



## SEPTEMBER 2026 NEWSLETTER

Top Stories in this Newsletter.....

BOOK REVIEW

INTEREST GROUP  
NEWS

AGM

SPEAKERS' CORNER

HOLIDAYS

XMAS LUNCH

Your Newsletter is brought to you Monthly by  
Stephanie Benjamin at [newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)



## **Bushey & District U3A Website**

**<https://bushey.u3asite.uk/>**

### **From the Chair**

**Dear Members,**

**I'm sure we've all enjoyed the hot weather – maybe sometimes a bit too hot! So now we are in for damper weather and autumnal days when we will be looking for ways to spend our time.**

**What do we have in the Bushey u3a diary? Of course, we have our monthly meetings with interesting Speakers on the 3rd Tuesday of the month at the Metropolitan in Bushey.**

**We also have two holidays in the diary a 5-day trip to Liverpool and Port Sunlight in October and next June we have a 5-day trip to Ilfracombe and Highlights of North Devon with places still available. More details to be found on our website.**

**As you know we have over 50 different Interest Groups which includes Events & Outings. Denise has run this for a very long time but has decided to stand down. So, we thank Denise for all she has done organising the many interesting and fun trips over the years and we will miss her greatly.**

**In order that we can continue offering our Members, opportunities to visit places of interest and put on some entertaining events we need to find two or maybe three members who could take over the Events & Outings role. It could be run as a joint operation and full support from our dedicated Committee Members will be given.**

**If you are interested in this pleasurable and fulfilling role, please contact me or make yourself known to any of our Committee Members at the Monthly Meeting or through the website!**

**Andrew Gunton, Chair**



## Bushey & District 21st Annual General Meeting

To be held on Tuesday 20<sup>th</sup> October 2026 at 10.00am at the Metropolitan, Bushey.

In accordance with Clause 14(ii) of the Constitution, this letter constitutes Notice of the 21st Annual General Meeting to be held at the Metropolitan, Bushey on 20th October 2026 at 10.00am.

The Main purposes of the Meeting are:

A. to adopt the Accounts for the year ended 31st March 2026

B. To review Committee Members for the coming year

### Officers

| Name            | Position                    | Status                                             |
|-----------------|-----------------------------|----------------------------------------------------|
| Andrew Gunton   | Chair                       | Appointed until 2026<br>(agreed to extend to 2027) |
| Ann Wright      | Vice Chair                  | Appointed until 2025<br>(agreed to extend to 2027) |
| Richard Lampert | Treasurer                   | Appointed until 2027                               |
| Gillian Gurner  | Membership Secretary        | Appointed until 2028                               |
| Susan Galan     | Business Secretary          | Appointed until 2025<br>(agreed to extend to 2027) |
| Gill Freed      | Interest Group Co-ordinator | Appointed until 2027                               |

### Committee Members

| Name               | Position              | Status                                             |
|--------------------|-----------------------|----------------------------------------------------|
| Tony Baron         | Audio Systems Manager | Appointed until 2025<br>(agreed to extend to 2027) |
| Stephanie Benjamin | Minutes Secretary     | Appointed until 2026<br>(agreed to extend to 2027) |
| Pearl McManus      | Speaker Secretary     | Appointed until 2028                               |

### Co-opted Members

| Name          | Position                    | Status                                             |
|---------------|-----------------------------|----------------------------------------------------|
|               | <b>Events &amp; Outings</b> | <b><i>New person(s) to be found</i></b>            |
| Laurie Steele | Equipment Manager           | Appointed until 2026<br>(agreed to extend to 2027) |



## **Bushey & District 21st Annual General Meeting**

***The following documents will be found on the website:***

**Accounts for the year ending 31st March 2026**

**Chairman's & Treasurer's Reports**

**AGM Agenda**

**It is our aim to conduct the AGM meeting in an efficient a way as possible and it is therefore, not the intention to read through these papers in detail at the AGM. I would therefore, ask you to review them prior to the meeting and let me have any questions in good time before the AGM, so that I may give them proper and detailed consideration and give as full an answer as possible.**

**Please contact Andrew at [andrew@gunton.org](mailto:andrew@gunton.org)**

**Andrew Gunton**

**Chairman— Bushey & District u3a**

## **SPEAKERS' CORNER**

### **THIS MONTH'S MEETING**

**15th September 2026 AT 10.00am prompt**

**Metropolitan Bushey, Aldenham Road,  
Bushey WD23 2TR**

**TIM PERKINS**

**from Midshires Search and Rescue**

**Midshires Search and Rescue are a Voluntary group who assist the police to locate missing persons in Bedfordshire and Hertfordshire. Tim Perkins will tell us about the way the amazing volunteers provide valuable search and rescue support to the emergency services alongside the agencies we are more familiar with.**

## **PLEASE NOTE**

***With reference to your payment for Parking  
at the Metropolitan!***

***When you pay by cash and you do not get a  
Receipt you have no proof of payment!***

***We recommend that you pay by credit/debit card  
so that your payment will show up on your  
Statement and will be your “proof of payment”***

### **A FRIENDLY REMINDER!**

**Please remember to bring your Membership Card to gain scanned entry to the Meeting. The last scanned entry will be at 9.55am to allow the Meeting to start uninterrupted at 10.00am**

**Also note that Replacement Membership Cards are charged at £5.00**

### **SUGGESTION**

**Take a screen shot of your Membership Card on your phone and save it in your “phone “wallet”  
this can be scanned at the Registration desk!**

***DATE FOR THE DIARY***

**20th October 2026 at 10.00am prompt  
The AGM for the Bushey & District U3A  
will take place followed by our  
Monthly Speaker**

***The very knowledgeable and entertaining***

**PETER ABRAHAMS**

***(Professor Emeritus in Clinical Anatomy at Warwick Medical School)***

***Is gracing us with his presence once more***

**“The Hand of God”**

**Not a typical religious sermon, maybe a reference to  
a certain Argentinian footballer?**

**The title in Peter’s context is a creative way to refer to  
the marvel of the human hand from an anatomical,  
cultural and artistic perspective!**





## ***INTEREST GROUPS IN THE SPOTLIGHT***

**Thomas Kingston is starting his new zoom course on  
Friday 19th September at 2pm**

In this discussion series led by Thomas he asks the Group to consider important Europeans listed below, who have contributed significantly to who and what we are now, covering the areas of Science, Philosophy & Social Sciences, Art & Literature and Politics. The sessions will look at their actions and impact on developments in Science, Politics and Culture.

### **SCIENCE:**

- 1) Charles Darwin 2) Louis Pasteur 3) Alexander Fleming
- 4) Albert Einstein
- 5) Marie Curie 6) Sigmund Freud 7) Tim Berners-Lee

### **PHILOSOPHY AND SOCIAL SCIENCES:**

- 8) Karl Marx 9) Jean-Jacques Rousseau 10) Adam Smith

### **ART AND LITERATURE:**

- 11) W.A. Mozart 12) Ludwig van Beethoven 13) J.W. von Goethe
- 14) L. Tolstoy 15) Pablo Picasso

### **POLITICS:**

- 16) Napoleon Bonaparte 17) Otto von Bismarck 18) Vladimir Lenin
- 19) Adolf Hitler 20) Winston Churchill 21) Mikhail Gorbachev

**Meetings are held every First and Third Friday of each month at 2pm on  
Zoom - NEW MEMBERS WELCOME to join at any time!**

**For more information contact Thomas through the website**

**<https://bushey.u3asite.uk/>**

## **The Wanderers' August Walk**

**Although it was still pleasantly hot, we managed our thrice postponed walk along the Dollis Valley Greenwalk, ably led by Denise Piddington. The walk was developed and implemented by LB Barnet in 1992 and runs from Moat Mount in Mill Hill to Hampstead Heath extension, 10 miles in total, linking areas of green space right through the heart of the borough.**

**We started our walk at Woodside Park, leaving the route for a delicious lunch in the sunshine at Finchley Nurseries, among their beautiful display of colourful plants, including a field of 'pick your own' dahlias.**



**From there, we walked around the perimeter of Finchley Golf Course to pick up the Greenwalk, past a large area of very healthy allotments to the start point of our most enjoyable walk.**

**We welcome new members to our two Walking Groups:**

**the Wanderers on the fourth Tuesday of the month**

**the Five Milers on the fourth Thursday of the month.**

**please contact Gillian Gurner [membership@busheyu3a.org](mailto:membership@busheyu3a.org)**

*Another very interesting  
Interest Group*

## **Exploring Famous Lives**

**meets at 10 am for two hours on the second Monday of each month at member's homes**

**Past discussions have included topics including Comedians, Spies, Musicians etc. Each member looks up their chosen subject between meetings and then gives a short presentation for the following month.**

**We are currently a small group of just six and are looking for a few more members to join us – you don't have to be a public speaker to come along, just have an interest in the subject you have chosen.**

**The sessions are both informative and fun and we look forward to welcoming some additional new members to our future meetings.**

**Please contact Susan the Group Leader  
through the website**

**<https://bushey.u3asite.uk/>**

***Have You got Spare Time?***

***Are you looking for something to do?***

***How do you fill your day?***

***Why not join like minded people at one of our  
many Interest Groups?***



**WE HAVE A TOTAL OF 54 INTEREST GROUPS**

**CURRENTLY WE HAVE 26 GROUPS**

**(21 FACE TO FACE IN PERSON AND 5 ZOOM)**

**THAT ARE STILL ACCEPTING MEMBERS**

**You can find a full list of Groups, meeting days and times on our website  
under the Groups page and also on the noticeboard at the monthly  
Metropolitan meetings.**

**<https://bushey.u3asite.uk>**

***If there is a Group that you want to join but it has a  
Waiting List - don't be put off!***

***Why not start a second Group?  
Full Support will be given!***

## ***OUTINGS & EVENTS***



***We Invite You***

***to join us for a***

***Festive Christmas Lunch***

***at the***

***Blue Check, Bushey for our on  
11th December 2026!***

***3 course meal £27.50 including tip  
drinks extra***

***Reserve your place on a first come/first served basis!***

***Limited places available***

***Contact Denise Barden to reserve your place!***

***[barrden@gmail.com](mailto:barrden@gmail.com)***

## **OUTINGS & EVENTS**



**As you know Denise is stepping down after many years of organising some wonderful Outings & Events that have been greatly enjoyed by our Members. She will be missed greatly but we are sure you want us to continue offering interesting and varied trips and activities.**

**What sort of U3A would be if we didn't have any Outings or Events???**

**Don't be passive and just wait for things to happen!**

**Please step up and let us have your ideas & help!**

**We are looking for 2 or 3 people— you can do your own thing or work together as a team and we will give you all the support based on our experience. You will find it very rewarding and satisfying, knowing that people had had a good day out and you made it happen!**

**If you are able to give your time please contact Denise [barrden@gmail.com](mailto:barrden@gmail.com)**

**OR**

**Make yourself known to any Committee Member at the Monthly Meetings or through the website**



The picturesque Ribble Valley, Tales of the Pendle Witches

**Blackpool Illuminations & Settle to Carlisle Railway**

A 5-day tour commencing Wednesday 8<sup>th</sup> September 2027

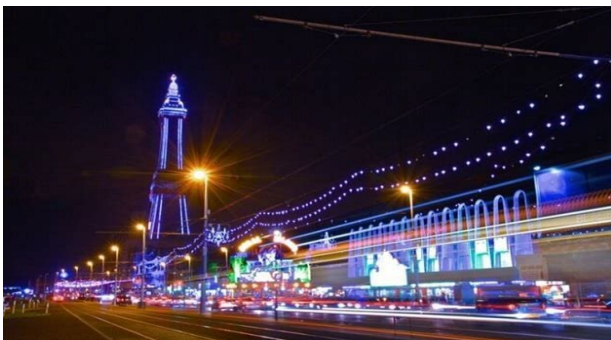
*Dear Travel Group Members,*

*It only seems like days since we launched the Ilfracombe Tour next June. In order to secure a break for the autumn, we have booked the following holiday which includes a drive through the world renowned Blackpool Illuminations and would like to offer you the opportunity to join us. We are, again, using the services of Alfa Holidays, an employee-owned business. We will be staying at the Queens Hotel, located between Blackpool's South and Central Piers with both tram and bus stops and the promenade close by. We have put together a varied itinerary including a journey on the world famous Settle-Carlisle Railway; a drive through the Ribble Valley based around the Witches of Pendle; a day in Lancaster to include entrance to Lancaster Castle where the Pendle Witches were tried; an evening drive through Blackpool Illuminations. Please note that the ascent to Lancaster Castle is steep and on uneven ground so may not be suitable for all travellers.*

*We have a better allocation of single rooms than usual for this tour but would recommend that some of you consider sharing a twin room with a friend or relative.*

*Bookings are now being taken.*

*Kind Regards , Ann*



## **YOUR 5 DAY ITINERARY**

**Wednesday:** After our pick-ups in Watford and Bushey we shall head north to Blackpool. En route, we will visit Dunham Massey, a National Trust historic house, parkland and gardens in Cheshire. National Trust members should bring their membership cards to gain entry and non members must pay an entry fee that will be confirmed in due course. There will be time to take lunch before we continue our journey to the Queens Hotel.

**Thursday:** We will enjoy a scenic journey through the Ribble Valley, with an expert guide bringing local myths, legends and the Lancashire countryside to life, Look forward to tales of the Witches of Pendle... We will return to our hotel for dinner and then head out for a drive through the world famous Blackpool Illuminations. .

**Friday:** Following a scenic drive to Settle, we will board the train to journey along the 72 mile route over the Ribbleshead Viaduct and through Blea Moor taking in some of the most dramatic scenery to be found on our shores. Time for lunch at leisure will be accommodated in the itinerary.

**Saturday:** We will make our way to Lancaster, the county town of Lancashire, for a visit to Lancaster Castle where the Pendle Witches were tried and convicted and an opportunity to explore this historic city. There will be time to take lunch at leisure.



**Lancaster Castle**



**Pendle Hill in the distance**

**Sunday:** As we head south, we will make stops for coffee and lunch as we make our way home to Bushey and Watford.

## **PRICE and GENERAL INFORMATION**

**Price per person: Minimum 40 persons—£449**

**Minimum 30 persons—£479**

**Cosy Double room for SINGLE occupancy — £60 supplement**

**Sea View - £28 per person**

**Alfa Peace of mind Guarantee -**

**alfatravel.co.uk/peace-of-mind-guarantee £28.00 pp**

Price includes: Return Coach Travel; 4 nights half board accommodation in a 3 star hotel; trip on the Settle Carlisle Railway; evening drive through Blackpool Illuminations; scenic journey through the Ribble Valley with an expert guide relating myths and legends about the area including the Witches of Pendle; outing to Lancaster to include entrance to Lancaster Castle.

Your Hotel: The Queens Hotel is situated in Blackpool. All bedrooms have en-suite facilities, are equipped with flat screen TV, tea/coffee making facilities and free wi-fi and hairdryer. Porterage is available on arrival and departure.

***BOOKING CONDITIONS: The tour must have a minimum of 30 persons to operate. Balance payment will be due by 1<sup>st</sup> July 2027. A deposit cheque of £50 per person, made out to Alfa Holidays Limited, should be sent to Ann Hodge as soon as possible to secure your place(s). This will not be banked until we have the minimum number of bookings to operate the tour. Once your deposit has been banked, it is non-refundable. This tour is being organised by Alfa Holidays, a well established, award winning UK tour operator. Your money is safe; Alfa Holidays is fully bonded through ABTOT (a government approved consumer protection scheme, offering a regulated financial protection scheme to comply with UK Travel Regulations recognised and respected by the UK Travel Industry). Their ABTOT number is 7089. Passengers are expected to take out the Alfa Peace of Mind Guarantee or have their own travel insurance. Late cancellations of less than 7 weeks will incur charges according to the length of notice given prior to departure.***

***Bushey U3A cannot entertain financial claims should a member suffer any losses through the tour operator defaulting on their obligations.***

***FOR MORE INFORMATION AND TO BOOK YOUR PLACE CONTACT  
THE GROUP LEADER - ANN HODGE VIA THE WEBSITE***

**<https://bushey.u3asite.uk/>**



**There are 3 Twin Rooms (to be occupied by 2 people)  
available for the**

**Ilfracombe & North Devon Trip**

**23rd June 2027**

**Full Information and trip details are on the website.**

**Contact Ann Hodge through the Website for more  
details**

**<https://bushey.u3asite.uk/>**



## **Book Review from “Book Lovers”**

### **“The Lion Women of Tehran” by Marjan Kamali**

Our book group were unanimous in praise of this novel, set almost entirely in Iran over four decades starting in the 1950s. It was a turbulent period covering the Shah's tenure, the 1979 Islamic Revolution, and the Iraq/Iran war. However it was primarily the story of two very different girls: Ellie and Homa, and their friendship over the years. Life was challenging, especially for women and girls, yet their bond endured, despite some traumatic events along the way. Ellie and Homa had met aged seven; they rapidly became inseparable, sharing their dreams of growing up to be “lion women” - fierce, independent and outspoken.

Their story was gripping. We all admitted to being profoundly moved by their experiences, some of us were even moved to tears at parts of the novel. So we urge you to read “The Lion Women of Tehran”; we're confident that you won't regret it!

**Diane Pratt**

*For more information about our Book Groups*

*“Book Lovers” or “Read with Us”*

*Go to our Website*

**<https://bushey.u3asite.uk/>**

Our Book Groups provide a friendly atmosphere where you can join like minded people, have the opportunity to discuss the chosen book, exchange ideas and get together for a chat over a cup of tea & cake.



## **BOOK REVIEWS**

**Book Worms - Avid Readers**

**What have you read recently?**

**Is there a special book that has stayed with you as such a memorable read?**

**Are you a member of a Book Club?**

**Please share your thoughts and reviews with our**

**Bushey u3a Members**

**Send your Reviews to Stephanie**

**At**

**[newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)**



**COME & JOIN US  
BE PART OF GROWING  
OUR BUSHEY U3A  
INTO THE BEST IT CAN BE**

**YOU HAVE SOMETHING TO OFFER!**

**GIVE US YOUR IDEAS!**

**GIVE US YOUR HELP!**

**COME AND SIT IN ON ONE OF OUR  
COMMITTEE MEETINGS TO SEE WHAT  
IT'S ALL ABOUT!**

Contact Stephanie at

[newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)

## **NOTICE**

### **MEMBERSHIP DATABASE**

**IF YOUR EMAIL ADDRESS HAS CHANGED PLEASE LET US KNOW AS WE WILL NEED TO UPDATE OUR RECORDS TO ENSURE THAT YOU RECEIVE ALL NOTIFICATIONS!**

**WHAT DO YOU GET FROM YOUR MEMBERSHIP?**

**MONTHLY MEETINGS WITH INTERESTING SPEAKERS**

**YOU CAN JOIN AN INTEREST GROUP WITH SPACES**

**OR SET UP A NEW GROUP WITH SUPPORT!**

**ALSO, OUTINGS, DAY TRIPS, HOLIDAYS!**

**THE CHANCE TO MEET OTHER PEOPLE WITH SIMILAR INTERESTS AND MAKE NEW FRIENDS**

**This Newsletter is for you the Membership!**

**Feel free to contribute with your articles, thoughts and ideas! Stephanie would love to hear from you!**

**[newsletter@busheyu3a.org](mailto:newsletter@busheyu3a.org)**

## **Postage Stamps**



Please remember to save any stamps you receive on cards and letters. I collect them all year round to help raise funds for the Peace Hospice Care in Watford. You can give them to me at the monthly meetings. If you do not attend these, please pass them to a friend who does. Thank you very much for all your continued support of Peace Hospice Care, it is very much appreciated.

Judy Dorée