



THE UNIVERSITY OF THE THIRD AGE

Heybridge U3A

News Sheet No.2/2019

March 2019

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Refreshment Group Rota

March AGM Walking
 April Weekday Lunch
 May Weekenders

Please provide 3 people to serve refreshments

Your Committee

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NEWS FROM THE COMMITTEE



From the Chair

If you've read the recent News Sheets, you'll know that our Annual General Meeting (AGM) on 8th March also marks the 10th anniversary of our U3A.

I am delighted to say that one of our newest members, Alan Shipman, a chef by trade, has volunteered to bake us a celebratory cake! Thank you, Alan!

Additionally, several of the interest groups are preparing displays of work for the AGM. There will be an opportunity to look at these after the formal business has ended to find out what each group does.

As you know, I will be standing down as Chair at the AGM after 8 years on the Committee – six as Membership Secretary and two as Chairman. I've enjoyed my time on the Committee and would urge more of you to come forward to fill vacancies as they arise. I wish my successor all the best!

Jenny Parker

Secretary

Annual General Meeting and Committee Nominations 2019

There will be an AGM on the 8th March 2019 at 2.00 pm in the Plantation Hall.

Nominations have been received for the following positions on the Committee:

Chairman; Norman Cumming -, proposed by Gloria Bomford, seconded by Geoff Hadley

Treasurer - Jill McGregor, proposed by Jan Brown, seconded by Philippa Moody

Events Secretary - Liz Cawdell, proposed by Hilary Furniaux, seconded by Jill McGregor

Vice-Chairman - No nominations have been received for this position.

If no further nominations are received before the AGM, we will ask the membership for permission to accept nominations from the floor.

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 8th March 2019.

Linda Etherton 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 16 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 March and April. Please send reports for the April news sheet by the 29th March.

Geoff Hadley 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 31st March so please ensure you have done this by 1st 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).

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

Interest Groups Coordinator

I emailed all the COGS asking whether they wanted their group to display at the AGM and from the responses I received we will be displaying items from the following groups: Papercraft, Art Painting 1 & 2, Yoga, Photography, Music Appreciation, Family History, Local History, Scrabble and Bird Watching. If your group is not on this list & would like to display please let me know immediately. We will be using the Claydon Room for most of the displays but there will be a few in the Main Hall and possibly 1 or 2 in the Lobby/Reception Area. Some groups require access to sockets for their displays which have to be accommodated and of course we need to be mindful of security for laptops etc.

Should any member have an idea for a new group please see me at the AGM or contact me by email or telephone. Please be mindful of the fact that we would need a Co-Ordinator for that Group!

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme for March to May 2019

Fri Mar 8th A.G.M. and Exhibition of Groups within our U3a

Fri April 12th Life on the Road Peter Regelous

Fri May 10th Willow in the Landscape Deborah Hart

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

GROUP REPORTS

Art Group

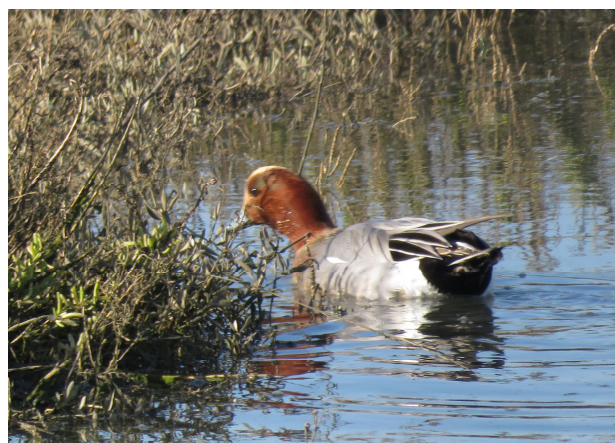
When I first joined the Heybridge U3A art group nearly ten years ago, our COG Michael would bring cuttings from his extensive garden for us to draw or paint each week. If I recall, there was also a pattern to our creativity in that we would work our way through the alphabet, illustrating an item beginning with the letter of the week. That system meant, of course, that in theory we should have started and finished our masterpiece in a single two-hour session. Can't recall if we worked our way through to X or Z. I think not. It's a different story now. Most of us work more slowly and thoroughly, sometimes starting a painting at home then enhancing it over two or more sessions. My own, newly adopted working method is to use a small sketchbook and to doodle a subject from a variety of sources in pen and ink with a view to enlarging and painting it later. However, I now find that the pen drawings are so absorbing that, what with flitting from subject to subject, nothing finds its way on to the big page. None of which matters, of course. It is all art, and whether we choose to work in pencil, charcoal, ink, watercolours, acrylics, chalks or kiddies' crayons, as long as we're happy and enjoying the sociability of our Friday afternoon sessions, nothing else really matters.

Gill Carpenter.

For information about this group contact Tina Martin

Bird Watching Group

The group went to Tollesbury Wick at the end of February. The day started with some thick mist but then cleared into one of those glorious days we had. Warm sun, no wind and warm. The birds were noticeable by their absence. Maybe we were being too chatty and missing some. What were there included black headed gulls, a flock of greylag geese, widgeon, mallards, coots, and mute swans.



Widgeon at Tollesbury Jill

We all ended up in the Loft Cafe for refreshments. With the wonderful weather we enjoyed our outing even if lacking bird life.

If you would like to join us or even read the full list of sightings contact Maureen, Lenoir

Cards and Paper Crafts

As mentioned last month we decided that some months we would have a theme so this month we all made a gift box. It was die cut and then we had to reinforce the score lines and then fold and glue together. They are not plain boxes as you will hopefully see at the AGM. We have yet to decorate them but should be able to finish them at our March gathering in time for the AGM.
Linda Lesley Woonton

Creative Writing Group

The Creative Writing group meets on the fourth Wednesday of the month and the editor wants the group reports by the last Friday in the month. Just occasionally in February the last Friday can come before the fourth Wednesday, and this has happened this year. Therefore there is no report of our February meeting, although I can confidently predict that by the time you read this it will have been a happy couple of hours with a variety of stories and memories. The group is an informal one with no structured teaching. We are people who enjoy writing and are happy to share some of our stories with others. Some of us create our masterpieces on the computer, others with pen and paper. Some of us write fiction, others prefer to reminisce. Our pieces can be very short, but time dictates that they are not very long as we try to give everyone a chance to read out their work. We enjoy the company, the chat and the tea and biscuits.

For information about the group, please contact Angela Pleasance.

Croquet Group

The Maldon Croquet Group has kindly agreed to let us play on their lawns again this season. We look forward to starting the new season in early April, subject to weather, at Forresters Golf Club. We will then continue playing on the first and third Thursday of each summer month.

Anne Newson:

Discussion Coffee Morning Group

Our February meeting was at Jean's house where we were treated to fruit buns along with plentiful tea/coffee. Robson, Jeans dog, was ushered to the kitchen until all tempting titbits had disappeared!

The next coffee morning will be at 11.00am on Friday 15th March at Marilyn Corbett's house.

Margaret Brown

Family History Group

The Family History group meets on the fourth Thursday of the month and the editor wants the group reports by the last Friday in the month. Just occasionally in February the last Friday can come before the fourth Wednesday, and this has happened this year. So there will be no report of the meeting.

Jean Rogers

French Group



At our February meeting we decided that, over the next few months, group members would take it in turns to give a short presentation (in French) about a topic that interested them. Barbara volunteered to go first, and talked to us about the flowers in her garden, before engaging us in various activities with a floral theme.

Merci, Barbara! That will be a hard act to follow!

Our next meeting is on Weds 13th March, 10 - 12 in the Claydon Room at the Plantation Hall, Heybridge

Jenny Parker

Local History Group

We had a very lively and enjoyable afternoon when our speaker, David Newman, enthralled us with his talk on commercial fishing in the Blackwater, of which there has been quite a lot! This would not have been just fishing in the Blackwater but by boats based in the Blackwater – Maldon, Mersea, Goldhanger, and Brightlingsea etc. The talk was the result of a lot of research by David with references to some very well-known books on the subject and talks David has had with some of the very few remaining Maldonians with a fishing connection. Something which I think surprised us all was the wide variety of fish that has been caught over the years – including sturgeon.

John Rayment from the Thames Barge Sailing Trust is our speaker for March, talking about 'Maldon Barges'. Get in touch with Carol if you would like to join us for this.

We will have our first trip out for this year in April. For those who could not join us for our visit last year, WH Collier Brickworks at Marks Tey are offering their guided tour and we also have arranged a visit to the Postal Museum in Halsted.

Carol Greenhalgh

Music Appreciation Group

Unfortunately a combination of prior engagements and access difficulties at my house (no front door - will my building scheme ever be finished?), meant that we did not meet in February. Next meeting will be 20th March.

Philippa Moody

Needlecraft

We had a gathering of 7 members this month including welcoming 2 new members to the group. We are now full as my front room won't be able to accommodate any more than 8 comfortably. It was quite a dark afternoon so I had all the lights on for us to be able to see. Between us we were doing knitting, crocheting, cross stitch and hand sewing, plus of course the obligatory chat about anything and everything! Next month's meeting will be at Angela's house as I am unable to host it that day.

Hilary Furniaux

Painting 2

It is now nearly a year since the new Painting Group commenced and we now have 11 members with a mix of experienced painters and some who started more recently. We shall be exhibiting some paintings in the Claydon Room on AGM day, so please come and see what we have achieved in a few months.

There is an opportunity for the group to meet on the 4th Monday of the month as well as the present 2nd Monday, if the need arises, as we now have only one more space in the present group. So if you are interested in painting, if you have done this before, or you wish to learn a new activity, please see the Coordinator .Barbara Barbrook

Patchwork Group

The patchwork group will be meeting on Mar 11th and 8th April at 2pm in Linton Room W.M.C.C For more information please contact Anne Thorpe.

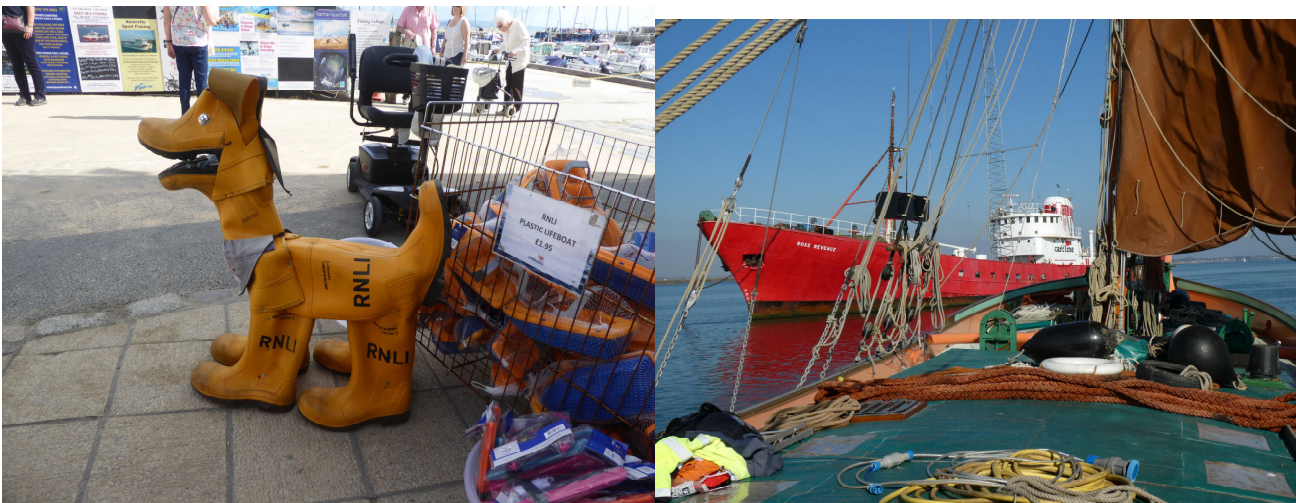
Petanque Group

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 when we will be starting at 14.00 from 1st April

Dian

Photography Group

We met at our usual venue to view and discuss the three photos that our members had taken for the "Querky / unusual "assignment." Members also submitted their favourite photo from 2018 giving their reasons for choosing the photo.



This was followed by a preview of the slideshow being prepared for the AGM in March. The topic being photos from all of the news sheets to celebrate the 10th anniversary of the Heybridge U3A

It was decided that as spring flowers are now starting to appear the subject for the March meeting would be a "Close up / macro" photo.

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 had a lively interesting discussion about "Me Before You" by Jojo Moyes which was enjoyed at differing levels by the group members present.

Our next meeting is on Wednesday 20th March at 2pm at Jean's house in Totham, when we will be discussing "The Road" by Cormac McCarthy Which is a Pulitzer prize winner for fiction.

If you are interested in joining the group, please email or telephone Margaret Hurst

Scrabble Group

A pleasant sunny afternoon was spent playing Scrabble at Elizabeth's house you can always be sure of a good cup of tea to refresh the little grey cells. We try to learn new words, but quite often find ourselves trying to make them up in desperation. We have Scrabble dictionaries and helpful lists, for example of 2 and 3 - letter words, when we need to have a spelling checked out.

If you would like to join us please let me know: we have several Scrabble boards available and are happy to encourage new players.

Angela has kindly volunteered to host the next meeting at 2.00 pm on March 26th.

My contact details are on the list of CoGs.

Linda Etherton

Technical Computing Group

We had another successful meeting on the 14th which was well attended by our members. One of our group had an unusual problem with his laptop in that, whenever he logged onto Internet Explorer, his PC stopped working. We spent some time investigation this problem, and came to the conclusion that a bad piece of software had somehow got through his anti-virus program, and infected this hard drive. We did a scan, and reset the internet options to Google, and all then worked o/k. After a break for tea etc, we entered into a discussion on general matters about computing

Our next meeting will be on March the 14th.

Anyone with a basic understanding of computers is welcome to come to one of our meetings. Please contact me in the first instance.

Colin Mason (Cog email colin.mason@yahoo.com)

Ten Pin Bowling

Eight players arrived to play on 12th February. We were pleased to welcome Peter as a new addition to our group. We split into two lanes the four ladies in one and the men in the other.

It was a very exciting session, we always expect Graham to do well but he made a personal best score of 195 in the opening game scoring a turkey- three strikes in a row, along the way. He also scored a second turkey in the 3rd game. Needless to say he was very chuffed, understandably so!

Peter also showed he was an experienced player scoring a bagger -four strikes in a row-in his 2nd game finishing with a score of 177.

The ladies did well each of us scoring over 100 in our opening game.

After an exciting session we enjoyed tea and biscuits. Quite an afternoon!

Next meeting at Madison Heights is on Tuesday 12th March at the usual time of 1.45.

Lynne Morrison

Ukulele Group UKE3A

Our February meeting was livelier than usual thanks to the presence of two new faces - Maureen and Ann. Maureen was an absolute beginner but gamely strummed her uke along with the rest of us, mastering the tricky art of ensemble playing at her first attempt, if not all the chords. Ann had the slight advantage of a sheet of chords before we met, and had practised daily for a week or two in advance. This meant that she felt confident enough to play along with the regulars with great gusto, even joining in with the singing at times. All of which goes to show that whatever stage you are at, the friendly little ukulele will always be a fun instrument to play in company with others or alone. I went out to play a session with my ukulele the other week, only to find when I reached the venue that I had picked up the wrong bag of music. Instead of the trickier numbers I had been rehearsing for weeks, all I had was a selection of U3A's earliest and easiest songs. So I launched into the likes of Oh Susanna and Goodnight Irene more loudly and energetically than usual - and got away with it because the audience knew all the words and belted them out even more loudly

Gill Carpenter.

Walking Group

Our next planned walk will be in March 2019,. For information about upcoming walks contact Linda Wells.

Weekday Lunch Group

This month we tried the Wetherspoon's restaurant, the Rose and Crown in Maldon.

The food was good, varied and very reasonably priced. The only problem when going as a group is organising a table large enough. Someone has to be able to be there by 11.30 for a 12.30 meeting at the latest. We had our usual enjoyable chats and decided to go to the Henry Restaurant in Maldon for our next meeting at 12.30 on 5th March.

Jean Perrott.

Weekenders Group

Eleven Weekenders met at the White Elm Garden Centre on 9th February and between sips of coffee discussed places we might meet in the future. Thanks again to Margaret for standing in for me.

Then on 15th February, a beautiful sunny and mild day, we met at Marks Hall to see this year's snowdrops. I strongly recommend you to go when you can. It is hard to describe the beauty of this wide open space, with its magnificent trees, sweetly perfumed shrubs all completing with the snowdrops for attention. It is stunning and so near to us.



Snowdrops at Marks Hall Pat Smith

Dates and details of our next meetings.

Saturday 9th 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 13th April – We meet at the Strawberry Tea Room, Olivers Nurseries, Maldon Road, Witham CM9 3HY at 10.00.

Saturday 11th May – Our 10.00 meeting will be at The Tiptree Tearooms, Factory Hill, Tiptree. CO5 0RF.

Please contact me if any problems Pat Smith

Yoga Group

The Benefits of Yoga Practice for Older People. (I quote from the U3A Advisor on Yoga)
Remove stiffness and inertia in the body/mind/emotions

Address conditions like osteoporosis, arthritis and high blood pressure

Breathe - to maintain and improve respiratory capacity and to feed and cleanse the body and much more.

Our dates on the calendar are 27th February, 6th, 13th, 20th, 27th March and 3rd April.

Then break for Easter. Gloria Bomford COG YOGA

EVENTS AND OUTINGS



Our first trip of 2019 was to **Queen Elizabeth 1st's Hunting Lodge at Epping Forest**. The lodge was built in 1543 on the orders of Henry VIII and renovated in 1589 by his daughter, Queen Elizabeth 1. It was originally built as an open grandstand-type structure from which royal guests could view and join in the hunt.

Our guide, Louise, showed us the Tudor Kitchens where two tables were set out with examples of royal hospitality and included rich foods and spices from around the world.

We also discovered that slight imperfections in the oak panelling and stone carvings were intentional – the carpenters and stonemasons believed that God's perfection couldn't be replicated and so they deliberately included mistakes in their work! One of our members will now apply that principle to her patchwork!



After a superb lunch we re-joined our coach for the short journey to the **Guide Dog Training Centre at Redbridge**. After a presentation about the difference a guide dog can make to a blind person's life, we were then shown how the handlers start to train the dogs. This was followed by an outside demonstration of how the dogs are trained to avoid obstacles in their path. We also visited the 'down-time' kennel areas where we all made a huge fuss of the dogs.

Today, we learnt:

- It costs £55,000 pounds to train a guide dog and keep it for life.
- There is no government funding for the guide dogs – they rely solely on donations and fund-raising.
- Puppies go to their 'walkers' at around 7 weeks old and stay until they are approximately 12-14 months old, when they will return to the Training Centre for advanced training.
- People with visual impairments must 'buy' their guide dog. A monetary transaction makes them the legal owner of the dog. The cost is 50p!!!
- If, when out, you see a guide dog with their owner who has laid the harness handle flat on the dog's back, it means that they are signalling for help. Similarly, if you see a blind person with a long white cane holding it in front of them with both hands, they too are asking for help.
- New litters of puppies are all named with the same initial. A donation of £5000 means you can name your own puppy!

Events Programme

ANNE OF CLEVES HOUSE & LEWES ANTIQUE SHOPS

Thursday 4th 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 22nd 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 15th 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

Maldon and Heybridge U3As

Staying Healthy in Your Third Age

Wednesday 10th April 2019

10 am – 12.30 pm West Maldon Community Centre

This is a free event for members of Blackwater, Maldon, Limebrook & Heybridge U3As

Places are limited and will be allocated on a 1st come, 1st served basis

To reserve a place, either add your name to the list at the monthly meeting or contact Jan Brown, Speaker Secretary (contact details on front page of this News Sheet)

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

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Yoga 14.00	7 Photography 14.00	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 Yoga 14.00	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 Yoga 14.00	21	22 Painting 14.00 Bird watching 10.00	23	24
25-Mar	25 Petanque 13.00 French Improvers 14.00	26 Scrabble 14.00	27 Creative Writing 14.00 Yoga 14.00	28 Family History 10.00	29 Painting 14.00 Copy to Editor	30	31
1 Apr	1 Petanque 14.00 Cards & paper 14.00	2 Weekday Lunch 12.30	3 Ukulele 14.00 Yoga 14.00	4 Photography 14.00 Anne of Cleves trip	5 Painting 14.00 Committee Meeting 10.00	6	7
8 Apr	8 Petanque 14.00 Painting 2 14.00 Patchwork 14.00	9 Ten pin 14.00	10 French Conversation 10.00	11 Technical Computing Walking 14.00	12 Monthly Meeting 14.00	13 Weekenders Strawberry Tea Room 10.00	14
15 Apr	15 Petanque 14.00 Needlecraft 14.00	16 Local History	17 Reading & Books 14.00 Music 14.00	18	19 Good Friday Coffee Morning 11.00 Painting 14.00	20	21 Easter Sunday
22 Apr	22 Easter Monday	23 Scrabble 14.00	24 Creative Writing 14.00	25 Family History 10.00	26 Painting 14.00 Bird watching 10.00	27	28
29 Apr	29 Petanque 14.00	30	1 May	2 Photography 14.00	3 Painting 14.00 Copy to Editor	4	5