



HADDENHAM U3A

Newsletter Jan – Feb 2012

Chairman's Thoughts

Carol Mason (292236)

New Year is traditionally the time when resolutions are made, usually of the 'get fit', 'lose weight', 'be better organised' variety. If my personal experience is anything to go by, resolutions get easily dismissed - 'I haven't time', 'it's too cold to diet/exercise' etc. etc.! However, in the news today, we have had a timely reminder about the need for a healthy lifestyle, eating the right food and keeping an active brain. Recent research published in the British Medical Journal found that our cognitive skills start declining at the age of 45. Reassuringly it was not our ability to problem solve that was impaired, just the speed at which we could achieve the correct result. In other words we still get the answer but we need more time to get there. However the 'use it or lose it' message came through loud and clear from the report.

So why not try something new in 2012? Look at the wide variety of interest groups listed in our news letter and choose a group whose activity is new to you. Even better, do you have an interest or area of expertise that could be shared with other members of our U3A? We can give you help to set up an interest group and support you in the early days to get it going. Feel the need for some more exercise? There is a dance group, two walking groups and 28 intrepid souls have completed 30 miles of the Ridgeway Path so far with 58 miles to go when we start again in March.

Our programme for 2012 includes interesting outings and activities, many of which I hope to attend, so this will give me the opportunity to meet and get to know many more of you in 2012.

Happy New Year.

Carol Mason

General Meetings

further details from Carole Fryer (01296 748538)

The 9th January general meeting will feature Bill Barrow speaking about "Daphne du Maurier". On 6th February, our meeting will have Alistair Lack talking about the BBC World Service under the title "Travels with Auntie".

The full programme of General Meetings and the speakers for 2012 is available on the U3A website

Events and Outings

bookings and further details from Ann Rickard (291613)

There will be a visit to the Novello Theatre in London to see "Crazy for You" on 26 January.

This will be followed by a treat for would-be and retired spies alike, a guided walk around locations which featured in some of the most notorious espionage episodes of the 20th century, and led by an expert in the field Mr X. This is on 22nd February. Both of these trips include lunch.

On March 21st, Peter and Pam Appleby will be taking us on another of their fascinating tours, this time to the Lord's Cricket Ground, home of the MCC in St John's Wood. The following month on 11th April we are organising a group to go to Oxford to see Matthew Bourne's acclaimed dance production Nutcracker! which is celebrating its 20th anniversary this year.

If you are unable to attend the January General Meeting, but would like to be included on one or more of these events, please make sure you reserve your place by contacting Ann Rickard as soon as possible.

U3A Spring Holiday – Northern Spain

Chris Patterson (290342)

Following the great success of our first short holiday in Northumberland, we are planning to go further afield in April. Our destination is Northern Spain and the Picos Mountains, departing 23rd and returning 28th April.

There will be a coach transfer to Stansted Airport from where we fly to Santander and travel to our 4* hotel at Playa de Isla for a five night stay on half board. During our stay we will visit: Santillana del Mar, Bilbao,

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U3A Spring Holiday – Northern Spain

Chris Patterson (290342)

The Guggenheim Museum, The Altimira Cave, Castro Urdiales, The Picos Mountains and Potes. There will also be an opportunity of a half day guided walk with transport through some of the more picturesque countryside in the area and/or a day at leisure or an optional excursion to the El Soplao Cave.

Throughout our holiday we will enjoy the services of a professional Tour Manager. There are a few places still available, so if you are interested please contact Chris Patterson as soon as possible

Painting and Art

Pam Appleby (292085)

Following the closure of the U3A Painting and Art Group, U3A members have been invited to join the FRIDAY ART GROUP run by Haddenham & District Age Concern.

The Friday Art Group meets every Friday from 14.00 - 16.00 hrs in the Walter Rose Room at Haddenham Village Hall. They cover a range of painting types and styles. Beginners are welcome. You do not have to make a commitment to attend regularly if you can only get there occasionally. There is a charge of £2.50 per session.

If you wish to find out more about the group, please contact U3A member Pam Appleby

New Interest Groups

Hilary Skipsey 290464

Carol Mason has been making progress towards setting up a French Conversation Group. She is currently in discussions with a view to coming up with a format for an intermediate group and an advanced group. Look out for an announcement in January. But in the meantime, if this is of interest to you, please let Carol or Hilary know.

Hilary Skipsey has also been making progress in establishing a Theatre Group which will aim to provide regular trips to the theatre for group members. It will try to use local theatres (eg in Aylesbury, High Wycombe, Oxford and Milton Keynes) as much as possible, but occasional trips further afield (eg London) may also be included. The choice of event will be made by group members. The dates and costs will be subject to booking arrangements. A number of members have expressed interest, and a first meeting to discuss details took place before Christmas. More members will be very welcome to make the group viable, and a second planning meeting will take place at 5 Willow Rise, Haddenham on Friday 27th January at 10.30hrs

Other Items

Bucks 50 Plus Forum

The latest newsletter of the Bucks 50 Plus Forum is available on our website.

Comments and Contributions welcome

Further details of the events mentioned in this newsletter can be found on the U3A website. The website and the newsletter rely upon information provided by Group Leaders and members. I am very happy to expand the scope of both if you can come up with good ideas. Are there other things you would like to see? Ideas, comments and especially contributions are most gratefully received.

As we will be approaching the start of a new year for Haddenham U3A by the time of the next newsletter, group leaders should begin planning their programmes for the new year. As soon as you have some details, please send them to me by email, snailmail or even telephone call.

Roger Rickard (RARickard@aol.com, 12 Wykeham Gate, Haddenham, HP17 8DF, 01844 291613)



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Notes from the Interest Groups

(telephone nos. 01844 unless stated)

Antiques and Collectables Group

Leader: Lucy Hamblett (291386)

On 12th January, the group will have coffee and a viewing of Rosemary Cashmore's books on Queen Victoria. Please note that this meeting will be at Dragontail Cottage at 11.00hrs. On 9th February, Brian Cole will give a talk on "Looking at Silver Markings"

Books Group

Leader: Ann Warris (292273)

The January 24th discussion will be about "Thanks for the Memories" by Cecelia Ahern. The February book will be "The Children of Men" by P.D. James, and the meeting will be on 28th February.

Card & Board Games Group

Leader: Chris Patterson (290342)

The Card and Games group will be meeting on 19th January (note changed date) and 23rd February at the usual venue of 5a Dollicott, Haddenham. New members are most welcome.

Computers Group

Leader: Eileen Monks (216033)

The group will meet in Chinnor Village Centre on 6th January for a session led by Colin Sear on "Things You should Know". At the 3rd February meeting we will be reviewing the MS Office suite of software.

Cycling Group

Leader: Marie Woodrow (292012)

Malcolm White (291677)

On 24th January we will be cycling the Phoenix Trail, then on through Thame, Shabington (the Fisherman's Arms), Chearsley and Cuddington. The route of our February ride will be announced in due course.

Dance

Leader: Theresa Smith (01296 747893)

Following Jim Fulton's Scottish sessions before Christmas, we have now switched back to English Country Dancing with Madeleine Smith. Please note that these weekly sessions have changed date to Wednesday's at 13.00 – 14.00hrs in Haddenham Village Hall. New members are always welcome. Please come along and join in the fun! If you've never tried these dances, why not give it a go.

Digital Photography Group

Leader: John Davis (291664)

The group meeting on 20th January will be a photo critique on "Autumn and Winter Colours". Please submit 1 or 2 photos (email or print) for the session for us to discuss and pick out points so we all learn how to take better photos. It isn't a competition so choose photos you want help with.

The subject for the 17th February meeting has not yet been announced.

Discussion Group

Leader: Chris Patterson (290342)

Our popular Open Forum meetings will resume after Christmas on 9th January and 13th February, with all subjects suggested by the members. The meetings are very informal, everyone has an opportunity to speak and give their views.

Gardening Group

Leader: Brenda Spencer (291235)

There is no meeting in January. Our next meeting is on 20th February with a talk on "Spring Ideas" by Paul Green.

Handbell Group

Leader: Alan Rose (291004)

The next regular meetings of the handbell group are on 16th and 30th January. Our Chairman Carol Mason recently joined the group and has picked it up very well. We will possibly invite members of other local U3As to join us to make sure we have enough ringers. So if any Haddenham U3A members fancy a go, please let Alan know as soon as possible

Local History Group

Leader: Alan Rose (291004)

On 25th January we will be visiting the County Museum Resources Centre to see the artefacts and discuss the archaeology of this area. Because there are restrictions on the number of visitors at the centre, we will be taking two parties at 10.00hrs and 13.00hrs.

On 22nd February, Tom Bucknell will be talking about the history of Manor Farm.

The Local History Group is thriving with 47 members at the last count. Can any of the other groups beat that?



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Friday Luncheon Club

Leader: Angela Wenham (291932)

The next Friday Luncheon will be at the Swan at Tetsworth on 13th January. A former coaching inn and Antiques Centre, the restaurant has a reputation for delicious food served in cosy surroundings.

Music Appreciation Group

Leader: Ed Bullimore (291011)

On 16th January, Ed Bullimore will introduce a programme entitled "Something Old, Something New". The programme for February will be announced soon

Opera Group

Leader: Rosie Sadler (290210)

No current events in January or February.

Play Reading & Poetry Group

Leader: Heather Forbes Russell (291482)

On 23rd January we will be reading the play "Dial M for Murder" by Frederick Knott. Please bring along your favourite poem by T.S. Eliot to share with the group.

Pub Quiz Group

Leader: Ingrid Holmes (291331)

The first two quizzes of 2012 at the Rose and Thistle pub will be on Wednesdays 4th January and 1st February. Fresh talent for the U3A teams is always welcome.

Sunday Lunch Club

Leader: Ray Price (299320)

The Seven Stars at Dinton will be the venue for Sunday lunch this month on 22nd January. Please note the date. The venue for February will be announced soon. Do let Ray know if you intend to join us.

Ten Pin Bowling Group

Leader: Spencer & Betty Taylor (291498)

The next ten pin bowling sessions at Jardines in Aylesbury will be on 9th January and 13th February. New members welcome, no experience necessary.

Walking Group 1

Leader: Ingrid Holmes (291331)

Mary White (291677)

Group 1's circular walk on January 17th will start and end at the Flowerpot pub in Aston, near Henley-on-Thames.

Walking Group 2

Leader: Carol Mason (292236)

The route for Group 2's walk on 27th January is not yet known

Ridgeway Walkers

Leader: Carol Mason (292236)

Having completed the first three stages before Christmas, there will be a break until March before tackling the fourth stage. See the website or the March newsletter for details of the coach and lunch arrangements

Wine Group

Leader: David Tomlin (291877)

Edgar Skipsey (290464)

The first two wine tasting sessions of 2012 will be on 11th January and 8th February at the Lion's Den, Haddenham. New members for this group are welcome.

Wider U3A News

further details from John Brandis (292484)

Forthcoming Third Age Trust events:

27 March 2012 – U3A Explores Science at the Royal Institution (London)

16-19 July 2012 – Summer School - various courses (at Newport near Telford)

20-23 August 2012 – Summer School – various courses (at Cirencester)

Forthcoming Thames Valley Network events:

9 March 2012 – TVN Study Day on English Social History (post Roman, Anglo Saxon and Norman)

14 June 2012 – Network Conference (at Abingdon)

19 October 2012 – Food Science, health and Well Being (at Benson)

For further details of these and other TVN events, go to the Local U3A Networks page on our website.

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CALENDAR

JANUARY 2012

| Interest Group | Event | Date | Time | Venue |
|--|---|-------------|----------------------------|---|
| <u>Pub Quiz</u> | Pub Quiz | 4 Jan 2012 | 19.45hrs for 20.00 start | Rose and Thistle, Haddenham |
| <u>Computers</u> | "Things You Should Know" – led by Colin Sear | 6 Jan 2012 | 14.30hrs | Chinnor Village Centre |
| <u>Ten Pin Bowling</u> | Bowling Session | 9 Jan 2012 | 10.00hrs | Jardines, Aylesbury |
| <u>Discussion</u> | Open Forum | 9 Jan 2012 | 10.00hrs | 5a Dollicott, Haddenham |
| <u>GENERAL MEETING</u> | "Daphne du Maurier" – Bill Barow | 9 Jan 2012 | 14.15 for 14.30hrs | Youth & Community Centre, Woodways, Haddenham |
| <u>Dance</u> | English Country Dancing | 11 Jan 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| <u>Wine</u> | Wine Tasting | 11 Jan 2012 | 19.30hrs | Lions Den, Red Lion, Haddenham |
| <u>Antiques and Collectables</u> | "Books on Queen Victoria" | 12 Jan 2012 | 11.00hrs | Dragontail Cottage, Haddenham |
| <u>Luncheon Club (Friday)</u> | The Swan, Tetsworth | 13 Jan 2012 | 12.30 for 13.00hrs sitting | Meet at The Swan PH, Tetsworth |
| <u>Handbells</u> | Handbell Session | 16 Jan 2012 | 14.00hrs | 14 Stockwell, Haddenham |
| <u>Music Appreciation</u> | "Something Old, Something New" – chosen by Ed Bullimore | 16 Jan 2012 | 14.00hrs | 4 Whitecross Road, Haddenham |
| <u>Walking Group 1</u> | Circular route from Aston, near Henley-on-Thames | 17 Jan 2012 | 10.00 for 10.15hrs start | Meet at The Flowerpot PH, Aston, RG9 3DG |

| Interest Group | Event | Date | Time | Venue |
|--|---|-------------|---|--|
| <u>Dance</u> | English Country Dancing | 18 Jan 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| <u>Digital Photography</u> | Photo Critique "Autumn and Winter Colours" | 20 Jan 2012 | 10.00hrs | Guide Headquarters, Southern Road, Thame |
| <u>Sunday Lunch</u> | Seven Stars, Dinton | 22 Jan 2012 | 12.30 for 13.00 hrs sitting | Meet at The Seven Stars PH, Dinton |
| <u>Play and Poetry Reading</u> | "Dial M for Murder" by Frederick Knott + poems of T. S. Eliot | 23 Jan 2012 | 14.30hrs | 68 Willis Road, Haddenham |
| <u>Cycling</u> | Phoenix Trail – Shabbington - Chearsley | 24 Jan 2012 | 10.15 for 10.30 start | Meet at the Post Office, Haddenham |
| <u>Books</u> | "Thanks for the Memories" – Cecelia Ahern | 24 Jan 2012 | 14.30hrs | 16 High Street, Haddenham |
| <u>Dance</u> | English Country Dancing | 25 Jan 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| <u>Local History</u> | Visit to County Museum Resources Centre | 25 Jan 2012 | 10.00hrs and 13.00hrs | Meet at Bucks County Museum Resources Centre, Tring Road, Halton |
| <u>EVENTS & OUTINGS</u> | "Crazy for You" – Novello Theatre, London | 26 Jan 2012 | 10.00hrs departure, return approx 19.15 hrs | coach from Village Hall, Haddenham |
| <u>Card and Board Games</u> | Group Meeting | 26 Jan 2012 | 14.30hrs | 5a Dollicott, Haddenham |
| <u>Walking Group 2</u> | Route tba | 27 Jan 2012 | tba | tba |
| <u>Handbells</u> | Handbell Session | 30 Jan 2012 | 14.00hrs | 14 Stockwell, Haddenham |

FEBRUARY 2012

| Interest Group | Event | Date | Time | Venue |
|--|---|-------------|--------------------------|---|
| <u>Dance</u> | English Country Dancing | 1 Feb 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| <u>Pub Quiz</u> | Pub Quiz | 1 Feb 2012 | 19.45hrs for 20.00 start | Rose and Thistle, Haddenham |
| <u>Computers</u> | MS Office Review | 3 Feb 2012 | 14.30hrs | Chinnor Village Centre |
| <u>Handbells</u> | Handbells Session | 6 Feb 2012 | 14.00hrs | 14 Stockwell, Haddenham |
| <u>GENERAL MEETING</u> | “Travels with Auntie” the BBC World Service – Alistair Lack | 6 Feb 2012 | 14.15 for 14.30hrs | Youth & Community Centre, Woodways, Haddenham |
| <u>Dance</u> | English Country Dancing | 8 Feb 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| <u>Wine</u> | Wine Tasting | 8 Feb 2012 | 19.30hrs | Lions Den, Red Lion, Haddenham |
| <u>Antiques and Collectables</u> | “Looking at Silver Markings” – Brian Cole | 9 Feb 2012 | 10.15 for 10.30hrs | “Willowbrook”, 7 Station Road, Haddenham |
| <u>Ten Pin Bowling</u> | Bowling Session | 13 Feb 2012 | 10.00hrs | Jardines, Aylesbury |
| <u>Discussion</u> | Open Forum | 13 Feb 2012 | 10.00hrs | 5a Dollicott, Haddenham |
| <u>Music Appreciation</u> | programme tba | 13 Feb 2012 | 14.00hrs | tba |
| <u>Dance</u> | English Country Dancing | 15 Feb 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| <u>Digital Photography</u> | subject tba | 17 Feb 2012 | 10.00hrs | Guide Headquarters, Southern Road, Thame |
| <u>Sunday Lunch</u> | venue tba | 19 Feb 2012 | tba | tba |

| Interest Group | Event | Date | Time | Venue |
|---|---|-------------|---|---|
| Handbells | Handbells Session | 20 Feb 2012 | 14.00hrs | 14 Stockwell, Haddenham |
| Gardening | "Spring Ideas" – talk by Paul Green | 20 Feb 2012 | 14.30hrs | venue tba |
| Walking Group 1 | Route tba | 21Feb 2012 | tba | tba |
| EVENTS & OUTINGS | "The Intelligence Trail" guided walk around the espionage locations of Central London | 22 Feb 2012 | 09.45hrs departure, return approx 18.00 hrs | coach from Village Hall, Haddenham |
| Dance | English Country Dancing | 22 Feb 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |
| Local History | "History of Manor Farm" – Tom Bucknell | 22 Feb 2012 | 14.00hrs | Meet at the Methodist Church, Haddenham |
| Card and Board Games | Group meeting | 23 Feb 2012 | 14.30hrs | 5a Dollicott, Haddenham |
| Walking Group 2 | Route tba | 24 Feb 2012 | tba | tba |
| Play and Poetry Reading | Play and Poet tba | 27 Feb 2012 | 14.30hrs | 68 Willis Road, Haddenham |
| Cycling | route tba | 28 Feb 2012 | tba | tba |
| Books | "The Children of Men" – P. D. James | 28 Jan 2012 | 14.30hrs | venue tba |
| Dance | English Country Dancing | 29 Feb 2012 | 13.00 – 14.00 hrs | Haddenham Village Hall |