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Registered Charity number 1160360

Next Main Meeting – Plantation Hall

Friday 10<sup>th</sup> February at 2.00 pm

*Speaker Andy Marshall – Essex County Fire and Rescue Service*

- *Fire Safety and Life as a Firefighter in Essex*

Next Committee Meeting – Plantation Hall in



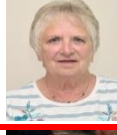






The Claydon Room

Friday 3<sup>rd</sup> March at 10.00 am

Main Meeting Refreshments Rota

February – French Conversation

March – Needlecraft

<b>Chair</b>	Jackie Jones <a href="mailto:chairman@heybridgeu3a.org.uk">chairman@heybridgeu3a.org.uk</a> 01621 817117	
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<b>Membership Secretary</b>	Philippa Moody <a href="mailto:membershipsecretary@heybridgeu3a.org.uk">membershipsecretary@heybridgeu3a.org.uk</a> 01245 381379	
<b>Publicity Officer</b>	Linda Etherton <a href="mailto:publicity@heybridgeu3a.org.uk">publicity@heybridgeu3a.org.uk</a> 01621 843702	
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## From the Editors

Hello and welcome to the February News Sheet, the first of 2023.

We are well into the new year now; January has been and gone with cold weather but not much snow. However we are not yet out of the woods, as February often has a sting in its tail! Nevertheless daylight hours are increasing; did you know that in London on 31<sup>st</sup> January the sun rose 26 minutes earlier than it did on the 1<sup>st</sup> of January, and set 46 minutes later? It's amazing what information can be found on the internet!

On Friday 10<sup>th</sup> March we have our AGM. A number of committee positions have to be filled, as you will see in the official notification below. Without a committee your u3a cannot continue, therefore please seriously consider if you are able to fill one of the roles. If you would like to attend a committee meeting as a guest to see what we do, you will be made very welcome. Please contact a committee member in advance if you would like to come along.

Lorraine & Brian [editor@heybridgeu3a.org.uk](mailto:editor@heybridgeu3a.org.uk)

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## Notice regarding the Annual General Meeting of Heybridge u3a

The Annual Meeting of Heybridge u3a will take place on Friday 10<sup>th</sup> March 2023 at 2.00 pm at the Plantation Hall, Heybridge.

### Committee vacancies

The following positions will need to be filled because the current incumbent is stepping down or there is an existing vacancy: Vice-Chairman, Treasurer, Membership Secretary and Speaker Secretary. If you think you might be interested but would like to know more, please speak to a member of the committee. Job descriptions can be made available to give an idea of what is involved.

The nomination form is attached to the covering email, and will also be available at the February Main Meeting: completed forms should be returned to the secretary by Friday 17<sup>th</sup> February 2023. Electronic versions will be accepted but please ask the secretary if you would like a paper version sent to you. The names of the nominees will be published in the March edition of the News Sheet.

The Committee propose that from 1<sup>st</sup> April 2023 the Membership fee returns to £20.00 as previously charged. In recent years members have benefited from a reduced fee where finances permitted especially during the pandemic.

The minutes of the 2021 AGM will be sent out by email, or posted to those without email, together with the Agenda for this year's AGM at the same time as the March News Sheet.

If any member wishes to propose a motion or resolution to be considered at the AGM this should be sent to the secretary by Friday 17<sup>th</sup> February 2022.

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

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## News from the Committee

### From the Chairman

Four new interest groups are starting this month, a "Local Theatre" group already has 14 new members and the "Board Games" also appears to be very popular. Afternoon meetings in local cafes and tea shops, plus a Music Appreciation group will all be added to the diary in due course. In the meantime please see Moira's report below for more details.

The big event this year will be the crowning of our new King Charles III. For some of us this will be the first time in their life that they have witnessed a coronation but for those of us that remember the street parties of the last coronation 2<sup>nd</sup> June 1953, we are asking you to write a small account of your memories of that day, or memories of a time that you met a member of the royal family. Then we can share these memories at our meetings. I feel sure that there will be a few amusing anecdotes.

Jackie Jones [chairman@heybridgeu3a.org.uk](mailto:chairman@heybridgeu3a.org.uk)

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### From the Membership Secretary

**It is time to renew your membership for the year 2023/24!**

Attached to the email sending you this news sheet is a copy of the membership form for the year beginning 1<sup>st</sup> April 2023. Please print a copy, complete one for each person and post it back to the address on the form or bring it to a main meeting. In the light of increased costs, the committee is proposing a membership fee of £20 this year.

Please pay this by cheque payable to Heybridge u3a or contact me for details to do a bank transfer.

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

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### From the Speaker Secretary

At our January meeting Bryan Thurlow gave us not so much a talk but a performance as he takes on the character of George Barrington, a retired butler 'Through the Green Baize Door' - a life in service.

Retired butler, George Barrington, a Yorkshireman through and through, looks back on a lifetime of service at Thrigsby Hall, a very grand house in Yorkshire. He started working there in 1868 as

the boot boy and worked his way up through the ranks to become butler. A very interesting snapshot of servants' lives in the Victorian and Edwardian era.

Bryan Thurlow has a background in professional theatre. During the 1970s and '80s his music hall company, The Berkeley Squares, toured its beautifully costumed shows to many parts of the country. As a great fan of the late Roy Hudd OBE he was delighted to contribute songs along with Roy to a BBC radio programme on the history of music halls. He has been involved in many TV productions and played the lead roles as Sir Isaac Newton in a CBS drama and in a BBC production, The Nicest Parson We Never Had. He was a regular holidaymaker in Hi De Hi and spent a year on a tour co-presenting shows with Noel Edmunds.

At our meeting on 10<sup>th</sup> February, Andy Marshall, a Community Safety Officer for Essex Fire and Rescue Service will be remind us about Fire Safety in the home and what it's like to be a firefighter in Essex.

On 10<sup>th</sup> March it is our AGM. Please come along and see how you can support our u3a .

For our April Meeting on the 14<sup>th</sup>, Lindsay Whitehouse's talk is 'My Life in Prison'

Lindsay worked for the Probation Service in Cumbria. He served as a Prison Governor at a number of different prisons in the Midlands and South West areas of England. Lindsay was the first Deputy Police and Crime Commissioner for Essex.

He has also written some short stories, based on his experiences in prison.

Lindsay's presentations are laced with humour, facts and anecdotes; he seeks to take his audience on a journey of exploration inside the murky world of prisons.

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

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## **From the Interest Groups Co-ordinator**

I hope all is well with you while I have been away.

We have a number of new groups starting up, and have definite dates to begin for Board Games and Afternoon Chat with Tea and Cake.

Board Games is being held on the 1<sup>st</sup> Tuesday of the month with Hilary Furniaux as CoG. Afternoon Tea and Chat will be held on the 1<sup>st</sup> Friday of the month with Moira and Lesley Woonton as CoGs.

There is currently no CoG for the Local Theatre group so the role will be shared. It will also involve car sharing for those who do not drive. When we have our meetings with the list of what's on where, we will agree the travel arrangements. Group members will be advised of the date for the first meeting.

I am waiting for a start date for the Music Appreciation, for which Philippa Moody will be CoG.

I will keep a couple of the other potential groups open still in case anyone is interested.

Moira Penhallow [groupsco-ordinator@heybridgeu3a.org.uk](mailto:groupsco-ordinator@heybridgeu3a.org.uk)

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## News from around the Groups

### Art

Yet more concern from members about the future of our watercolour painting group in 2023.

Apart from the general shortage of Heybridge u3a members following more than two years of Covid, we painters are concerned that what used to be a 16-strong group has now shrunk to barely half a dozen members per meeting – hardly enough to pay the room rent.

Meanwhile, the Monday painting group, which opened to accommodate those who couldn't join the Friday meetings because they were full, has disappeared altogether.

These shortages are partly due to the loss of a couple of much-loved and valued members.

Others have been unwell. And because none of us are getting any younger, it must be acknowledged that some prefer not to have to drive home in the dark following an afternoon meeting.

So, what to do to keep these valuable, creative and sociable get-togethers alive and kicking?

To join the painting group, for instance, all you need are paints, pencils and paper. No special talent is called for.

Spreading the word is so important. Fellow u3a groups in the Maldon area submit regular columns about their activities to the local media and invite others to join. This could work for all our groups.

Or we could just sit back and watch our much-loved u3a die for the want of new blood.

What do you think?

*Gill Carpenter*

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### Bird Watching

Our now traditional January meeting was again at Pat Yates beach hut near Osea.

Most of the group met at the Basin and walked along the sea wall to the View café where three of the less agile joined the group. We all climbed into the beach hut where we had sausage rolls, ginger wine and lots of other nibbles brought by the group. A very big thank you to Pat for her hospitality.

February we will meet at Abberton reservoir visitors centre.

March to Old Hall Marshes

April, forget the birds, we will be in Great Totham to see the wonderful bluebells

In May we hope to go to Fingringhoe to hear the nightingales.

If you would like to join us please contact Jill McGregor. [jill.mcgregor@btinternet.com](mailto:jill.mcgregor@btinternet.com)



Swans at Heybridge



Caw

*Jill McGregor*

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## **Cards & Paper Craft**

January was a busy month for me with five birthday cards to make. The rest of the group had a sort out and brought in all their spare card and paper for a “swop shop”, so we chose what we liked, which gave us some new ideas for cards.

We then had a cuppa and a chat and put the world to rights, but no one was listening!

*Lesley Woonton*

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## **Discussion Coffee Morning**

Our January Coffee Morning was on Friday 20<sup>th</sup> at Chris's house in Tiptree.

We were very well looked after with a variety of sandwiches, cakes and biscuits along with tea/coffee. The morning went very quickly with lots of humorous chatting and also topical matters. The next date for meeting will be on Friday 17<sup>th</sup> February at Anne’s house in Maldon.

*Margaret Brown*

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## **Eat the World**

Nine of us met at the fairly newly opened Salt in Maldon High Street this month. There were meat and fish dishes as well as Pasta and Pizzas. Pasta dishes seemed to be the most popular, then pizzas and a rib eye steak! All the meals looked really good and everyone said they really enjoyed it. And the pizzas were served pre-cut which was a bonus.

We will be meeting next month on Thursday 16<sup>th</sup> February.

*Hilary Furniaux (for Liz Cawdell)*

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## **French**

We met at Jenny's house in January and had an amusing time trying to find the vocabulary about our celebrations over Christmas and New Year. We agreed that in future we would make our meetings primarily about conversational French but look at one grammatical point each time to support our discussions.

*Philippa Moody (for Jenny Parker)*

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## **Needlecraft**

We met this month at Pam's house with two members absent as they were away on their holidays. Two members were hand sewing a patch on the elbow of a jacket and unpicking the waistband of a pair of waterproof trousers. One member was cross stitching a small flower kit and the other member was crocheting a circular basket to hold the wool. We all enjoyed Pam's hospitality including some very yummy chocolate covered biscuits with our tea!

*Hilary Furniaux*

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## **Patchwork**

Following the cancellation of the December meeting due to the weather conditions, the group were pleased to be able to meet again in January.

Members worked on a variety of projects and the finished blocks for the charity quilt were displayed.

It was agreed that as our usual dates for meeting fall on Bank Holidays in April and May, the group would meet a week later (i.e. 17<sup>th</sup> April and 15<sup>th</sup> May).

Our next meeting will be held on Monday 13<sup>th</sup> February.

*Jackie Voyez*

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## **Petanque**

Well my holiday in Australia has been and gone, and now I have come back to this very cold weather. But while I have been away, Petanque has still been going strong.

I would like to thank Chris Norris for holding the reins and keeping the gang all in check. The weather was good to them up until the snow, but they only had to cancel a couple of games.

We are still playing even though the weather is cold; as long as it is dry we carry on.

## **Photography Group**

Our December meeting was held on Thursday 1<sup>st</sup> via Zoom.

It was good to be back presenting the slideshow after a three month absence. Nine members attended and we had a wide range of 30 photos to view and discuss all taken during November. This was followed by Peter showing us samples of before and after photos that had been improved by enhancing them in photoshop by using HDR. John also showed us some of his photos that had been taken in RAW and similarly enhanced.

Our January meeting was held on 5<sup>th</sup> January 2023 via Zoom with the subject being “Festive Season “. Eight members attended and we had a wide range of 21 photos to view and discuss all taken during December.

The next meeting will be held on 2<sup>nd</sup> February 2023 via Zoom at 2.00 pm with the subject being “Taken Inside “.

If anyone is interested in joining our meetings to see what the group is about, please contact me and I will forward a link to our next meeting. All members of the u3a are welcome.

*Norman Grove*

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## **Reading & Books**

In January we read “The Foundling” by Stacey Halls. Set in London in 1754, the Foundling Hospital existed to care for the babies born to parents who could not look after them. When they were accepted into the hospital the mothers would leave a token with the baby so that if in the future they wished to remove the child they could prove their parentage by stating which token accompanied the baby. However, the mother would only be able to take back the child if they could afford to pay for the years of care that the hospital had provided.

Our February book is set in Plymouth during the Second World War. Whilst bombs are raining down on the city and people are huddling together in air raid shelters, an air warden rescues a baby left behind in the rush to flee from danger. “The Stolen Baby” is written by Diney Costeloe.

The next meeting will be a lunch at the Ship in Tiptree on Wednesday 15<sup>th</sup> March 2023 at 12.30 pm.

*Jackie Jones*

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## **Scrabble**

Circumstances were against us in January so unfortunately the Scrabble group was cancelled but we expect to reconvene in February. The venue will be confirmed to the members by email.



Perhaps you would like to join us for a game? We meet on the fourth Tuesday of the month at 2.00 pm. My contact details can be found in the list of CoGs.

*Linda Etherton*

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## **Ten Pin Bowling**

While away up in Yorkshire the group played on the 12<sup>th</sup> January with some mixed fortunes. Most were able to exceed the 100 mark during the three frames played, with Graham, predictably maybe, achieving the highest score of 147.

The complete group played on the 26<sup>th</sup> January with everyone scoring 100 at least once during the morning. John had a great first frame with a score of 137 only to be overtaken by myself with the highest score of the morning with 162. Chris won the second frame with a score of 148.

After bowling the group enjoyed a belated New Year lunch in the Queen Victoria which I think went down very well.

Next games for the diary Thursday 9<sup>th</sup> and 23<sup>rd</sup> February.

*Peter Harvey*

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## **Walking**

Happy New Year

As has been the case for quite a few years now, our first walk is scheduled for March. The walks take place on the second Thursday each month excepting January, February, & August, always subject to the weather of course. Our December walk usually combines a shorter walk finishing at the venue for the Christmas meal if possible.

Our first walk in 2023 will be on Thursday 9<sup>th</sup> March 2023 starting at 2.00 pm. At the time of writing I have nothing arranged, but I'll send out the information, usually two weeks beforehand, to group members.

As always, I am asking members of the group to suggest/arrange a walk at some point during the year. I will help as much as is needed if anyone has a suggestion.

The walks are usually around three miles long (weather permitting) and have parking nearby and maybe even a café/pub for a drink and a chat at the end.

You can contact me at the email address shown on the last page. Hope to see you all soon.

*Linda Wells*

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## Weekenders

One thing you can be sure of at Perrywood's Garden Centre in the winter and it's the beautiful displays of Christmassy items, decorations and gifts and the Weekender's December visit did not disappoint. I always seem to go home with an extra bauble or two I didn't know I needed. January saw us in convivial mood at Olivers with another good turnout, plenty to catch up on. Good to hear that Audrey is making progress after breaking her hip in November.

We hope to be going to see snowdrops, possibly at Hyde Hall in February and thanks to Pat Yates for looking into this. The winter gardens there are always worth a look.

The meeting in February is on Saturday 18<sup>th</sup> at 10.00 am at Tiptree Jam Factory Tearoom. Please let me know if you're coming if you haven't already put your name down.

Meetings are usually on the third Saturday of the month at 10.00 am. If you are interested in joining the group please contact Linda Etherton, details in the list of CoGs.

*Linda Etherton*

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## Other News

Burnham-on-Crouch u3a are arranging a trip to Roman Colchester on Wednesday 10<sup>th</sup> May which will include a visit and tour of the Roman Circus and a guided tour of the castle. Pick up points are still to be finalised, however the attachment gives an indication of timings. Members are to take their own picnic or obtain refreshments near the castle. Places will be on a first come first served basis to fill the 53 seater coach, and in view of uneven surfaces at both sites the trip may not be convenient for members with mobility issues. Tickets are £35 per person; please see the attachment for full details.

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Blackwater would like to set up a new Tai Chi group and have a date and venue already in mind. At the moment they are searching for a teacher. So if anyone out there could help locate a teacher please contact Peter Harden.

Maldon and District Group report that they are starting a new Padel Tennis Group. Padel Tennis is played as doubles and they are looking for some new members from other u3a groups in the cluster. Courts are in Maldon, off the road to the tip. Padel and balls provided, date: Wednesdays from 2.30 pm to 4.00 pm, contact Ken Hazell on 07736016530.

Also they advise us that the Bridge Group is moving their meeting to a Wednesday morning.

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## For your info....

Do you like Traditional Jazz? Wickham Bishops Jazz Club has been established for over 25 years, and is still widely recognised as being one of the top venues for Traditional Jazz in the country, featuring top musicians from home and abroad. For bookings and more information please visit [wickhambishopsjazzclub@gmail.com](mailto:wickhambishopsjazzclub@gmail.com) or phone Pete Hughes on 07548 775777.

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Caroline Community Radio is the volunteer-run local radio station for the Maldon District. Why not give them a listen on 94.7 FM or online at [carolinecommunityradio.co.uk](http://carolinecommunityradio.co.uk)? You will hear music from the last five decades together with local news. Evening programmes are presented by local people who have an interest in radio and communicating, and want to improve their skills. If you want to get involved please contact the station via their website.

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Did you know that Essex County Fire & Rescue Service offer personalised Safe and Well visits? Safe & Well officers can fit smoke detectors and specialised sensory alarms if required. They risk assess each home ensuring that the right alarms are fitted in the most appropriate places. On each visit they will discuss fire safety, home security and can also offer help with mobility and health and wellbeing issues if necessary. Please call 0300 303 0088, email [home.safety@essex-fire.gov.uk](mailto:home.safety@essex-fire.gov.uk) or visit their website at [www.essex-fire.gov.uk/Book](http://www.essex-fire.gov.uk/Book)

If you already have a fire alarm fitted, remember it should be tested at least once a month.

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A copy of the Heybridge u3a diary is attached. This gives details of which events are being held, where and when. If you are interesting in joining any group do not hesitate to contact the relevant CoG. Details are on the last page of this News Sheet. You will be made very welcome!

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Also attached you will find the latest News from the East newsletter, plus a short report from our trustee, Barbara, which we hope will be of interest.

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Remember that Heybridge u3a are part of a “Cluster Group”. This is a group of eight local u3a organisations, Maldon, Limebrook, Blackwater, Burnham, Dengie, Crouch Valley and South Woodham Ferrers, plus ourselves. Members of these u3a groups can join in the activities of the others, subject to space availability. Details can be found at:

[ClusterGroupActivitySchedule.pdf \(maldonu3a.co.uk\)](https://maldonu3a.co.uk/ClusterGroupActivitySchedule.pdf)

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If you have any articles you would like included in the next Heybridge u3a News Sheet please send them to [editor@heybridgeu3a.org.uk](mailto:editor@heybridgeu3a.org.uk).

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***Covid 19 Reminder***

- *Consider wearing a face covering indoors in crowded, enclosed spaces*
- *Let fresh air in, if meeting indoors*
- *Get tested if you have Covid 19 symptoms and stay home if positive*
- *Be prepared for any venues to be well ventilated, and wear warm clothing*