

***A HAPPY AND A HEALTHY 2024 TO ALL MEMBERS***

**CHAIRMAN'S THOUGHTS**

**Hello All,**

**John Twydle Maidenhead u3a Chairman**

Well, I hope you managed to survive / enjoy being with maybe some family members over Christmas. If you are anything like me it marks the season of overindulgence on the calorie front. Because I know this, I usually plan a little weight reduction before Christmas just so the end point in January is not too disastrous.

It's never easy to find the motivation to exercise more and eat the right foods to maintain our health. Just before Christmas I came across a local initiative to help me do just that. It's called Everyone Health. They offer a 12 - week course at Braywick, of nutrition and physical activity sessions and it's all free!! The only condition is that you have to be a resident of the Royal Borough, or have a GP in the Royal Borough, and be over 18. I gave it a try and it worked well for me, and I am currently on week 8.

To sign up contact 033300 50095 or e-mail [clinical.contactcentre@nhs.net](mailto:clinical.contactcentre@nhs.net)

I would like to see Maidenhead u3a do more to encourage social events for its members.

Pre-covid Pam and Bill Teasdale ran some coffee mornings in town, I am looking to establish a small working group to see if we can do more in this area. If you would be keen to support this initiative, please get in touch with me.

A happy and healthy new year to you all.

John Twydle

**WELCOME TO NEW MEMBERS**

Terry Pattinson, Alma Richardson, Lynda Martin, Vivienne Chaikin,  
Steve & Fiona Brigs and Helen Gibson.

## Membership Renewals 2024 – a message from the Membership Secretary

*Membership is due on 1 January 2024 you will shortly receive an email with renewals details and form attached. We would of course appreciate prompt payment of your subscriptions. Thank you.*

*Membership Secretary Maggie 07786 501299*

## JANUARY 2024 MONTHLY MEETING

**Tuesday, 9<sup>th</sup> at 2.30pm**

**‘This England, Where Did It Come From?’ – Rev. Dr. Nicholas Henderson**



The Rev. Dr. Nicholas Henderson is a Cambridge graduate and trained for the Anglican ministry at Ripon Hall, Oxford. He has lectured widely and has a particular interest in relating history to the present time. He assists as a priest in the Diocese of London.

Canute, William the Conqueror, the Tudors and everything in between gave us an enduring legacy together with the Danes and the Church. This legacy lingers on in architecture, linguistics and society. Nicholas Henderson will lead an exploration into the great upheavals in society that ultimately formed England and eventually Great Britain.

The talk will be held at the Desborough Bowling Club at 10 Green Lane, Maidenhead SL6 1XZ. Please aim to arrive between 2.00 and 2.15pm. To avoid problems with parking, please share rides if possible. You may park in the spaces for buses.

Prospective or non-members who would like to attend the talk as a u3a ‘sample’ should please first contact the Membership Secretary, Maggie Kearney, on 01628 637 160 or [membership@maidenheadu3a.org.uk](mailto:membership@maidenheadu3a.org.uk).

**PLEASE ENSURE YOUR PHONE IS SWITCHED OFF OR SET TO SILENT.**

If you have any comments before or after the meeting, or suggestions for talks, please contact Philip Ratcliffe on [speakers@maidenheadu3a.org.uk](mailto:speakers@maidenheadu3a.org.uk)

## GROUP NEWS

### From your Groups Coordinator

All that remains for me to do this year is to send you all my best wishes for a happy and healthy 2024. We will be back with more ideas for new groups in the next newsletter. A wonderful way to make new friends is to start your own u3a group for a topic that you love, so, if there is an idea hovering at the back of your mind, please do get in touch with me. You might be surprised to find some like-minded people who share your interest, however obscure you might think that it is!

**Kathy Bell**, 07752 660537 or email [kathy.bell1@btinternet.com](mailto:kathy.bell1@btinternet.com)

### Pickleball Group

The group is up and running with Mark Burley, 07711 952044, as the convener. The regular day and time have not yet been decided. At the moment we are not looking for extra members, but that may change after everyone has tried the sport, and the time and date have been decided.

### French 2

From January 1<sup>st</sup> Margeret Scharff will no longer be the convener of the group. Her place will be taken by Pat Lakovic [pat@lakovic.co.uk](mailto:pat@lakovic.co.uk)

### Book Group 2 - Vacancy

We are a small group of four and would welcome new members to the group.



**London Explorers I  
at the National  
Portrait Gallery in  
November**

## Can you Answer?

*Which railroad track platform for the Chattanooga Choo Choo?*

*What is the biggest city in Alaska?*

*Which liqueur is used to make a "Snowball" cocktail?*

Easy-peasy or head-scratchers? Not quite so tough as Ann Hay's monthly Newsletter questions, rather a sample of the posers asked in the **Maidenhead U3A Quiz Group**.

How about coming to join us and test your wits? We meet on the first Monday of each month at the Shire Horse pub/restaurant for a 7.30 start and 9.30-ish finish. Some players choose to eat at the pub first, while others just come for the quiz itself.

We normally have some 20+ players, grouped in 4s and occasional 5s, and have room for a few more - either as a little group already or singly, where we'll team you up with others on the night: a fun way for you to mix in with a really friendly gathering!

Our first session of 2024 will be on **Monday 8 January**, so if you would to come and join us, email me, **Derek Searle**, on [drs05drs@gmail.com](mailto:drs05drs@gmail.com) or phone me on 0780 192 6246.

## Celebrating Christmas

*!Que aproveche! The two Spanish for Holidaymakers groups out for a Christmas lunch at the Royal Oak in Ruscombe*



*and the other group...*



**The Christmas Party 2023**





## Group Notices for January

### **Aviation** - Thursday 11<sup>th</sup> January

Speakers, Al Bridger, the former Director of Flight Operations at British Airways, and Harvey Matthewson, Aerobility's Advocacy Manager, will guide the audience through the highs and lows of their, very different, aviation journeys and how they both ended up associated with the British Disabled Flying charity, Aerobility.

### **Science** - Thursday 18<sup>st</sup> of January 2024 14.15

Professor Mike Wooldridge will tackle the big questions and unravel the myths of AI research in the 2023 CHRISTMAS LECTURES from the Royal Institution, to be broadcast on BBC Four on the 26th, 27th and 28th Dec at 20:00. Watch Live or on iPlayer for a discussion at Larkspur Cottage, Mill Lane, Taplow. Host Jacqueline Turner.

### **Film** - Tuesday 16<sup>th</sup> of January at 14.00.

We will show "Burn after Reading" a comedy with George Clooney, run time 90 minutes, at The Studio, The Courtyard, Berry Hill, Taplow SL6 0DA.

### **Short Walk** - Thursday 11<sup>th</sup> of January at 10.45

Meet at The Hall and Woodhouse pub at Mill Lane Taplow SL6 8AA for a 1.9 mile walk from the pub to the end of Ray mill Island and back via Maidenhead Bridge. Lunch at the pub afterwards for those that want it. Walk leader John Twydle 07786 854920

### **Long Walk** - Tuesday 16<sup>th</sup> of January at 10.00

Meet at the Braywick Nature Centre car park, Hibbert Road Maidenhead SL6 1UU to Walk to Bray over the causeway, through the Fisheries and back to the car park. If it has been raining it may be very wet/muddy underfoot. It is a mostly flat walk but the opportunity of a little uphill walking can be an alternative. Lunch at the Toby Carvery, Stafferton Lodge, Braywick Road SL6 1BN for those who wish. Walk leader Maggie Kearney 07786 501299.

### **Photography** - Tuesday 9<sup>th</sup> of January at 11.15.

The Studio, The Courtyard, Berry Hill, Taplow. The Topic is Geometric shapes.

**Lunch Club** will be on Thursday January 25<sup>th</sup> 2024, venue to be decided.

### **Art Appreciation** - Thursday 4<sup>th</sup> January

We are going to The GF Watts Gallery and village (Hogs Back Surrey), to see the work and home of this well-known Victorian painter. Entry is approx £13 + driver donation and we intend to car-share. Those interested please phone Mandy on 01628 298107 or email her at [mandyofart@gmail.com](mailto:mandyofart@gmail.com) ASAP after Christmas Day so we can plan drivers/passengers for our trip.

1. What is the only sea in the world that has no land border ?
2. In what campaign was the battle of Suvla?
3. What are (a) hames and (b) gimballs used for?
4. With whom did Cyril, Anthea, Robert, Jane and the Lamb have a surprise meeting?
5. What were winklepickers and co- respondents and what was the difference?
6. Why did Swaziland change its name to Eswatini?
7. What was the original caravan?
8. Who were the original Minions?
9. What is the difference between a bum-boat and a butter-boat?
10. Can you name the Famous Five?
11. Who 'brought forth butter in a lordly dish'?
12. Knights Templar and the Knights Hospitallers; which other was the third order of knights?
13. Why are sparking clogs so called?
14. What is the meaning of 'blitzkrieg'?
15. Why is the Nine of Diamonds card known as the Curse of Scotland?
16. What was the name of the dog belonging to the Secret Seven?
17. What is the origin of 'a good square meal'?
18. What were the surnames of Dr Evadne and Dame Hilda?
19. What was the original name of Monument Street?
20. Where and what is Whip-ma-Whop-ma-Gate?

## **DraughtBusters** *a message from Andrew Ingram*

**DraughtBusters** was set up as part of ECO Action Windsor & Maidenhead, and is a service run by volunteers who go round to draughty houses to help people draughtproof their homes to keep them warm. This makes them more comfortable, helps them to save money – and it's good for the planet too.

It's a free service for those that would find it hard to pay: for others we ask for donation towards materials (suggest £20). Contact [rbwmdraughtbusters@gmail.com](mailto:rbwmdraughtbusters@gmail.com) for more information.

## Thames Valley Network

Our regional network of u3a groups also has a regular programme of events, some on Zoom and some in person. Visit <http://u3atvnetwork.org.uk> for more information.

Coming up on Monday, **15th January 2024 at 2.30pm** on Zoom

### **Cheddar Man and the Genetic Prehistory of Britain by Dr Tom Booth of the Francis Crick Institute**

Dr Booth is working on a project which aims to generate at least 1000 ancient whole genomes from Britain. Ancient DNA reveals several major episodes of migration and genetic change in the population of Britain over 13,000 years.

The cost for the talk is £1 per device. Please book electronically by clicking on the TICKETSOURCE icon immediately below the event on [www.u3atvnetwork.org.uk](http://www.u3atvnetwork.org.uk). You will receive an acknowledgement immediately and the Zoom link about 48 hours before the event. If you experience any difficulty, please email the organiser Jane Sellwood on [janesellwood09@gmail.com](mailto:janesellwood09@gmail.com) giving your name and the u3a to which you belong. **Closing date for applications is Friday, 12th January 2024.** If you have not received the Zoom link by midday on Sunday, 14th January 2024, please check your spam / junk box before emailing the organiser as above.



## The Maidenhead Waterways Project



The vision for the Maidenhead Waterways Project was the restoration of the derelict and unstable old channels that still ran through town into a navigable waterway. It emerged from the 2006 Civic Society/Advertiser sponsored 'Great Debate' about how to rejuvenate Maidenhead's failing town centre to bring the town to life. After professional technical feasibility and environmental studies including flood modelling, a full planning application submitted in 2011 by the community group Maidenhead Waterways. Consent was granted in 2012 and RBWM took over the project in 2014.

In partnership with the Shanly Group - owners of the derelict cinema site - the first phase of the project (York Stream) was completed in stages between 2015 and 2020. Then, the new weir at Green Lane was closed in Feb 2020, lifting the water level to fill the enlarged channels. A boating platform was added at Chapel Arches to allow canoeists and paddleboards to use the waterway, moor up and access the town centre.

The new streamside habitats have quickly established and there is already an abundance of wildlife on, in and by the waterway. Fish and eel passes in the weir have established aquatic connectivity - to and through the town centre - for the first time and the previous pattern of the channels drying out/flooding/drying out has been eliminated. Swans, Heron, Kingfishers, coarse fish and many kinds of wildfowl all now inhabit the restored waterway.

Volunteers of all ages, skills and fitness (some from U3A..!!) have been fundamental to the success of the project. Water levels, groundwater and surface water flow rates have been monitored from the outset to help understand the dynamics of the restored waterway. The mucky work of clearing blockages in the feeder channels is undertaken each winter by volunteers to sustain the water supply to the town centre. Why not join the Maidenhead Waterways Restoration Group and participate in this transformation.

**Richard Davenport, Chairman**

## u3a Talks on Zoom

The u3a national website hosts a number of talks on Zoom each month. They are free to all u3a members. To find out more about them, go to [www.u3a.org.uk/events/educational events](http://www.u3a.org.uk/events/educational%20events). They cover a huge variety of topics.

Answers to the quiz. Any questions to Ann Hay on [annghay@icloud.com](mailto:annghay@icloud.com)

1. The Sargasso
2. Gallipoli, the Dardanelles in 1916
3. (a) part of a shire-horse's equipment, holding up the reins; (b) on a ship, holding a compass to keep it steady
4. The Psammead, a sand-fairy
5. Shoes - Winklepickers had extended toes, co-respondents were bi-coloured, usually brown or black and white.
6. They complained that it was too frequently mixed up with Switzerland.
7. A group of merchants travelling in convoy for safety, with regular buildings en route, caravanserais, where the merchants, horses and trade goods could stay safely.
8. They were the close companions of the Greek hero Achilles
9. A bum-boat was a small vessel ferrying supplies to a ship too big to tie up at port, a butter-boat was a shallow silver sauce/gravy boat containing melted butter in which to dip asparagus; (also some more modern dishes for dips)
10. Julian, George, Dick, Anne and Timmy the dog.
11. Jael, in the Old Testament, before murdering Sisera.
12. The Teutonic Knights
13. Wooden-soled shoes were reinforced by metal plates on the soles; therefore, walking on metal or stony roads caused sparks.
14. Lightning war
15. Because the opposing clan leader, during a card game, wrote the order on that card to start the Massacre of Glencoe. (Other reasons, more fanciful, have been suggested).
16. Scamper
17. Seamen in Nelson's navy were promised 'three square meals a day'. The plates on which these were served were square, so they could be stacked on edge on the galley shelves behind a rail.
18. Hinge and Bracket
19. Pudding Lane
20. A short street in York.

**The Entertainment at the Christmas Party in 2023 was provided by the Occasions Singers**



**What did you find in your Christmas Cracker? Something like this perhaps?**

*A termite went into a bar and asked "Where is the bar tender?"*

**or maybe you heard this tale**

*My friend, being a lone widower, ordered a pet gorilla; the pet shop owner said he's now small and can sleep on the end of your bed. In a year's time he will be 7 foot tall and weigh a ton. Good heavens where will he sleep than? Anywhere he damn well likes....*

## **Submissions to Newsletter - especially Pictures**

We would be delighted to receive articles and photos from members. If you decide to send us photos, please ensure that they are no more than 750 kb each. Also, please do not email .pdf files for the newsletter as the open-source software that we use to insert these files requires considerable additional effort. Acceptable formats are: .docx, .doc, .jpeg (.jpg) and .xls or .xlsx. It would help the editors if you would crop them and reduce the image size before sending. Email attachments are much easier for us than embedded pictures. Please email us anything that you would like us to consider for the next newsletter NO LATER than the 22<sup>nd</sup> of the month.

Thank you, Nuala Smith & Jack Kerbel  
[newsletter@maidenheadu3a.org.uk](mailto:newsletter@maidenheadu3a.org.uk) and [newsletter.maidenheadu3a@gmail.com](mailto:newsletter.maidenheadu3a@gmail.com)

## **Committee Members & other u3a links**

Chairman	John Twydle	<a href="mailto:chairman@maidenheadu3a.org.uk">chairman@maidenheadu3a.org.uk</a>	01628 621644
Treasurer	Linda Main	<a href="mailto:treasurer@maidenheadu3a.org.uk">treasurer@maidenheadu3a.org.uk</a>	07962 255743
Secretary	Janet Rose	<a href="mailto:secretary@maidenheadu3a.org.uk">secretary@maidenheadu3a.org.uk</a>	01628 624709
Membership Secretary	Maggie Kearney	<a href="mailto:membership@maidenheadu3a.org.uk">membership@maidenheadu3a.org.uk</a>	01628 637160
Groups Coordinator	Kathy Bell	<a href="mailto:groups@maidenheadu3a.org.uk">groups@maidenheadu3a.org.uk</a>	07752 660537
Speaker Organiser	Philip Ratcliffe	<a href="mailto:speakers@maidenheadu3a.org.uk">speakers@maidenheadu3a.org.uk</a>	07710 160786
Newsletter	Nuala Smith	<a href="mailto:newsletter@maidenheadu3a.org.uk">newsletter@maidenheadu3a.org.uk</a>	01628 315446
	Jack Kerbel	<a href="mailto:newsletter@maidenheadu3a.org.uk">newsletter@maidenheadu3a.org.uk</a>	01628 604935
Website Editor	Nigel Roper	<a href="mailto:web@maidenheadu3a.org.uk">web@maidenheadu3a.org.uk</a>	01628 636893
TVN Rep	Jenny Alder	<a href="mailto:tvn@maidenhead.org.uk">tvn@maidenhead.org.uk</a>	01753 859664

## **Programme of Group Meetings**

This is the list of current group meetings including contact details for Conveners. You can find more information about what any group does, at <https://www.maidenheadu3a.org.uk/groups/>  
**The Sunday Groups are:** Bridge every week and MOTO (Members on Their Own) once a month.  
**Groups with Variable Days are:** London Explorers, Walks, Film, Solos and Bucket List.



GROUP	CONVENER	CONTACT	DAY	TIME
<b>A</b>				
Ancient Literature	Mick Stringer	07836 211314	3 <sup>rd</sup> Thurs	14.30
Art Appreciation	Mandy Taylor	01628 298107	1 <sup>st</sup> Fri	10.30
Art Untutored	Peter Neville	01628 674097	1 <sup>st</sup> 3 <sup>rd</sup> Tues	14.00
Aviation	Bill Teasdale	01628 672873	2 <sup>nd</sup> Thurs	14.30
<b>B</b>				
Book Reading 1	Pauline Sparkes	01753 642490	3 <sup>rd</sup> Wed	14.00
Book Reading 2	Bobby Maunsell	01628 828279	2 <sup>nd</sup> Wed	13.00
Bridge C	Frances Foster	07548 306782	Every Thurs	14.00
Bridge E	Mal Geary	07973 193439	Every Mon	13.30
Bridge: Beginners and Improvers	Susanna Jones	07583 447789	Every Mon	9.30
Bridge on Sunday	Susanna Jones	07583 447789	Every Sun	14.00
Bucket List	John Twydle	07786 854920	Varies	
<b>C</b>				
Canasta	Christine Wilkinson	07887 887579	2 <sup>nd</sup> 4 <sup>th</sup> Fri	10.00
Carpet Bowls	George Bourne	07792 570353	Every Mon	14.00
Creative Cards 1	Eileen Rogers	01628 639656	2 <sup>nd</sup> 4 <sup>th</sup> Fri	10.00
Creative Cards 2	Eileen Rogers	01628 639656	1 <sup>st</sup> 3 <sup>rd</sup> Fri	10.00
Creative Writing	Mo Wright	01628 630023	1 <sup>st</sup> Tues	10.00
Cribbage	Nigel Furneaux	07721 426768	2 <sup>nd</sup> 4 <sup>th</sup> Thurs	15.00
Current Affairs 1	Barbara Walmsley	01628 522255	4 <sup>th</sup> Tues	12.15
<b>D and E</b>				
Dog Walking	Sandra Brooks	07717 043462	2 <sup>nd</sup> 4 <sup>th</sup> Mon	11.00
Explore World Faiths	Michael Gammage	07763 405699	1 <sup>st</sup> Thurs	14.30
<b>F</b>				
Family History	John Noakes	01628 637399	3 <sup>rd</sup> Tues	14.30
Film	Jenny Webb	01628 633399	Varies	
	John Twydle	07786 854920		
Food and Nutrition	Christopher Good	01628 628157	3 <sup>rd</sup> Tues	14.00
French 2	Pat Laković	01628 666218	2 <sup>nd</sup> 4 <sup>th</sup> Wed	10.00
French Advanced	Ian Ross	01628 626849	3 <sup>rd</sup> Thurs	15.00
French Conversation	Tim Lodge	01628 627882	2 <sup>nd</sup> Mon	12.15
French Improvers	Evelyne Withey	01628 627603	1 <sup>st</sup> 3 <sup>rd</sup> Wed	10.30
Fun with Flowers	Chris Smith	01628 663764	3 <sup>rd</sup> Fri	14.00
<b>G</b>				
Garden Visits	Maura McGinley	01628 629088	Varies	
German Advanced	Rhona Latham	01628 638740	2 <sup>nd</sup> 4 <sup>th</sup> Fri	10.00
German Conversation	Vreny Beadon	07900 831041	Alternate Thurs	14.00

<b>H and J</b>				
History	Chris Sayers	01628 620647	2 <sup>nd</sup> Fri	14.00
Jazz Appreciation	Richard Kellaway	01628 482605	2 <sup>nd</sup> Mon	14.00
<b>L</b>				
Latin	Mick Stringer	07836 211314	2 <sup>nd</sup> 4 <sup>th</sup> Mon	10.45
London Explorers I	Janet Rose	07762 339873	Varies	
London Explorers II	Christine Feldon	07941 253427	Varies	
London Explorers III	Carol Cameron	07798 882778	Varies	
Lunch Club	Linda Rahmatalla	01628 671766	Varies	
Lunch Wednesdays	Lyn Reed	07913 305407	1 <sup>st</sup> Wed	
<b>M and N</b>				
Mahjong	Jill Waites	01628 628993	1 <sup>st</sup> 3 <sup>rd</sup> Wed	14.00
Maideleles (Ukelele)	Sarah Mawhinney	01628 781057	Every Wed	10.30
	Geoff Selvidge	07817 615677		
Meditation	Marie Krag	01628 632683	3 <sup>rd</sup> Wed	14.00
MOTO (Members On Their Own)	Jean Gale	01628 825107	Mainly Sundays	
Nature Amble	Jill Waites	01628 628993	3 <sup>rd</sup> Fri	10.15
<b>P</b>				
Philosophy	Jack Kerbel	01628 604935	3 <sup>rd</sup> Mon	14.00
Photography	John Twydle	07786 854920	2 <sup>nd</sup> Tues	11.15
Pickle Ball	Mark Burley	07711 952044	tba	
Play Reading I	Barrie Williams	01189 349525	1 <sup>st</sup> Thurs	14.00
Play Reading II	Janet Rose	07762 339873	2 <sup>nd</sup> Fri	14.00
Poetry Appreciation	Michael Gammage	07763 405699	1 <sup>st</sup> Tues	14.30
Popular Music	Barrie Williams	01189 349525	3 <sup>rd</sup> Thurs	14.30
Practical Gardening	Jenny Alder	01753 859664	1 <sup>st</sup> Thurs	14.00
<b>Q and R</b>				
Quiz	Derek Searle	0780192 6246	1 <sup>st</sup> Mon	19.15
Recorder	Edwina Shelley	07708 044152	1 <sup>st</sup> 3 <sup>rd</sup> Mon	13.30
Rummicub	Janice Walker	01753 852403	1 <sup>st</sup> 3 <sup>rd</sup> Fri	09.30
<b>S</b>				
Science	John Twydle	07786 854920	3 <sup>rd</sup> Thurs	14.15
Scrabble			Last Mon	14.00
Solos	Pauline Noden	07701 354490	Varies	
Spanish (Hols) 1	Kathy Bell	07752 660537	1 <sup>st</sup> 3 <sup>rd</sup> Tues	10.00
Spanish (Hols) II	Kathy Bell	07752 660537	2 <sup>nd</sup> 4 <sup>th</sup> Tues	10.00
Spanish Improve I	Barrie Williams	01189 349525	2 <sup>nd</sup> 4 <sup>th</sup> Tues	10.00
Spanish Improve II	Barrie Williams	01189 349525	1 <sup>st</sup> 3 <sup>rd</sup> Mon	10.00
Spanish Improve III	Barrie Williams	01189 349525	1 <sup>st</sup> 3 <sup>rd</sup> Fri	10.00
<b>T, W and Y</b>				
Threads and Needles	Maggie Kearney	01628 637160	3 <sup>rd</sup> Thurs	10.00
Walks (various)	John Twydle	07786 854920	Varies	
Yoga	Barbie Bellman	07740 288498	Every Mon	14.30