly to consider a programme of visits for 2023. If you have any suggestions for possible destinations, we'll be very keen to hear from you. Again, please email me on events@cvu3a.uk.

Jackie Cobb, Events Coordinator

Copy date for the next newsletter is 22nd November 2022

Recent visits

Brookwood Military Cemetery and The Savill Garden, 5th May

The Military Cemetery is the largest Commonwealth War Graves Commission cemetery in the UK, with over 5,000 service personnel commemorated. The 37 acres also include separate plots for American, Belgian, French, Italian, Polish and Czechoslovak memorials. In 1917, part of an existing cemetery was set aside for the war dead, a special station was constructed, and there was a dedicated platform at Waterloo Station.

One of our guides was Norman Brice, who had given us an excellent talk at a general meeting in 2019, and he spoke as we toured the whole area, giving insights into several individual headstones as well as a history of the area, which also included space for Chelsea Pensioners who are still buried there to this day, if their families so wish.

Mention must be made of the immaculate American section, which was donated to the American Battle Monuments Commission, who care for the area and where we had an extra American guide.

The next part of the day was spent at The Savill Garden within Windsor Great Park which is part of The Crown Estate, created in 1930 by Act of Parliament, and whose portfolio includes Regent St as well as shopping centres and the UK's Seabed!

We arrived for a coffee and light lunch before being let loose to explore the azaleas, magnolias and rhododendrons which were all at their best, as well as the other 35 acres including hidden gardens and a New Zealand garden (so many ferns!)

An afternoon cream tea was a welcome end to the tiring day before returning to Chesham.

Michael Cohn

River trip from Henley-on-Thames, 28th July

In the morning, some of us followed the Henley Town Trail using a copy of the trail emailed to us by the organiser. We then had a very varied choice of where to lunch before the three o'clock boat trip. We had hired the river cruiser *Consuta II* privately from Hobbs Boats of Henley. 42 Chess Valley members boarded the boat which took us downriver passing Shiplake and Wargrave, then through the lock and back to Henley. On the riverbank we could see all the marquees being taken down following the Henley Regatta. The weather was ideal for cruising along the river.

Jackie Cobb

The Country Churches visit, August 15th

In the morning, 30 Chess Valley members visited the two churches at The Lee. The grade 1 listed Old Church is a 13th century Chapel now only used for baptism and a few services. It was originally built as a Chapel of Ease to Weston Turville and was granted by the family of Turville to Missenden Abbey in the 13th century. The New Church was built in 1852 and was much improved later by Arthur Lasenby Liberty when he became Lord of the Manor. The interior furnishing is very much in the style of the Arts and Crafts movement. All the woodwork was done in the workshops of Liberty's of London.

We then went to The Hampden Arms in Great Hampden where 26 of us were fed and watered before continuing to the Church at Weston Turville. This church was completely different in condition, not having had the love and care in times past as had the church in The Lee. There were many interesting finds when, in 1863, work was done on the nave floor. They discovered one complete stone coffin (sarcophagus) and another one that needed a lid. It's thought that these were for important people and would have been used during the 11th and 12th century.

I think I can safely say that the members found the three churches most interesting.

Jackie Cobb

Chess Valley u3a Convenors

(All phone numbers are prefixed by 01494 unless otherwise indicated)

Group	Convenor/s	u3a e-mail
Art	Mo Barnes	art@cvu3a.uk
	Angela Spittle	
Art Discussion 1	Angela Bishop	artdiscuss@cvu3a.uk
Art Discussion 2	Caroline Jenks	artdiscuss2@cvu3a.uk
Book Group 1	Gillian Eastmond and Mavis	bookgroup1@cvu3a.uk
	Mavis Earnshaw	
Book Group 2	Liz Howlett	bookgroup2@cvu3a.uk
	Christine Ross	
Book Group 3	Eileen Overton	bookgroup3@cvu3a.uk
Book Group 4	Jackie Cobb	bookgroup4@cvu3a.uk
Bowls (Green), Outdoors (Chiltern)	Margaret Stickland	bowls@cvu3a.uk
Bowls (Short Mat), Indoors (Chiltern)	Sue Spalton	shortbowls@cvu3a.uk
	Peter Williams	
Bridge	John Curtis	bridge@cvu3a.uk
	Patrick Clarke	
Bus Pass Adventures	Anne Muir	buspass@cvu3a.uk
Canasta	Linda Hepworth	canasta@cvu3a.uk
	Sue Hawksley	
Chess	Peter Schweiger	chess@cvu3a.uk
City of London Churches	Jackie Cobb	londonchurches@cvu3a.uk
Current Affairs	Eileen Overton	currentaffs@cvu3a.uk
Digital Imaging	Pippa Greensmith	digimaging@cvu3a.uk
	David Hurd	
Dinghy Sailing	Wendy Barnes	sailing@cvu3a.uk
	Judith Young	
Family History	Sue Broad	familyhist@cvu3a.uk
Folk Music	Richard Skepper	folkmusic@cvu3a.uk
French Conversation	Morag Robertson	frenchcons@cvu3a.uk
French Intermediate	Hilary Alleston	french@cvu3a.uk
Gardening	Stephanie Rothwell	garden@cvu3a.uk
	Camilla Plummer	
German	Jenny Lee	german@cvu3a.uk
History	Claire Paterson	history@cvu3a.uk
	Ian Hutt	
Keep Fit for 60+ (currently dormant)	Vacancy	keepfit60@cvu3a.uk
Knitting and Other Crafts	Sue Rawbone	knit@cvu3a.uk
Line Dancing (Chiltern)	Lynne Benes	u3alinedance@chiltern- u3a.org.uk
	Linda English	

(continues on next page)

Chess Valley u3a Convenors (continued)

(All phone numbers are prefixed by 01494 unless otherwise indicated)

Group	Convenor/s	u3a e-mail
Mah Jong	Ed Perrott	mahjong@cvu3a.uk
MOTO	Mo Barnes	moto@cvu3a.uk
MOTO 2	Rodney Newth	moto2@cvu3a.uk
Patchwork & Quilting	Angela Bratton	patchquilt@cvu3a.uk
	Janet Moore	
Photography	David Hurd	photography@cvu3a.uk
Pilates (1, 2 and 3)	Christine Ross	pilates@cvu3a.uk
	Liz Howlett	
Play Reading	Claire Paterson	playread@cvu3a.uk
	Linda Hepworth	
Poetry	Christine Ogborne	poetry@cvu3a.uk
Railways	Graham Yellowley	railways@cvu3a.uk
	James Cadle	
Science & Technology	Mike Christianson	sciencetech@cvu3a.uk
	Peter Twist	
Scrabble for Fun	Tony Muir	scrabble@cvu3a.uk
Singing for Pleasure	Angela Bratton	singing@cvu3a.uk
	Stephanie Rothwell	
Spanish Conv (Inter)	Hilary Alleston	spanishconv@cvu3a.uk
Stamps	Brian Feakes	stamps@cvu3a.uk
Tai Chi	Sue Broad	taichi@cvu3a.uk
	Meg Brinton	
Theatre	Group run by a small sub-committee.	theatre@cvu3a.uk
Ukulele	Jeff Naman	ukulele@cvu3a.uk
	Heather Sprake	
Amblers	Susan Osborne	amblers@cvu3a.uk
Walkers 1	Stuart Stanley	walkers1@cvu3a.uk
Walkers 2	Sue Rawbone	walkers2@cvu3a.uk
Walkers 3	Jane Towers	walkers3@cvu3a.uk
Striders 1	Andrew Brown	striders@cvu3a.uk
Striders 2	Ian Lee	striders21@cvu3a.uk
Walks into History: Country	Peter Schweiger	walkshist@cvu3a.uk
	Tony Biddle	
Walks into History: London	Angela Shipley	walkslondon@cvu3a.uk
Wildlife	Harry Howlett	wildlife@cvu3a.uk
	Keith Sonley	
Wine Appreciation 1	Pauline & Tom Hohenberg	wine@cvu3a.uk
Wine Appreciation 2	Muriel Gray (acting)	wine2@cvu3a.uk
Writers	John & Helene Bunyan	writers@cvu3a.uk

Photography Group Exhibition

Our Photography Group is presenting an exhibition of photographs of the Chess Valley which will be on display in the foyer of the Elgiva Theatre in Chesham during November. More details will be provided in the September e-bulletin.

Dumbing-down and unrelated matters

Parking is a bit of an art that I enjoy. I never use the car's self-parking feature, considering it a form of dumbing-down. I also get a lot of enjoyment, coffee in hand in Caffè Nero in Amersham, viewing others at it. Some folk park with effortless ease, whereas others fail repeatedly to get close to their goal. But if you don't like coffee, there is a YouTube piece on this very subject where an older (aren't we all?) driver spends an entire half hour failing to park.

I was musing on the subject a couple of weeks ago with regard to other forms of transport, like the cycles parked at Marylebone Station. I mean, just who uses them? There are hundreds of them, always parked up neatly in double-decker fashion with barely one out of place and therefore not in use. The same phenomenon applies to marinas (yacht parks, not the infamous car model). Millions of pounds' worth of floating bathtubs, going nowhere. They are always bobbing up and down cheek by jowl, right next door to an empty sea. I know that one shouldn't dispose of plastic at sea but this is surely taking it a little too far.

Wholly unrelated, apart from a very tenuous link to transport, I recently heard a train announcement asking people to let passengers off the train before boarding it. As this announcement is made exclusively to passengers already on the train, I was unable to see its value. Hopefully it will be discontinued, as was the short-lived announcement to bus passengers that 'this vehicle stops frequently'.

Perhaps self-parking is not the only thing that's dumbing-down?

'Timewaster'

Answers to the June-August mini quiz

- History:** **King Edward 1st** was known as 'Longshanks' (he was 6 feet 2 inches tall).
Alexander Karensky led the Russian provisional government of 1917.
- Geography:** The highest capital in the world is **La Paz, Bolivia** (3,869 metres, 12,694 feet).
The other four countries in the Alps are **France, Germany, Italy** and **Switzerland**.
- Science:** **Proxima Centauri** (4.246 light years distant) is the closest star to Earth.
Acoustics is the branch of physics concerned with the study of sound waves.
- Art:** The painter Domenikos Theotokópoulos is better known as **El Greco**.
Fresco involves applying paint to plaster while it is still wet.
- Music:** The first Beatles studio album was **Please Please Me**.
Franz Schubert's eighth symphony is known as 'the Unfinished'.
- Literature:** Jane Austen's last novel, published posthumously in 1871 was **Lady Susan**.
Mervyn Peake wrote the three *Gormenghast* novels.
- Theatre:** **Sir Alan Ayckbourn** wrote *A Chorus of Disapproval* (1984).
The Old Vic was originally the Royal Coburg Theatre, then the Royal Victoria Theatre, then the Royal Victoria Palace and then the Royal Victoria Hall.

News From The Groups

GROUP MEETINGS

Groups are now meeting in person. All Groups are open to enquiries from new members and, if full, will hold a waiting list. Groups that are inactive do not have an entry in the newsletter.

In public buildings it is important that the Convenor knows who is at the meeting in case of fire. Please, always sign in and out of the building. Also, make sure you know where the fire exits are. Please adhere to any pandemic hygiene rules set for the premises.

Art

Mo Barnes & Angela Spittle



Since our last report the Art Group has continued to paint flowers and trees in all media, including some compositions using collage techniques. We also studied movement and the works of Degas. Taking a different direction, we have recently turned our attention to creating an original abstract composition, which is proving more difficult than first thought! As usual we also enjoyed convivial coffee breaks with delicious cookies and biscuits during these sessions! The Group is currently full.

Art Discussion 1

Angela Bishop



Since the last Newsletter our Group has met three times. In June we discussed Gauguin. We thought we knew all about Gauguin, with his trips to the Pacific and his very recognisable paintings of the islanders of Tahiti. Some of us knew of his tempestuous relationship with Van Gogh. Only a few knew of his early life in France and its influence on his work. We looked at his early works, gentle landscapes and a study of his long-suffering wife, Mette. We heard how his vivid images were influenced by his Peruvian roots, and ended with a spirited discussion on whether or not we liked his work: No consensus.

In July we met in a member's garden for a most enjoyable lunch to celebrate a birthday of one of the Group. The sun shone and we were lucky that we could protect the birthday cake under a large tree, whilst enjoying the now expected heat in this country.

Our August meeting featured the seaside. Various images of rarely known works were shown, provoking a discussion on national identity, danger and relaxation.

Future meetings are planned on the Pre-Raphaelites and the American artist Winslow Homer. It is hoped, now that Covid restrictions have been lifted, that we will feel able to visit a local gallery.

Art Discussion 2

Caroline Jenks



The subject of our June meeting was *Children in Art*. The representation of children in western art has varied greatly over the centuries, from formal renaissance pictures, to more relaxed images of children at work and play, often painted by a parent. The children of aristocrats had been expected to behave and dress as miniature adults, but by the seventeenth century different types of images began to be depicted and the concept of 'childhood' emerged.

Appropriately, on the fourth of July, our meeting was entitled *Reflections on America*. From *Washington Crossing the Delaware* by Emanuel Leutze (1851) to *The Problem We All Live With* by Norman Rockwell (1963), we travelled through American history and culture, looking at styles of art as diverse as Pop Art, Regionalism, The Hudson River School of the nineteenth century and abstract work from the 1950s; a most entertaining afternoon.

For our August meeting each of us brought a ceramic item from home. Every piece told a story and we enjoyed sharing those personal memories. Some items had been gifts, (dainty china cups and saucers) and others, inherited pieces (a uniquely designed blue and white teapot from the early 20th century, for example). Some were valuable and some had no intrinsic value but were greatly loved. (cont.)

We looked at imported Satsuma ware, a stylish Troika pot from Cornwall and some interesting commemorative chinaware from the nineteenth century. A small figurine of a seven-year-old boy reading, modelled by his mother, delighted us all. After the meeting, we had cake in Caroline's garden in the sunshine.

Book 1

Gillian Eastmond & Mavis Earnshaw



This smaller friendly Book Group meets about every six weeks on a Friday morning, at three different members' homes. We have now resumed face-to-face meetings. We bring with us one or two books, fiction or non-fiction that we have found interesting. Each person then gives a very brief description of the book but then mainly says why they personally thought it worth reading. We then have questions about the book and sometimes a lively discussion about the theme of the book. The owner can often lend the book to anyone who wants it. You will never have to read a book you don't like but you will also be introduced to books you might never have met otherwise. If you want to join us, please email a Convenor to see if there is a vacancy.

Book 2

Liz Howlett & Christine Ross



Book Group 2 has settled into its new venue at Amersham Library, meeting at 2pm on the first Monday of the month. Our latest book was *The Woman who went to Bed for a Year* by Sue Townsend. None of us agreed with the reviews claiming it to be "absolutely hilarious", but some of the one-liners raised a smile! Moreover it was a very easy read for the hot summer weather, compared to our two previous novels: *Amsterdam* by Ian McEwan and *The Heart Shaped Bruise* by Tanya Byrne, both of which touched on much weightier topics.

Book 3

Eileen Overton



Meetings are held in members' homes at 2pm on the third Tuesday of each month. Availability is governed by the ten books we get each month from Chesham library. Due to members moving away, a vacancy has occurred. Please contact the Convenor if you are interested in joining us. We've had mixed reviews for the past three months' book choices, which makes for interesting discussions. Our books for the next three months are: *The Lesser Bohemians* by Eimar McBride, *One Good Turn* by Kate Atkinson and *Autumn* by Ali Smith. We look forward to reading them and meeting up each month to discuss them.

Book 4

Jackie Cobb



Members of Book Group 4 meet in each other's homes on the third Thursday of the month. We have recently read *Nora Webster* by Colm Tóibín, *Girl A* by Abigail Dean and *Nelson's Daughter* by Miranda Hearn. Having read *Nelson's Daughter* made us look further into the history of the times and the relationship between Admiral Lord Nelson and Emma, Lady Hamilton.

All the books have given us plenty to discuss. In September we will read *The Mermaid of Black Conch* by Monique Roffey.

Bowls (Green Outdoors)

Margaret Stickland (Chiltern u3a)

CVu3a members can join Chiltern members for the forthcoming season of weekly outdoor bowls, which runs from May to September on Wednesdays at Amersham Bowls Club, Hervines Park, from 10.30 to 12.30. The cost is £50 for the season. Contact Margaret to check on the availability of places, on bowls@cvu3a.uk.

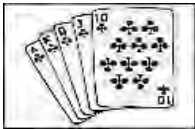
*"I decided to take up bowls. So I rang my local club and said 'Is that the local bowls club?'
He said 'It depends where you're calling from.'"*
(Chic Murray)

Bowls (Short Mat)**Sue Spalton & Peter Williams (Chiltern u3a)**

Chiltern u3a extends an invitation to our members to join them in playing Short Mat Bowls. The outdoor summer sessions are on Monday afternoons at Holmer Green Sports Association and run from 1.50 to 4pm. If you wish to 'try your hand', tuition is given. Bowls are available. The cost is £3 per session. The winter season is held in the

White Hill centre on Fridays from 1.15 to 3.30pm

Interested members should contact the Convenors using: shortbowls@cvu3a.uk.

Bridge**John Curtis & Patrick Clarke**

The Bridge Group meets on Wednesday afternoons at Chartridge Park Golf Club. Attendances have been good and there is a waiting list to join the Group. It is just wonderful to be able to play bridge face-to-face again, rather than on a computer! Please contact the Convenors to join the list, or hopefully join us in person, should a place become

available.

Bus Pass Adventures**Anne Muir**

For our latest adventure in June, we left Chesham for Hemel Hempstead where we had a short wait for our bus to St. Albans. On arrival we headed for the Cathedral for a welcome coffee break in The Abbot's Kitchen. Fully revived we walked around inside the interesting Cathedral after which we walked around the grounds, which include a beautiful park and

lake. We were then ready for lunch. Some of us went to The 'Water End Barn', an ancient building which is now a Weatherspoons. Others in the Group opted for different venues from which there are many to choose.

Sadly, the time passed too quickly so, with an eye to bus timetables, we headed for home. We were unable to explore the Roman walls, hypocaust and museum, which are at the far end of the park. The weather was kind to us but on our return to Chesham we were treated to a thorough drenching.

Our last outing of the year will be on Thursday, September 29th, destination to be arranged.

Canasta**Linda Hepworth & Sue Hawksley**

Unfortunately the Canasta Group has not met during the past three months. June and July meetings were cancelled due to both of the Convenors suffering from broken bones and unable to drive. We decided not to meet in August but hope that September onwards will prove somewhat more successful. We are still looking for new members so please contact

us on canasta@cvu3a.uk if you are interested.

Chess**Peter Schweiger**

Chess in the Chess Valley continues to tickle the little grey cells. If you want to be tickled, then please let me know.

We meet on the fourth Friday of the month at 2.30pm.

Current Affairs**Eileen Overton**

Meetings are held in members' homes at 2pm on the first Thursday of each month. We discuss all sorts of topics which are in the news and we listen to everyone's point of view. We learn so much from our fellow members who have a variety of skills and knowledge. We are living in interesting times and we try, but haven't managed yet, to solve all the problems of the world. Come along and join us for a fun discussion. If you are interested please contact the

Convenor for details of the next meeting.



Continuing with our plan to investigate improving and correcting photos, we started with one of the most important issues: adding missing items (the subject for this exercise included a missing horn in a photo of an antelope) and removing unwanted objects using Photoshop. The fun edits included handwritten captions and creating a digital collage, 'Hockney' style. In the next few months we will be talking about how to turn a photo into art, creating a triptych and changing the background of an image.

Dinghy Sailing**Wendy Barnes & Judith Young**

We continue to meet on the second Tuesday and fourth Wednesday of each month until the end of November, at Troy Lake, West Hyde near Rickmansworth, from 1pm till 5pm. We use boats belonging to RSC: a Wayfarer, a Wanderer, a Laser2000 and a Comet Versa, all of which can take three people. We also use some smaller single-handed boats. There is always an experienced person in each boat to give advice and encouragement to newer members. This week we were very fortunate as my son, a very experienced instructor and examiner, was home and came down with me, giving very welcome advice to our members. We sail until about 3pm then come in for tea and cake before going out again, sometimes trying to race. In June we had a very successful BBQ after sailing.

New members are welcome. Experience is not necessary: We can teach you the basics. Please contact a Convenor if you fancy having a go! We can add you to our mailing list.

Family History**Sue Broad**

Why do we study family history?

Family history, I believe, is to research not only our lines of descent but also the details of our family members, their occupations, the places they lived and the social influences that affected their lives. It is trying to understand what made them do what they did. One question that crops up as you discover more about them, is how they survived to create the generations of our family. They endured war, disease, poverty and occupational injuries. Sometimes they were working with the law and sometimes they appeared on the opposite side or merely as witnesses, every event creating a record of their existence.

We meet on the first Tuesday of the month at Chesham Town hall at 2.15pm. Details of talks are on the website. Why don't you join us?

Folk Music**Richard Skepper**

Summer holidays have impacted us quite heavily. However a member is kindly hosting a Group BBQ at the end of August and we expect to be back in full swing in September. The Group is a good size but we still have a need for anyone who feels like banging a drum.

French Conversation**Morag Robertson**

The French Group has continued to meet in person, taking turns in each other's houses. We continue to chat in French about various current issues, trying to steer clear of politics! Although Covid is still with us, we are hoping to venture out to a French Restaurant at some point, if we can find one. We do have room for more participants if anyone is keen to practise their French.

French Intermediate**Hilary Alleston**

We are still enjoying our regular meetings, talking about recent events and looking forward to getting out more in summer. We are still open to new members, so do give us a try.



In June some members of the Group paid a visit to Kathy Brown's Garden at The Manor House, Stevington, near Bedford. Kathy's garden has featured in several prestigious garden magazines and it is easy to see why. We were blessed with a glorious day, which further enhanced this delightful garden. This was in stark contrast to a previous visit the Group made several years ago when it rained incessantly.

Kathy herself is a very talented lady who, apart from looking after this large, beautiful garden with her husband and very little additional help, also grows edible flowers which she then uses, in her own inimitable way, in her delicious cakes that she offers to visitors with afternoon tea. Kathy shares her recipes on the reverse of her greeting cards, which feature photos of her most popular cakes.

The garden is alive with interest all year round. The rambling roses climbing amongst trees and walls of the house were very impressive, as was the clematis, but the whole garden was full of colour and at every twist and turn there was a hidden gem of interest. Kathy and her husband are also art lovers and replicate famous paintings within the garden, by artists such as Rothko, Matisse, Monet and Mondrian. The sculptures of Barbara Hepworth also had a place.

Our visit ended with a selection of slices of Kathy's cakes and a very welcome cup of tea. We returned home after a very enjoyable afternoon, inspired and daunted in equal measure!

On a beautiful July evening we visited a local nursery, 'The Plant Specialist' in Great Missenden. The nursery is already a favourite haunt of many of our members, but it was very interesting to be given a tour by Sean, who initiated the nursery with his friend Keith approximately 30 years ago. They do not buy in any plants but have a very efficient system of propagating, potting and growing, until their plants are ready to be sold in the nursery.

The nursery specialises in perennial flowering plants (no bedding plants!) as well as grasses and ferns, many of which are very unusual. The flowering perennials are displayed in alphabetical order while in another area of the grounds there is a wide selection of plants especially for shady areas.

Over the years Sean and his partner have acquired more land, some of which has been created as a show garden to display a variety of the plants grown at the nursery. This enables customers to view plants in a natural setting and gives an idea of their eventual height and spread.

Our schedule for the next quarter can be viewed on our Gardening Group page on the CVu3a website.

German

Jenny Lee



Our friendly German Conversation Group continues to meet twice a month and we have enjoyed being in each other's gardens during this glorious weather. Here is a German idiom about summer and sun:

Die Sommer im Herzen haben.

This German idiom is used to describe a person who is always happy, hopeful and optimistic. It literally means "to have the sun in one's heart". So, a good one to remember.

History

Claire Paterson & Ian Hutt



We were very fortunate to have a visit from Dr Rachel Wood, Archaeological Manager of the Historic Environment Research and Delivery Service for HS2, at our June meeting; a very pleasant lady, who gave a clear and detailed talk on the excavations at the site of old St. Mary's Church in Stoke Mandeville. Built in the 11th or 12th century, but disused in the 1880s, it fell into decay. It was eventually demolished in 1966, but not cleared. Situated on a rise, it dates back to early Roman times and there has probably been some form of religious centre there, even prior to that.

Dr Wood explained the detailed and careful work that is carried out, even before any digging actually begins. 3,200 burials were found, all of which will be reburied. The area was tented to protect the remains from weather.

(cont.)

The most significant finds were the bust of a man, woman and child thought to be a family group and clearly of some importance. Sculpted out of Cotswold stone, the woman's styled hair and the draping of her clothes were clearly visible. The bust was sent for specialist dry and wet cleaning, prior to study. No colour pigment was found on the pieces, which are thought to be Roman in origin and 2000 years old.

It was a wonderful presentation, and one of the good results of HS2, enabling us to learn something of those who were here in our corner of the Chilterns many hundreds of years ago.

Nearer to us in time but further away geographically, was the last imperial dynasty to rule Russia, the Romanovs. Coming to power in 1613 they ruled for the next three centuries. Our History Group member Peter Healy's talk, in July, was specifically about their romances; an unusual topic, brought to life with Peter's illustrated talk on their various mistresses and lovers.

In August we usually arrange to leave the meeting room and explore what real life has to offer, so this year we went to the City of Oxford. Stephen Barker, Heritage Advisor with the Bucks Military Museum Trust, gave us a guided tour of areas in Oxford specifically relevant in the English Civil War. Oxford was the centre for the Royalist campaign led by Charles 1st. Our tour commenced inside the Ashmolean Museum, at the painting by William Dobson; a group portrait, arguably the most important artefact to emerge in Oxford during the Civil War. It shows the King's nephew Prince Rupert, John Russell, and possibly his brother William first Duke of Bedford, who was a turncoat, twice!

Our tour covered the medieval city wall and fortifications at North Gate, the Oxford Mint that Charles set up and the Military Hospital at St Peter's College. We learnt at Carfax of the appalling conditions brought about in the city due to the huge influx of extra people, soldiers and horses, required for a war. The sewage became unmanageable and the number of deaths rose considerably due to the disease this caused.

Charles's residence was in Christ Church and his Parliament was set up in Christ Church Hall. The Queen's lodgings were adjacent in Merton College. They were a devoted couple and Charles had a private access door made so they could visit one another. This can still be made out in a bricked up wall.

When Oxford was besieged in April 1646, Charles fled, disguising himself by cutting his hair and wearing a false beard. He travelled as a servant to his chaplain and groom. Crossing Magdalene Bridge, he escaped north and surrendered himself to the Scots.

We visited the Bodleian Library where Parliament also met, the Commons in the Divinity Hall and the Lords in Convocation House, our final destination.

It was a great tour, with Stephen bringing the story to life with fine small details of ordinary people and humour. He will be joining us next March to tell us about some of the important characters of the Civil War.

Our speaker in September is Alison Bailey, Researcher at Amersham Museum, whose subject will be *Modernism in Amersham*.

Keep Fit for 60+



The Keep Fit Group is suspended and in need of new Convenors. If you are able to help, please come forward: it's not complicated and help can be given to volunteers. We are also currently without an instructor, so please contact the Groups Coordinator, Helen Barnard, if you know of anyone. Email: groups@cvu3a.uk

Knitting & Other Crafts

Sue Rawbone



The hot weather rather curtailed our meetings in July and we had already decided not to hold meetings in August because of holidays. We will be starting again on 5th September followed by meetings on the first and third Mondays in each month. We currently have a full complement of members as we meet in our own houses but if anyone is interested in joining, please contact the Convenor.

On Education: "I won't say I was a late developer, but our teacher was quite pleased to have someone her own age in the class to talk to."
(Chic Murray)

Line Dancing**Chiltern u3a**

The Line Dancing Group is run by Chiltern u3a, but we also welcome members from Chess Valley u3a. We normally meet in the Methodist Church, Bellingdon Road, Chesham, HP5 2HA on the second and fourth Wednesday of the month at 10am. 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 body and mind and having fun. There is parking available at the venue. We currently have a waiting list. Please contact the Convenors if you wish to be put on it.

The Group's Convenors are Lynne Bennett tel. 01494 721622 and Linda English tel. 01494 721366.

Email: u3alinedance@chiltern-u3a.org.uk

Mah Jong**Edward Perrott**

Mah Jong is a game played with tiles, which originated in China. It's a very sociable and fun game played by two, three or four people. There is no competition involved as each person plays their own game and any mistakes are easily hidden! Don't worry if you haven't played before: If you have ever played the simplest of card games, you will quickly pick up the basics of Mah Jong. This is a friendly group of people who enjoy each other's company for an afternoon playing, chatting with a cup of tea or coffee and a biscuit. Anyone is welcome from beginners to more experienced players. We meet on the second and fourth Mondays (except Bank Holidays) at 2pm in the Free Church, Amersham. The Group currently has a couple of vacancies. If you would like to join us, please contact the Convenor.

MOTO (Members On Their Own)**Mo Barnes**

The Members on their Own Group (MOTOs) continue to meet for their convivial fortnightly Sunday lunches at local hostelries and restaurants. Since our last report, we have lunched at the 'Jasmine Thai', Chesham, 'The Cock Inn' at Sarratt, and the 'Boot and Slipper', 'Saracen's Head' and 'Cote Brasserie' in Amersham. In addition, we visited the Stonehenge Exhibition at the British Museum in London and also enjoyed afternoon tea in Chenies Manor gardens. At present the Group is full.

MOTO 2**Rodney Newth**

MOTO 2 is being resurrected! A coffee meeting at my home in Ashley Green on 22nd August saw existing members meet again and discuss future activities. We are open to new members, so please contact me, Rodney Newth: moto2@cvu3a.uk The Group will meet for lunch (usually at a local pub) on the second Saturday of each month at 12.30 for 13.00. The first lunch will be at 'The Blue Ball', Asheridge (subject to booking) on 10th September.

Patchwork & Quilting**Angela Bratton & Janet Moore**

Nine of us attended our last session, with just one project completed on the day. A lovely bright bag designed to hold Christmas wrapping paper was finished by Chris Tyrwhitt-Drake, with much hilarity, because she was begging for any red cotton, having left hers at home!

Photography**David Hurd**

The CVu3a Photography Group meets once a month on the third Wednesday at Little Chalfont Village Hall and new members are always welcome.

This year, we are focusing on photographing the Chess Valley and surrounding areas for an exhibition to be staged at the Elgiva in Chesham in November. The Group last exhibited their photographs over 10 years' ago and this is an opportunity to show how we have progressed. Following our work with smartphones and 'blurred and out of focus shots', in June we looked at the use of negative space in photography. (cont.)

The first field trip of the year was also in June when the Group met at the moor in Chesham to photograph the river Chess for photographs to use in the exhibition. In July, the Group listened to a fascinating presentation by Steve Brabner who talked about his subgroup of the Amersham Camera Club, the 'Beyond' Group. He entitled his talk *Beyond the Comfort Zone* and showed many examples of the Group's photographs, which were taken as challenges each month. They had produced some very interesting images, not just photographs, as the images were created using Photoshop or similar software. The Group also met at Chenies for another field trip to photograph the Chess Valley.

The Photography Group met on Wednesday, 17th August when 13 members looked at photographs from our field trip to Chenies, and photographs from the previous meetings when members were asked to produce photographs with different contrasts and angles of shooting. The meeting concentrated on portrait photography and we looked at a video on tips for good photographs and also practised some of the techniques on members posing for photographs. Some key points that came out of the video were:

1. Have the subject as the main point of focus
2. Avoid distraction in the composition
3. If possible, take two or three photos in continuous mode to reduce camera shake
4. Focus on the eyes: they must be in focus
5. Use soft lighting to avoid shadows
6. Avoid a partial crop
7. All the above can be ignored!

The forthcoming provisional programme for the rest of the year is shown below:

September 21 st :	Planning Autumn Exhibition. Night Photography Videos. Submit exhibition photos.
September 24 th :	Field trip / notes: Kop Hill Climb and 25 th September: Chiltern photos.
October 19 th :	Gill Ferguson, Wildlife Photographer. Field Trip: Night Photography in Old Amersham.
November 16 th :	Look at Kop Hill / Chiltern photos. Exhibition.
December 21 st :	Five Minutes of Fame. Ideas for 2023 programme.

Pilates

Liz Howlett & Christine Ross



Summer term was a strange one, with lots of Bank Holidays and very hot Mondays. We are all looking forward to the new term which starts on the 5th September, running through to the 12th December and ending with our Christmas Party on the 19th; always a fun occasion.

I guess we were the first Group to send out Christmas Party invites this year, and on a hot summer day too!

All our members are continuing to improve, quite a few having returned from major operations or knee and hip replacements. With Sue's help and guidance, they are able to use Pilates as part of their recovery programme. Well done to you all; keep up the good work.

At present I haven't heard that anyone is giving up their place so it's doubtful that there will be any vacancies for the winter term. Please do feel free to contact Liz or me to join the waiting list if you are interested.

Christine

Play Reading

Claire Paterson & Linda Hepworth



Unfortunately we have only had one meeting in the past three months. The June meeting had to be cancelled and we decided not to meet in August.

In July we read *Joking Apart* by Alan Ayckbourn: a play written in response to comments that he only writes about unhappy couples. Richard and Anthea, happily married and successful, inadvertently worsen the lives of couples befriended over 12 years, through business or as neighbours.

We're looking forward to getting back together after the summer, in September. We have two plays in mind for our next meeting: *Aurelia* by Robert Thomas, a sort of drama, and *Beyond a Joke*, a comedy by Derek Benfield. Hopefully one of them will be available.

Our Group meets on the fourth Thursday of each month and we read and discuss poems on a theme or poet chosen beforehand. We have a couple of places available for new members; please contact the Convenor for details.

In June our topic was 'Music and Dance', a theme many poets through the ages have written about. We heard poems such as *Music* by Amy Lowell, *The Guitar* by F G Lorca and *Song for a Banjo Dance* by Langston Hughes and others. July saw us returning again to the wide subject of American poets and Sylvia Plath, Robert Frost, Elizabeth Bishop and Billy Collins were some that we enjoyed. For our August meeting we turned to the well-loved poet Clive James, hearing a dozen of his poems including *Japanese Maple*.

Future meetings will include the poetry of Queen's Gold Medal Winners and the topic of 'Greetings and Farewells'.

Railways

Graham Yellowley & James Cadle



We have had a busy period with visits to museums, live steam railways and crisis management in action!

June 7th: Visit to Acton Depot. We met at Acton Town Station to visit the London Transport Museum Acton Depot full of wonderful transport items ranging from maps to ticket machines, tubes, trains and buses: A very enjoyable tour of the Museum but you could spend days looking at everything. A number of us then went to Ealing

Broadway to catch the Elizabeth Line to Abbey Wood (with a change at Paddington at present) and then back to Liverpool Street and the Metropolitan Line home. The Elizabeth Line was very smooth, quiet and quick and was a nice way to finish the day.

June 26th: Visit to Beeches Light Railway. Adrian Shooter has reopened the Beeches Light Railway and we really enjoyed another excellent day. In addition to the Darjeeling Hill Railway engine and carriages, another steam engine 'Mainas de Aller' built in Paris in 1884 was in attendance, which was good to see. We also had two members go the Beeches Light Railway on 24th July and they also had a great day.

July 15th: James Cadle: Docklands Light Railway (DLR). We were meant to be having a talk on 'Chinnor and Princes Risborough Railway' by Roger Fagg. However, Roger's wife was involved in a car accident the day before and though not hurt, was badly shaken, so Roger had to pull out of the talk (rescheduled to December).

James (who was in charge of the meeting) handled this crisis impeccably and not only ran the meeting, but also delivered his talk on DLR, which was extremely well received by all. The DLR story was expertly portrayed and it was interesting to hear about the beginnings of the DLR and the social history associated with it. Well done James!

The Programme for the rest of 2022 looks like this:

October 21 st :	Cambrian Coast Express:	Francis Gomme
November 18 th :	Crossrail:	Christian Wolmar
December 16 th :	Chinnor & Princes Risborough Railway:	Roger Fagg

Please contact the Convenors if you wish to join the Group. You will be very welcome.

Science & Technology

Mike Christianson & Peter Twist



Here is the schedule for the Group's next three months' meetings:

September 19 Joe Hardman; *Neural Networks and their impact on the Scientific Method*.

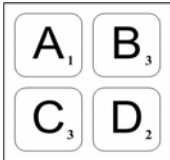
October 17 Ian Hutt; Title to be decided.

November 21 All; Video of Interview with a Top Scientist or Technology Entrepreneur.

We meet at Amersham Free Church on the third Monday of the month at 2pm, unless otherwise advised.

Scrabble for Fun

Tony Muir



The last Scrabble Group meeting before the summer break was not well attended as several Group members went down with the dreaded Covid, my wife and me included. Let's hope that when we resume in October, Covid will be a thing of the past.

Singing for Pleasure

Stephanie Rothwell & Angela Bratton



It's been a busy term for the Singing Group. On the 30th June the choir gave a performance, together with Vintage Brass, at the new Community Centre in Amersham. The concert was organised to celebrate the 50th anniversary of the Amersham Group of The National Trust.

We sang a few pieces with the accompaniment of the band, but also performed some of our own repertoire with songs from films and musicals. The highlight of the concert was a collaborative rendition of *A Hymn to the Fallen*, which is the main theme tune in the film, *Saving Private Ryan*. This has proved a challenge to the choir from the beginning, as there are no words to help us keep to the rhythm. However, with the inspirational help of Ali, our choirmaster, we eventually got the hang of it... more or less! We had to project our voices considerably to be heard above the band, and lost the battle at times but we all enjoyed the event and went home on a high. The audience was very appreciative, and we received some rewarding positive comments.

On the 12th July, several members of the choir gave a short performance at 'Lunchbreak' at Amersham Free Church. 'Lunchbreak' is a weekly event, which provides a lunch and entertainment to create a social opportunity for the disadvantaged within the local community. Again, we were very well received and have been invited to give other performances in the future.

The Group reconvenes on Monday, the 5th September. We're looking forward to practising new material, which Ali has chosen for us. Now that we have moved into a larger room at Amersham Free Church, we are able to welcome new members. If you are interested, then please contact one of the Convenors. All details of the choir are on the CVu3a Singing for Pleasure webpage.

Spanish Conversation (Intermediate)

Hilary Alleston



We are happily settled back into our normal routine, and never run out of things to chat about. We look forward to sharing anecdotes of holidays as we start to travel a bit more. The Group is still full, however.

Stamps

Brian Feakes



At the March meeting we were shown a comprehensive collection from British Central Africa (later to become Nyasaland). The presenter's knowledge of the subject was excellent as was the material being shown.

In May, the subject was 'Postal History', covering Amersham, Chesham and Great Missenden. Early letters dating back to the mid 18th century were on display and featured some of the earliest postmarks for these towns.

Unfortunately we were unable to secure a speaker for July, but are hoping to have one for our meeting on September 23rd.

Tai Chi

Sue Broad & Meg Brinton



We have had a break for summer, or more exactly our tutor has had a break from us. We resume on 13th September at 10.00am in The White Hill Centre.

Unfortunately the Group is full.

Theatre

Helen Barnard & Geoff Naylor



Our next two trips are to the West End for the musical *Come From Away* and then we return to Sonning for the old favourite *Top Hat*. We are presently looking for suggestions for further trips, although we are hopeful of another trip to Stratford next year, depending on the programme. New members are welcome and we simply add you to the Group mailing list. There are no other obligations. Enquiries to: theatre@cvu3a.uk

Ukulele

Jeff Naman & Heather Sprake



The Ukulele Group continue to meet up on a fortnightly basis at the Methodist Church in Chesham, cancelling only once due to the extreme hot weather. However, on July 5th we held a mini concert with reduced numbers due to the holiday season, for our family and friends. They enjoyed this, and we all had a good sing-song, followed by refreshments. We continue to be open to new members, so please contact me if you wish to discuss joining.

Jeff Naman 07976 633798

Walking Groups

Walking Groups are now fully active, though still mindful of the current pandemic situation. Individuals from the Groups are also walking individually to scout new routes.

Amblers (3 - 4 miles)

Sue Osborne

Despite high temperatures at the beginning of August, the Amblers Group enjoyed a leisurely walk starting from the Botley Road playing fields car park in Ley Hill:

Nine of us, plus Bella, the dog, meandered along the hedgerows of stubbly golden fields, the harvest already safely gathered in. Luckily, much of the walk took us through shady woods, although the baked and cracked ground was somewhat uneven underfoot. Blackberries were ripening but not plumping up; like much of nature, they were crying out for some rain!

Many thanks to Phillip for leading the walk.

Walkers (5 - 7 miles)

Walkers 1

Stuart Stanley

The Group meets at various locations on the first and third Tuesdays of the month at 10am. Walks are usually between four and five and a half miles long and are led by members. We usually meet for a picnic or pub lunch (optional) after the walk.

Walks are planned with walk leaders and published every three months, and members advise the walk leader if they wish to participate. For the third quarter 2022, we held or will hold walks in Ley Hill, Henley, Bovingdon, Piddington and Ashley Green.

New members are welcome, including members of other Walking Groups.

Walkers 2

Sue Rawbone

Our walks have continued these last three months despite the hot weather. Our walk in May was from Woodoaks Farm in Maple Cross, which has been in the same family since the 1920s and was donated to the Soil Association Land Trust to ensure that it is farmed sustainably into the future. There are also various businesses such as 'Creative Juices', a market garden, an artist's studio and a tea shack where some of us enjoyed a snack lunch after the walk. In June we had a glorious countryside walk from Ley Hill Common, nearly all of it on woodland paths and tracks. Our July walk brought us back into Amersham on a well-known route to Hyde Heath and back via Little Missenden, and was led by one of our members who had stepped in at the last moment.

(cont.)

We have had several new members join us in the last few months and anyone is welcome so long as you contact the Convenor first. Our walks are five to seven miles and we walk on the fourth Thursday of each month. We are also able to walk with both Walkers 1 and Walkers 3.

Walkers 3

Jane Towers

Walkers 3 meet on the first Wednesday of each month and, as with the other Walking Groups, each walk averages about six miles. We are sometimes joined by members of Walkers 1 and 2 and are, in turn, able to join them if numbers permit.

Unfortunately, our leader for the July walk contracted the dreaded Covid, so it had to be cancelled. Our August walk around Chipperfield thankfully went ahead. We started from 'The Two Brewers' pub and walked a five-mile circular route around the village and common.

Individual members of the Group arrange each walk and there are spaces for anyone to join the Group. New members are very welcome: just contact the Convenor. Walk information is circulated to members about two weeks before each walk.

Striders 1 & 2 (7 - 15 miles)

Andrew Brown & Ian Lee



Since the last Newsletter, Striders have continued to flourish despite having to cope with walking in temperatures which have been more typical of living in a sauna rather than the Chilterns, and without having the benefit of mobile external air conditioning units in our backpacks! The numbers in both Groups have continued to grow as we have each welcomed new members.

In early July a coachload of Striders left Chesham and Amersham early in the morning and descended upon Seaford on the South Coast. Unfortunately, we were deprived of the presence of John Bratton, who had organised the trip but then fell ill shortly beforehand. Nevertheless, walkers in three groups set off from different departure points on walks of varying lengths to enjoy the wonderful scenery and perfect weather conditions along the Seven Sisters path to Eastbourne, with picnics en route and refreshments on the promenade later. As someone once said, "we counted them all out and we counted them all back" before returning to our homes for welcome evening meals. Elsewhere in this Newsletter you will see photographic evidence of our grand day out. (Picture feature on back page: ed.)

Our attention has now turned to organising another joint Christmas walk and lunch in December so... watch this space, Striders! In the meanwhile our programme of regular walks, and the one remaining summer long walk on 30th August, will keep us fit and well, as we head towards Christmas mince pies and other extravagances.

The Convenors of Striders 1 (Andrew Brown) and Striders 2 (Ian Lee) will welcome any new members from the Chess Valley u3a membership. Striders 2 walks are on the first and third Tuesdays of every month; Striders 1 walks are on the second and fourth Tuesdays. Please contact either Andrew or Ian if you would like to join one of our friendly Groups or would like further information about our activities.

Walks into History: Country

Tony Biddle & Peter Schweiger

Denham Village in July



I think our visit on July 13th proved to be successful, despite not going to plan. We started at 10am with a very interesting and informative talk by the Rector of St Mary's church. Recently they discovered a medieval wall mural of the final judgement that had been whitewashed over for many years, probably to protect it from the ravages of Oliver Cromwell. Unfortunately, at the end of the talk Graham Clayton appeared to say that both he and his wife had tested positive for Covid and would not therefore be able to guide us around the village. He did provide me with 24 pages of notes about items of historical interest in the village. We were also fortunate to have Linda Flett with us who grew up in Denham Village, and was able to provide local colour. (cont.)

Before our walk, we adjourned to 'The Green Man' where we had excellent cups of coffee. I did my best to absorb the notes and relay items of interest as we walked around the village. No doubt, had Graham and Penny Clayton been able to join us, the information would have been much more in-depth and they would have been able to answer many of the Group's questions.

I am confident that the Group enjoyed the day and they unanimously agreed that there is more than sufficient interest in Denham to repeat this event with Graham and Penny.

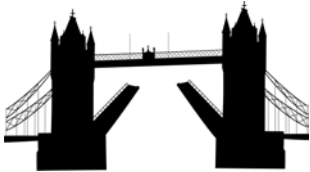
I am mindful that this is the second time the Walks into History Group has been to Denham and if you think this is enough, I will repeat it under the auspices of the History Group.

On 14th September we have a guided walk arranged around the historic town of Waltham Abbey. Ian Hutt

Walks in London

Angela Shipley

Treasurer: Mick Rothwell



Old Hampstead Village: June 8th

These are anxious times and, whereas our last walk was plagued by an incident on the tube, this journey was threatened by disruption from a week of strikes. But all was well on the day and members all had their own novel ways of getting to Hampstead, which sits on the dreaded Northern Line. There were several options and some even walked from Finchley Road but whatever route we opted for, we all arrived en masse within minutes of each other. One of the guides also put his oar in by messing up all my carefully planned groups by grabbing the first 25 people waiting on the pavement and marching off with them ahead of schedule, leaving the rest of us hoping the second guide would turn up.

However both groups enjoyed the day and it is hard to believe you are only six kilometres from the centre of London as you walk along the quiet roads and often narrow lanes of Hampstead. There has been a settlement here on the hill top since Saxon times and it still retains its small town character from the neo-gothic watch tower on the fire station, to the Empire cinema, a bustling High Street and the parish church of St. John.

There was pressure for development from the late 17th century as the wealthy looked to escape disasters such as the Great Fire and plague which were afflicting London, one of the best examples being Fenton House built in 1693 and now owned by the National Trust. Other notable examples include Burgh House built 1702 and of course Kenwood House, with further pressure coming after spring water was claimed as having medicinal properties and Hampstead in consequence became a spa town. By 1801 the population had grown to 3343, bigger than many provincial market towns.

However there was one change that would ensure the future of Hampstead: The creation of the Heath. Suffice it to say that after many a political battle, 300 acres were preserved in 1871 and this has been added to and is now some 800 acres, owned by the City of London.

Today Hampstead must have more blue plaques from its association with writers and artists than any other part of London. The most famous of these are the Du Maurier family, Keats, D H Lawrence, H G Wells, John Constable, J M Barry, R Kipling and many more.

The walk took in the urban centre of Hampstead and the open countryside with magnificent views across the whole of London. As Constable remarked when commenting on the view of St Pauls from his house:

"I have the most beautiful view in all London".

John and Angela Shipley

On London:

"Money can't buy you happiness. But it can buy you a ticket to London."

"How can you ever be late for anything in London? They have a huge clock right in the middle of the town." (Jimmy Kimmel)

"The man who can dominate a London dinner-table can dominate the world." (Oscar Wilde)

"In London, everyone is different, and that means anyone can fit in." (Michael Bond)



June, July and August provided us with a trio of field visits to Molesey lock for eel monitoring on the Thames, to Rickmansworth and the nature reserve on Stockers Lake and finally to Hockeridge and Pancake woods at Ashley Green for woodland management and tree identification. Experts in their own field helped us understand the fine ecological balance in enabling nature to prosper. Great support from the membership helped us take full advantage of these visits.

A programme of events is being drawn up for the autumn, starting on Thursday October 6th, including talks on badgers, bats and farming projects in the Chilterns to encourage improvement to the habitat for wildlife. If these subjects are of interest to you, why don't you consider joining us? We meet on the first Thursday of the month.

Wine Appreciation 1

Pauline & Tom Hohenberg



In May the theme was mainly white wine. We started with a *Blanquette de Limoux* with elderflower and mandarin liqueurs. This was followed by a delicate *Vin de Savoie* from the skiing region of France, made with **Chasselas** grapes. Then there was a 13% *Pedra do Cribo Albarino* from Galicia, a *Chablis Premier Cru* with oaked Chardonnay at 12.5% and finally a Lindemans *Bin 65 Australian Chardonnay* at 13%. To humour the red wine enthusiasts, we concluded with a 14% Bordeaux, *Chateau Tour Haut Labrit* from the Lussac region opposite St

Emilion.

In June the theme was rose wine, starting with a Freixenet *Premium Cava Rose*, Tesco's Finest *Prosecco Rose* from Italy and a *Cremant de Loire Rose* from Lidl. Then we were into *L'Arene des Anges - a Costiere de Nimes* from Tesco, a Spanish *Ramon Bilbao Rose Rioja* from Tesco, made with 85% Granacha grapes, and a Roque Sante from the Var department in Provence. Finally there was a Barefoot *Zinfandel Blush* from California, which was quite sweet and despised by all.

In July the theme was Portuguese wine from the world's 12th largest producer. We tried a Vinho Verde, *Promised Land*, from the north west of the country and a *Jose Maria da Fonseca* from Lidl that was like a Riesling. This came from Setubal in southern Portugal, a region better known for its cork than its wine. The grapes were Malvasia and Fernao Pires. Then there was a *Pinhao* from the Dao region and a Wine Society Portuguese Red, which at 13.5% and only £6 was considered to punch above its weight. We concluded with a Madeira Vintners 5 year old, 17% medium sweet Madeira made by Lisandra Gonçaves.

Wine Appreciation 2

Muriel Gray



Over the past three months we have tasted a wide variety of wines from a number of different countries. In June, we were treated to a selection of Portuguese wines by Greg and Mirit Douglas. Of the usual three whites and three reds, the *Alvarinho Vinho Verde* came top, which is a nice surprise given that we are a Group that, in general, prefers red wine to white. Did you know that six grape varieties dominate Vinho Verde? Alverinho, Arinto, Azal, Avesso, Loureiro and Trajadura. To be fair, it was closely followed by a 2019 red, *Vicente Faria Animus*, which was a Wine Enthusiast best buy, and is blended from three grapes: Tinta Roriz, Touriga Nacional and Touriga Franca.

In July Laurie and Althea Batten entertained us superbly in their garden, having 'ordered' a warm evening for us. We were presented with a selection of wines from Naked Wines, all on special offer. Our favourite white, by a wide margin, was a Sauvignon Blanc from South Africa called *Kruger*. The favourite red, also from South Africa was a Shiraz called *Arabella*. This wine was also the cheapest on offer; shows you shouldn't judge a wine, necessarily, by its price.

In August Graham and Gill Hitchenor welcomed us in their garden with yet more lovely weather. This time we were introduced to a selection of wines from different parts of Italy, sourced from The Wine Society. All were made from unusual grapes. The favourite white was a strong (14.5%) wine called *TreRe Arlus* made from the late-picked Albana grape. Our favourite red turned out to be *Ciro Rosso Gaglioppo* made from the Gaglioppo grape (13.5%). In this case both favourites were the most expensive!



Our numbers have been down recently as some of our members have taken holidays delayed due to the dreaded Covid. Nevertheless we have tackled topics such as 'Poetry', 'Travel' (very appropriate) and 'Clichés'. With some excitement we awaited the self-publication of Peter's autobiography. The proof copy arrived and we discussed some of the technical aspects of the publishing process at length. What an achievement, Peter! It is now available on Amazon: *All Ways Walk Cheerfully*, by Peter Schweiger. The topic for our next meeting on 13th September is: 'The child who was left out'.

We meet on the second Tuesday of the month at the Quaker House in Amersham at 2.30pm. We are looking to expand the Group and will warmly welcome new members. Please contact a Convenor.

Autumn

"Autumn leaves don't fall, they fly. They take their time and wander on this, their only chance to soar." (Delia Owens)

"Is not this a true autumn day? Just the still melancholy that I love - that makes life and nature harmonise." (George Eliot)

"The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider." (Jane Hirshfield)

"And all the lives we ever lived, and all the lives to be are full of trees and changing leaves..." (Virginia Woolf)

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" (Winnie the Pooh: A A Milne)

"I'm so glad I live in a world where there are Octobers." (L M Montgomery)

"Autumn is a second spring when every leaf is a flower." (Albert Camus)

A Presentation by Gill Ferguson: Wildlife Photographer

This event is open to all CVu3a members at the Photography Group meeting, October 19th, 2pm, Little Chalfont Village Hall. Tickets £3

Gill Ferguson LRPS has been fascinated by photography since being taken into her father's darkroom as a very small child. At the age of seven she was given a second-hand Box Brownie camera, after a lot of badgering.

Gill has taught in adult and further education for most of her working life and spent some time lecturing on cruise ships. Gill's commissioned images have been used for commercial websites, travel brochures and academic books. She is on the Speakers List for the Royal Horticultural Society and regularly gives presentations at Garden Clubs and Photographic Societies.

Gill and her husband Barry Webb will be talking about photographing birds, insects, fungi and slime moulds. Many very varied images will be used to illustrate the presentation. Practical tips and suggestions about how to go about capturing memorable images will be given.

Chess Valley u3a equipment

We have various items of equipment purchased by Chess Valley u3a. These are held by the Groups that requested and mainly use them, but are available for use by other Groups. If you would like to borrow any of this equipment, please contact the relevant custodian.

Equipment	Custodian	Contact details
Data projector 1	James Cadle	James Cadle 07889 732291 chair@cvu3a.uk
Data projector 2	Ian Hutt	
Laptop computer (Windows 10, Office 2016)	James Cadle	Ian Hutt 01494 583955 history@cvu3a.uk
Companion speakers for laptop		
PAT-tested extension cable/surge adapter		
Projection screen 1 (5 ft)		
Projection screen 2 (6 ft)	Ian Hutt	
Pinboards x 3	Keith Hoffmeister	Keith Hoffmeister 01494 766990
Easels x 3		
Portable PA systems x 3		
PAT-tested 6-gang 2-metre extension leads (x 2)	David Hurd	David Hurd digimaging@cvu3a.uk
PAT-tested 4-gang 5-metre extension lead		
PAT-tested 4-gang 8-metre extension lead		
Rubber mats to protect extension leads (x 2)		

Mini quiz

- History:** Which British Prime Minister was known as the Welsh Wizard?
Prior to the two Presidents Bush, what was the surname of the only other father and son to serve as Presidents of the United States?
- Geography:** Lake Baikal is the world's largest freshwater lake by volume. In which country is it situated?
What is the oldest recorded town in the UK?
- Science:** What is absolute zero on the Celsius temperature scale?
In the Linnaean name *Homo sapiens*, what do the two words represent?
- Art:** In which city would you be able to see Michelangelo's *David*?
Who created the sculptures that adorn Broadcasting House in London?
- Music:** Whose single *Paranoid* was released in September 1970?
What nickname is given to Beethoven's Piano Concerto No. 5 in E-flat major?
- Literature:** Which novel by Dickens is 'A Tale of the Riots of Eighty' (the Gordon Riots)?
Which of Tolstoy's novels was published in 1869?
- Sport** Which English county cricket team plays at Trent Bridge?
How is the Jules Rimet Trophy better known?

(Answers next time and in the September e-bulletin.)

Chess Valley u3a Groups Schedule

FIRST in month				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art Discussion 2 (pm)	Walkers 1	Walkers 2/3 (occasional)	Wildlife	Bowls (Short Mat) (pm)
Pilates Classes 1,2 and 3 (am/pm)	Striders 2	Patchwork & Quilting (am)	Current Affairs (pm)	
Knitting & Other Crafts (pm)	Tai Chi (am)	Spanish Conversation (Intermediate) (am)	Keep Fit (pm)	
Singing for Pleasure (eve)	Family History (pm)	German (am)	Bowls (Green) meets every Wednesday of the month Book 1 meets at irregular intervals throughout the year Tai Chi meets in school term-times only	
Monday Groups' schedules are sometimes interrupted by public holidays; contact the Convenors for more information	Ukulele (pm)	Book 2 (pm)		
		Bridge (pm)		
		Wine 2 (eve) (pm)		

SECOND in month				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
History (pm)	Amblers	Walks into History OR Walks into London (alternate months)	Art Discussion 1 (am)	Bowls (Short Mat) (pm)
Mah Jong (pm)	Striders 1	Line Dancing (am)	Keep Fit (pm)	
Pilates Classes 1, 2 and 3 (pm)	Art (am)	French Conversation (am)	General Meeting (pm)	
Singing for Pleasure (eve)	Tai Chi (am)	Bridge (pm)	The Chess Valley u3a Committee meets on the first or second Tuesday of each month, two days before the General Meeting	
	Dinghy Sailing (pm)	Folk Music (pm)		
	Eclectic Music (pm)			
	Writers (pm)			

THIRD in month				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Science & Technology (pm)	Walkers 1	Patchwork & Quilting (all day)	Book 4 (am)	Railways (am)
Pilates Classes 1, 2 and 3 (pm)	Striders 2	German (am)	Art Discussion 3 (pm)#	Bowls (Short Mat) (pm)
Canasta (pm)	Tai Chi (am)	Spanish Conversation (Intermediate) (am)	Keep Fit (pm)	
Knitting & Other Crafts (pm)	Book 3 (pm)	Photography (pm)	#Art Discussion 3 is temporarily suspended MOTO (Members On Their Own) have an 'anchor meeting' on the first Saturday morning of each month	
Singing for Pleasure (eve)	Ukulele (pm)	Play Reading (pm)		
	Scrabble for Fun (pm)	Bridge (pm)		

FOURTH in month				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Digital Imaging (am)	Striders 1	French Conversation (am)	Bus Pass Adventures	Chess (pm)
Mah Jong (pm)	Art (am)	French Intermediate (am)	Walkers 2/3	Bowls (Short Mat) (pm)
Pilates Classes 1, 2 and 3 (pm)	Tai Chi (am)	Line Dancing (am)	Poetry (pm)	
Singing for Pleasure (eve)		Dinghy Sailing (pm)	Keep Fit (pm)	
Stamps (odd months only)		Gardening (pm)	Wine 1 (eve)	
		Bridge (pm)		
		Folk Music (pm)		

Right: The Photography Group held a Portraiture workshop at their August meeting.

Below: Recently discovered medieval wall murals attract the attention of the Walks into History Group at St Mary's Church, Denham.

Bottom left: The Railway Group visited Acton Depot in June: Not just trains, but tubes and buses as well.

Bottom right: In July, Gardeners visited 'The Plant Specialist' nursery based in Great Missenden.

Back cover: Striders on their July excursion to Seaford and the Seven Sisters path towards Eastbourne. Perfect weather prevailed.



