



THE UNIVERSITY OF THE THIRD AGE

# Heybridge U3A

## News Sheet No.1/2019

### February 2019

<https://u3asites.org.uk/heybridge>

#### Archive

[www.heybridgeu3a.org.uk/archive/news.html](http://www.heybridgeu3a.org.uk/archive/news.html)

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#### Refreshment Group Rota





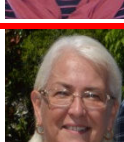
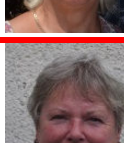
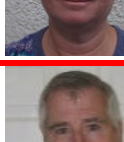
February Ukulele

March AGM Walking

April Weekday Lunch

Please provide 3 people to serve refreshments

### Your Committee

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# NEWS FROM THE COMMITTEE

## From the Chair

In September, I announced that I would be standing down as Chairman at the 2019 AGM. This gave us six months in which anyone interested in taking over could attend committee meetings to find out what's involved.

I'm pleased to say that two members expressed an interest and have been attending monthly committee meetings. One has recently had to pull out for health reasons – we hope only temporarily. The other, Norman Cumming, has since been nominated for the post of Chairman and I will introduce him to you at the monthly meeting. Should we receive more than one nomination for the post, there will be an election at the AGM.

Our AGM is always well supported and I hope as many of you as possible will attend to help us celebrate 10 years of Heybridge U3A. For full details regarding the AGM, please see the Secretary's notice below.

May I also remind you that membership subscriptions for 2019/20 are due by the end of March. Please see the Membership Secretary's report for further information.

Jenny Parker [chairman@heybridgeu3a.org.uk](mailto:chairman@heybridgeu3a.org.uk)

## Secretary

### Important Notice: Annual General Meeting 2019

There will be an AGM on the 8<sup>th</sup> March 2019 at 2.00 pm at Plantation Hall, Heybridge.

Committee nominations are required for the following positions:

- Chairman
- Vice-Chairman
- Treasurer
- Events Secretary

For information: The Treasurer and Events Secretary have both served for three years on the committee: they can both stand for re-election.

Nomination forms are attached to the email with this News Sheet and will be available at the February main meeting. One form should be completed by each person wishing to stand for a position on the Heybridge U3A Committee. The Nomination Form needs to be signed by the Nominee, Proposer and Seconder and given or posted to the Secretary at 12 Rowan Drive, Heybridge, Maldon CM9 4BW to arrive by Friday 22<sup>nd</sup> February 2018. If there is more than one person nominated for any one position, a vote will take place at the AGM. The names of Nominees and positions will be published in the March issue of the News Sheet, which will be available prior to the AGM.

The minutes of the AGM held in March 2018 will be sent out by email together with the Agenda for the forthcoming AGM and printed copies will be available on the 8<sup>th</sup> March 2019.

Linda Etherton [secretary@heybridgeu3a.org.uk](mailto:secretary@heybridgeu3a.org.uk)

### **From the Editor**

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 12 pages in a large font. I would ask contributors to limit their photos to pictures of U3A generated activities and not copy pictures from Websites as, when published, this may be contrary to Copyright laws. Information about the Committee Members and their reports can be found in the first few pages. The back page shows the Diary for the months of February and March. Please send reports for the March news sheet by the 22<sup>nd</sup> February.

Geoff Hadley [editor@heybridgeu3a.org.uk](mailto:editor@heybridgeu3a.org.uk)

### **From the Membership Secretary**

#### **It's Membership Renewal Time!**

Attached to this newsletter is the membership renewal form for 2019/20. Please print this off or collect one from me at the monthly meeting. If you would like me to post one to you, send me a stamped self-addressed envelope.

Complete one form per person, put it and payment (cheques payable to Heybridge U3A) into an envelope with your name on the front, and either give it to me at a monthly meeting or post it to me at the address on the form. Our membership year ends on 31<sup>st</sup> March so please ensure you have done this by 1<sup>st</sup> April or you will not be able to continue to attend meetings and interest groups. Membership cards should be available for collection at the next monthly meeting and you should show this to the CoG of each interest group you attend.

Subject to confirmation at the AGM in March, the membership fee will remain at £18. However if you are already a full member of another U3A you will qualify for Dual Membership which costs £13. I will need to see your membership card for the other group, but if you cannot get to a monthly meeting please email me a photo of the card.

[membershipsecretary@heybridgeu3a.org.uk](mailto:membershipsecretary@heybridgeu3a.org.uk)).

If you know that you will not be renewing your membership it would be very helpful if you could let me know as soon as possible as this will save me reminding you in April.

Philippa Moody [membershipsecretary@heybridgeu3a.org.uk](mailto:membershipsecretary@heybridgeu3a.org.uk)

### **Interest Groups Coordinator**

I paid a visit to the Painting 1 (Art) Group on 18<sup>th</sup> January, my first of the New Year. I was made very welcome and managed to talk to every member of the group for a short while. It was really lovely watching what members were drawing or painting, finding out how they source what they want to paint and the various stages at which each painting was. There are certainly some very talented people in this group and I look forward to seeing the finished masterpieces at the AGM in March.

Hilary Furniaux [groupsco-ordinator@heybridgeu3a.org.uk](mailto:groupsco-ordinator@heybridgeu3a.org.uk)

## Monthly Meeting Speaker Programme for February to March 2019

Fri Feb 8<sup>th</sup> Day in the Life of a Thames Tug Richard Thomas

Fri Mar 8<sup>th</sup> A.G.M. and Exhibition of Groups within our U3a

Fri April 12<sup>th</sup> Life on the Road Peter Regelous

I always welcome your comments, if you enjoyed a speaker, or not. Feel free to speak to me at our monthly meeting or send an email to the address below. It helps me to plan future meetings. Please let me know of any talks you may have heard and think others would find interesting

Jan Brown [speakersecretary@heybridgeu3a.org.uk](mailto:speakersecretary@heybridgeu3a.org.uk)

## GROUP REPORTS

### Art Group

I'm currently putting all my creative energies into redecorating my somewhat shabby house so, what with having missed a couple of art sessions recently, I'm just hoping the muse will strike again when we all get together in the Claydon Room.

Meanwhile, it will be interesting to see how many of us managed to capture the recent snow flurries on camera to use as source material for a painting. I'm afraid I didn't. By the time I was suited and booted and heading for the door, phone at the ready, it was all over - and barely a dusting of snowflakes to be seen. Still, there's a lot more winter to come yet, so who knows?

Gill Carpenter. For information about this group contact Tina Martin

### Bird Watching Group

We are so lucky to live where we do. Our trip this month was a gentle walk from Heybridge Basin to Osea along the sea wall. I counted 26 species and I am sure there were more than that but with the tide out most birds were well out on the mud. Just the ducks included Pintail, Tufted, Mallard, Teal, Widgeon and Shell duck. Waders included Black Tailed Godwits, Redshank, Oystercatchers, and Curlew.



Pintails at Osea

Jill



Black tailed Godwit Jill

When we arrived at Osea we went to Pat Yates' beach hut for ginger wine and warm sausage rolls to celebrate the first outing of 2019. Thank you, Pat, for your hospitality.

Our next outing will be at the end of February. If you would like to join us or even read the full list of sightings contact Maureen, Lenoir

### **Cards and Paper Crafts**

**W**e all met in January a week after our normal date as that fell on 1<sup>st</sup> January. One member managed to finish a Christmas card started at another papercraft group, one member finished several men's cards (always the most difficult), and another member started a Birthday card for a friend and one made a template for a box.

We decided that some months we will have a theme so, in February, we will all be making boxes together either by using a template which is a bit more involved, or by die cutting a box shape to glue together. We hope to show our finished boxes at the March Meeting as well as some cards we made.

Linda Lesley Woonton

### **Creative Writing Group**

**I**t was two months since we last met as we do not meet in December so that seemed a long time ago. We had been writing stories for children and our aim for this month was to extend this theme. As usual we had a variety of approaches but predominately they were about animals as children are interested in them as we thought.

One story was about two hedgehogs that met in a garden and decided to hibernate together in some leaves and as romance was in the air they decided to wed in the spring. Another was about Sally Shark who was lonely and decided to swim in the ocean to find some friends to play with. This story was beautifully illustrated with paintings and you will see it on AGM day.

Another story was about Mr Brown's gnomes who decided to move around one night and give him a big surprise. One story was for older children as the hero was a footballer and after breaking his arm he had to think what to do as his footballing career would probably be over. He decided to walk to the river with art equipment as he had always enjoyed drawing and that would become his new hobby. We decided that our title for next month would be "Somewhere I remember"

After some welcome tea and biscuits we left having thanked our hostess for an enjoyable afternoon

For information about the group, please contact Angela Pleasance.

### **Croquet Group**

**W**e played our last games of croquet in October. We will now hang up our mallets until next year. Information will be in the March News sheet. Anne Newson:

### **Discussion Coffee Morning Group**

**W**e met at my house on 21<sup>st</sup> December and at Anne Newson's on 18<sup>th</sup> January. We enjoyed tasty refreshments and good conversation on both occasions.

Our second coffee morning in 2019 will be at 11 am on Friday 15<sup>th</sup> February at Jean Murray's house. Jean's beautiful Cocker Spaniel [Robson] will be waiting to welcome us with open paws.

Margaret Brown

### **Family History Group**

**A**nother good gathering of individuals bent on digging up (metaphorically) old relatives, all without anyone's eye's glazing over - as it is in my household! The enjoyment of discussing for 2 hours (not long enough) on the best websites/who's found a new ancestor/who's stuck on Brown/Jones, who married twice and claimed he was widowed. Plus, an ancestor who produced 13 children - all who appeared to have survived to adulthood! It is all so fascinating and sometimes by today's living, unbelievable. We also learnt, via Linda Wyman's family research, Cape Verde Island is Portuguese.

John Rennoldson, ancestor of Pat Smith, was the master of the Sir Godfrey Webster built on the Thames in 1799, and later becoming a convict ship. Arriving at Sidney New South Wales in January 1826 she carried approximately 200 convicts – the journey took almost 6 months. One website lists the names of those on board and their crimes. From convict ships the question arose as to ‘what exactly does a shipwright do?’ He is apparently involved in every stage of a ships construction from the drawing up to the fitting out. The knowledge of - carpentry, materials - design - and possibly architecture was essential, and presumably floatability??

We welcomed Mick Broad a past member who helped with several aspects of Family History, particularly the armed forces and the reading of old wills. His own family tree which he brought for us to see covered several desks – sadly we ran out of time to be able to study it in depth.

Unfortunately, I can’t be at the next meeting, which will be on Thursday 28<sup>th</sup> Feb: see you in March.

Jean Rogers

## French Group

### French Conversation



In December, we met at Rosemary’s house and enjoyed her usual great hospitality. To get us in the party mood, we played ‘Qui suis-je?’ (French for ‘Who am I?’), the guessing game where players are allocated (but not told) the name of a famous personality and have to ask questions to discover who they are. In this case, the celebrities were all French, but everyone managed to guess their identity.

We ended by singing some carols and Christmas songs in French, and everyone went home with a Christmas Word Search.

In January, 9 of us met in the Claydon Room and spent the morning talking (in French) about what we had done over the Christmas /New Year holiday.

Our next meeting is on Wednesday 13<sup>th</sup> February, 10 am at the Plantation Hall..

### French Improvers (joint group with Blackwater U3A)

Our December meeting was cancelled as it fell on Christmas Eve, but in January we enjoyed a belated Christmas lunch at the Swan in Maldon. Thanks to George for organising this. For various reasons, it has been decided to discontinue the joint group. The Blackwater French group run by George will continue, and the more advanced members have been invited to join our Conversation Group if they wish.

Jenny Parker

## Local History Group

Our next meeting is on 19<sup>th</sup> February when David Newman will be coming to talk about ‘Commercial Fishing on the Blackwater’. There may be a few spare places so if you’d like to join us for this meeting please contact Carol.

Carol Greenhalgh

## Music Appreciation Group

As we were a depleted number due to illness and other engagements, we eased ourselves into the New Year with some fairly easy listening music – music written for, or classical music used in, films. We included a wide range of styles and some very well-known names such as John Williams (*Close Encounters of the Third Kind*), Ennio Morricone (*The Mission*), Hans Zimmer (*Rain Man* and *Inception*), James Horner (*Apollo 13*) and Maurice Jarre (*Lawrence of Arabia*). However we also found some film music written by less well known composers such as Elmer Bernstein (*To Kill a Mockingbird*), Michael Kamen (*Robin Hood, Prince of Thieves*), Enya (*May It Be* from *The Lord of The Rings*) and Michael Nyman (*Gattaca*).



There is also a great deal of existing classical music which has been used in films and we heard several excerpts including *Concerto d'Aranjuez* by Rodrigo (Concerto de Orange Juice according to Pete Postlethwaite in the film *Brassed Off*), *Also Sprach Zarathustra* by Richard Strauss (2001 *A Space Odyssey*), Chopin's *Nocturne* (*The Pianist*), Schubert Piano Quintet *The Trout* (*Sherlock Holmes*) and Wagner's *Ride of the Valkyries* (*Apocalypse Now*).

Contemporary classical composers have also written for documentary films including Antonio Pinto (*Senna*) and Philip Glass (*Fog of War*). We indulged ourselves during our tea break by listening to some of the soundtrack to the film *Amadeus*, full of Mozart's best works!

Philippa Moody

### **Needlecraft**

I had a house full of 2 people this month as unfortunately 2 members had to cancel. However the 2 of us enjoyed each other's company. I was going to do some cross stitch but when I opened the packet there was no pattern! So I resorted to making paper flowers (a bit like origami) whilst the other member of the group did some knitting. Our next meeting is Monday 18<sup>th</sup> February.

Hilary Furniaux

### **Painting 2**

We were very pleased to welcome another painter to our group. He showed us some pictures he had previously produced and we were very impressed by his amazing paintings using acrylic paint. Most of the people in the group use watercolour so expertise in another medium can inspire us. We are now 10 in the group so our monthly meetings are almost sufficient to make an interesting mix of experienced and new painters, new to the joys of painting.

We are all sorting out some of our work to display in the Claydon Room during the day of the AGM when you can see what we have completed in our first year and we hope that you will enjoy looking at our masterpieces.

Barbara Barbrook

### **Patchwork Group**

The patchwork group will be meeting on Feb 11<sup>th</sup> and Mar 11<sup>th</sup> at 2pm in Linton Room W.M.C.C. For more information contact Anne Thorpe.

### **Petanque Group**

Despite some really chilly days, the attendance has been excellent down on the Prom. My thanks to Moira and Roger and Chris who have stood in for me recently, we would like to wish Clive a speedy recovery from his op, and look forward to seeing him back in the fold once more! Also Moira has recently had surgery on her hand, speedy recovery to you too....we are keeping the Medical Profession busy at the moment! We would like to welcome Linda and Peter Wells to the group. Looking forward to warmer days and lighter evenings!

Dian

### **Photography Group**

No meeting in January so next meeting is 7<sup>th</sup> February. If you are interested in photography or want to understand more about your camera or cameraphone, you are welcome to come along and join us. We meet in the West Maldon Community Centre on the first Thursday of each month at 2.00pm. Norman Grove

### Reading and Books Group

We discussed "Private Peaceful" by Michael Morpurgo - a novel set in the First World War - which was moving and interesting, and of course very topical at the moment.

Our next meeting is on Wed 20<sup>th</sup> February at 2pm at Pat Yates house in Totham when we shall be discussing "Me Before You" by Jojo Moyes. If you are interested in joining the group, please email or telephone Margaret Hurst

### Scrabble Group

It never fails to surprise me how quickly two hours go when we play Scrabble. Despite the usual wails of despair on seeing a new set of tiles and grumbles about 'too many vowels' or 'no vowels at all' or indeed 'I was hoping to play my tiles there' we played three good games with quite close scores, until Elizabeth romped away in the final game. We managed to fit in refreshments and a good chat. If you would like to join us please let me know: we have several Scrabble boards available and are happy to encourage new players. Elizabeth has kindly volunteered to host the next meeting at 2.00 pm on February 26<sup>th</sup>. Linda Etherton

### Technical Computing Group

Due to shortage of members for various reasons no meeting was held in December, also, due to a mutual agreement of the members, no meeting was held in January 2019.

Our next meeting will be on Thursday the 14<sup>th</sup> of February.

Colin Mason (Cog email [colin.mason@yahoo.com](mailto:colin.mason@yahoo.com)) if interested in joining our small group;

### Ten Pin Bowling

Our December meeting was in two parts. We met in the morning for bowling and then were joined by the Petanque group for a Christmas get together and lunch in Henri's Bistro.

The bowling went well and the high point was when Geoff excelled himself by scoring a 'bagger', four strikes in a row. I felt this deserved some recognition and presented him with a trophy that Roger made from an old skittle mounted on a wooden plinth. See photo below of the clever recipient!



The January meeting was cancelled by me as most players were on holiday but Hilary, John and Lesley missed my email and went anyway and apparently had a good game!

The next meeting is at Madison Heights as usual on Tuesday 12<sup>th</sup> February at 1.45 to start at 2pm.

New members always welcome. Lynne Morrison



## Ukulele Group UKE3A

Several newcomers have shown interest in joining our group including one or two from as far away as Colchester and Harwich. Most are already U3A members but, unfortunately, they don't yet have a ukulele group in their local branch. I've invited them to join us when they can, as a guest, just to see how they get on with a borrowed uke and a sheet of chords. If they enjoy it and can make the time to practice, they're in. If not, well, at least we all gave it a go. One of our prospective new members learned to play ukulele from a professional entertainer on a cruise ship less than six months ago and, already, she is giving public performances in local pubs. She and I had never played ukulele together before, but I joined her in a few songs at a recent pub session and we managed to get the Sunday lunchtime diners singing along. That's the beauty of the humble uke. Even if you've never touched a musical instrument before, once you've got the hang of that tiny fretboard and those mostly simple chords, there is no stopping you!

Gill Carpenter.

## Walking Group

Our next planned walk will be in March 2019, however, walkers may be able to join the Weekenders Group for their snowdrop walk if anyone wants to. For information about upcoming walks contact Linda Wells.

## Weekday Lunch Group

Our lunch this month was a week late on the 8<sup>th</sup> of January due to our usual Tuesday falling on New Year's Day. Unfortunately I could not attend due to the Winter Lurgea but Maureen Lavender kindly held the reins for me. Our venue was the New Pavilion in Heybridge which has recently changed hands and I was a little concerned as to how it might turn out, however, everyone was very happy with the new regime and enjoyed the food and the company. We will be getting together again on Tuesday 5<sup>th</sup> of February at the Rose and Crown (Wetherspoon's) in Maldon. Jean Perrott.

## Weekenders Group

Once again we all enjoyed a very good Christmas lunch at The Bell, Woodham Walter. The food and service were of a very high standard. Then in January with a change of plan we met at the Braxted Bakery for coffee, where we welcomed June, another new member. It was pleasant to have the small annex room to ourselves, especially as it was heated in advance for us.

Dates and details of our next meetings.

**Saturday 9<sup>th</sup> February 2019** – Another change of plan – The Red Dog at Tiptree are now unable to accept more than eight for coffee, since they are very busy with breakfasts on weekend mornings. So I have booked us into The White Elm Garden Centre, Bicknacre for 10.00, and hope members who have signed up for the Red Dog will be happy with that. Unfortunately I will not be able to join you this time, but hope you enjoy the morning.

**Friday 15<sup>th</sup> February – Snowdrops!** – Weather permitting we plan to meet at Marks Hall at 2pm to see this year's snowdrops. Please let me know if you need a lift or can offer one.

**Saturday 9<sup>th</sup> March** – We meet at the Osea View Café at 10.00. The car park is very small, so car sharing is necessary again. If you wish to come, but are unable to walk from the car park to the café, please let me know and I will arrange for the barrier to be raised.

**Saturday 13<sup>th</sup> April** – We meet at the Strawberry Tea Room, Olivers Nurseries, Maldon Road, Witham CM9 3HY at 10.00. Pat Smith

### Yoga Group

**A**re you resolving to maintain your fitness levels in 2019? You could even gain or recover some skills like better balance. "Vestibular Rehabilitation" is toning of muscles and recovering lost mobility, not to mention enjoying relaxing mind and body. Get to know your own body and its limitations, which muscles work for you. The Yoga session dates are subject to change, so for info about future sessions or joining please contact Gloria Bomford COG Heybridge U3A

### Notice of Events

#### *ANNE OF CLEVES HOUSE & LEWES ANTIQUE SHOPS*

Thursday 5<sup>th</sup> April

£25.00

Anne of Cleves House is an outstanding example of a late medieval building. More than five hundred years old, it also played a part in the story of one of England's most famous kings, Henry VIII. At Anne's house you can explore how the Tudors and Elizabethans lived, worked and relaxed at home.

Free time in the afternoon to visit Lewes' many antique shops or maybe a visit to Lewes castle....  
(Not included)

#### *'INVITATION TO VIEW'*

#### *EARSHAM HALL BUNGAY*

Wednesday 22<sup>nd</sup> May

£35.00(Including refreshments at Earsham Hall)

Earsham Hall is one of the finest country mansion houses in Norfolk. It has a rich and varied history dating back in part to the 15<sup>th</sup> Century.

From 1948 until 1973 the Hall was let as a Boarding and Day school and has been in the hands of the present owners, the Dereham family, since 1976.

After the tour, we will head off for our usual lunch at a local hostelry! (Not included)

**For more details, contact the Events Secretary (details on the front page)**

### From Other U3A

Staying Healthy in your Third Age - Wednesday 10<sup>th</sup> April

West Maldon Community Centre, 10.00 – 12.30

Following on from the success of the Cybercrime Event organised jointly by the Maldon Cluster of U3As (Blackwater, Heybridge, Limebrook & Maldon), a health-related event is now in the planning stage. This is a free event for members with the focus on ways to stay healthy in your Third Age. Please put the date in your diary if you would like to attend. Further details will be available shortly

**Diary of Meetings and Visits    For details see articles and co-ordinators above**

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28-Jan	28 Petanque 13.00 French Improvers 14.00	29	30 Yoga 14.00	31	1 – Feb Committee Meeting 10.00 Painting 14.00	2	3
4-Feb	4 Petanque 13.00 Cards & paper 14.00	5 Weekday Lunch 12.30	6 Ukulele 14.00 Yoga 14.00	7 Photography	8 Monthly Meeting 14.00	9 Weekenders White Elm Garden Centre, Bicknacre 10.00	10
11-Feb	11 Petanque 13.00 Painting 2 14.00 Patchwork 14.00	12 Ten pin 14.00	13 French Conversation 10.00  Guide Dogs Trip	14 Technical Computing  No Walking	15 Painting 14.00 Coffee Morning 11.00 Weekenders Snowdrops Marks Hall 14.00	16	17
18-Feb	18 Petanque 13.00  Needlecraft 14.00	19 Local History	20 Reading & Books 14.00 Music 14.00	21	22 Painting 14.00 Bird watching 14.00 Copy to Editor	23	24
25-Feb	25 Petanque 13.00 French Improvers 14.00	26 Scrabble 14.00	27 Creative Writing 14.30  Yoga 14.00	28 Family History 10.00	1-Mar Painting 14.00 Committee Meeting 10.00	2	3
4-Mar	4 Petanque 13.00 Cards & paper 14.00	5 Weekday Lunch 12.30	6 Ukulele 14.00	7 Photography	8 AGM Meeting 14.00	9 Weekenders Osea View Café 10.00	10
11-Mar	11 Petanque 13.00 Painting 2 14.00 Patchwork 14.00	12 Ten pin 14.00	13 French Conversation 10.00	14 Technical Computing  Walking 14.00	15 Painting 14.00 Coffee Morning 11.00	16	17
18-Mar	18 Petanque 13.00  Needlecraft 14.00	19 Local History	20 Reading & Books 14.00 Music 14.00	21	22 Painting 14.00 Bird watching 14.00	23	24
25-Mar	25 Petanque 13.00 French Improvers 14.00	26 Scrabble 14.00	27 Creative Writing 14.30	28 Family History 10.00	29 Painting 14.00 Copy to Editor	30	31