

Heybridge U3A

News Sheet No 2

March 2022

Your Committee

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Archive

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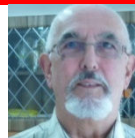
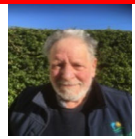

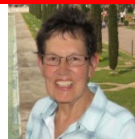




Registered Charity number 1160360

AGM Friday 11th March 14.00

Plantation Hall

Next Committee Meeting

April 1st 2022 at 10.00 at Plantation Hall in the Claydon Room

Chairman	Norman Cumming	
	chairman@heybridgeu3a.org.uk	
	01621 817200	
Vice Chair	Peter Radford	
	01621 843543	
Secretary	Linda Etherton	
	secretary@heybridgeu3a.org.uk	
	01621 843702	
Treasurer	Jill McGregor	
	treasurer@heybridgeu3a.org.uk	
	01621 842595	
Membership Secretary	Philippa Moody	
	membershipsecretary@heybridgeu3a.org.uk	
	01245 381379	
Publicity Officer		
Groups Co-ordinator	Hilary Furniaux	
	groupscsco-ordinator@heybridgeu3a.org.uk	
	07411 450634	
Speaker Secretary	Jan Brown	
	speakersecretary@heybridgeu3a.org.uk	
	01621 856989	
News Sheet Editor	Geoff Hadley	
	editor@heybridgeu3a.org.uk	
	01621 852494	

NEWS FROM THE COMMITTEE

Chairman's report for March 2022 Newsletter.

Well, this *will* be my final news sheet report as your chairman.

With the AGM just around the corner and only a small response to our appeals for new committee members, the situation for all members is desperate if you want Hu3a to continue, you must have both a secretary and treasurer to enable the group to continue.

I will be unable to be at the AGM in person but will be thinking of you all, hoping and praying you do not let me and yourselves down by forcing the committee into a winding up procedure, I would like to look forward to returning, after my health is stabilized, to a revitalised u3a with new committee members ensuring stability for the future in Heybridge u3a.

I must also take this opportunity to say to all committee members, those remaining, those standing down and those that have already stood down, my heartfelt thanks for all your help and advice over the last three years, thank you all for the journey.

Also not forgetting all those members (THE COGS) who do such a terrific job of organising and running our many interest groups year on year, thank you all.

I will sign off in the confidence that you will rise to the occasion, and would wish the new committee well, and to the remainder of the membership, I say, look forward with hope to what at present appears to be a new and promising new year. Sure, there will no doubt still be challenges but after the last two years we all will be up to the challenge, won't we!

Stay safe and healthy

Norman Cumming, Chairman

Covid-19 safety at meetings

Precautions: the current recommendation from the Government still asks us to

- Consider wearing a face covering in crowded, enclosed spaces
- Let fresh air in, if meeting indoors.
- Get tested if you have Covid-19 symptoms and stay at home if positive.

Please be prepared for the hall to be well ventilated, wearing warm clothing.

Notice regarding the Annual General Meeting of Heybridge U3A

Heybridge U3A is holding an Annual General Meeting on the 11th March 2022 at 2.00 pm at Plantation Hall, Heybridge.

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

Chairman: No nominations received

Treasurer: No nominations received

Secretary: No nominations received

Editor: Lorraine Jeape and Brian Jeape - proposed by Moira Penhallow, seconded by Chris Norris.

Interest Group Co-ordinator: Moira Penhallow - nominated by Peter Harvey, seconded by Chris Norris.

Publicity Officer: No nominations received

Events Secretary: Lizzie Cawdell - nominated by Linda Etherton, seconded by Norman Cumming
If no further nominations are received before the AGM, the committee will ask the membership for permission to accept nominations from the floor.

Papers for the AGM will be sent out by email and post, but if anyone does not receive copies please tell the secretary or editor.

secretary@heybridgeu3a.org.uk

Interest Group Co-Ordinator Report

How lovely it was to see so many people at February's Main Meeting. I will not be at the March meeting and this will be my last report as Interest Group Co-Ordinator. I will of course remain in the U3A and be COG for Needlecraft still so I shall be around. Thank-you for your support and for welcoming me to so many Groups when I first joined. I hope you will continue that support for whoever takes over as Interest Group Co-Ordinator.

Hilary Furniaux groupsco-ordinator@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. Information about the Committee Members and their reports can be found in the first few pages. Send items for inclusion into the April 2022 News sheet by the last Saturday in March 2022.

I am very grateful to all the people who send material for inclusion. Have you anything to say? Please send it to me and I will include it.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

It is time to renew your membership.

The Committee are recommending a subscription of **£10** for the year which runs from 1st April 2022 until 31st March 2023. As this is a special reduced fee for this year only, there will not be a further reduced price for Dual Members or for those joining after September.

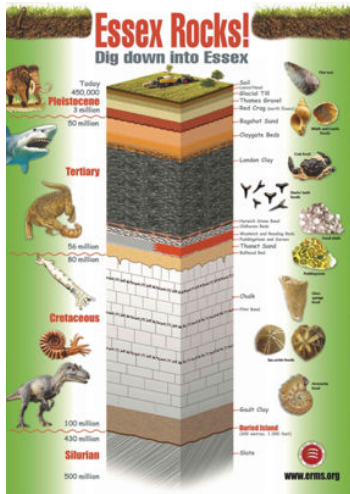
A membership renewal form is attached to the email which sends out this newsletter so please print a copy, complete one for each member and return it to me, either by post to the address on the form or by email (membershipsecretary@heybridgeu3a.org.uk). If you cannot print a copy please let me know (01245 381379) to post one to you, or you can pick one up at the main meeting.

The subscription can be paid by cheque (payable to Heybridge U3A) or by bank transfer (contact me for the bank details). Subscriptions must be paid by 1st April.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme

A good crowd came to the February main Meeting at the Plantation Hall to hear all about the Geology of Essex - Essex Rocks! We were fortunate to have Ian and Ros Mercer from Broomfield & District u3a to talk to us as they are both experts in this field. We were taken back 500 million years to a time when this area was a muddy island. A bore hole sunk down over 300 metres in the 19th century revealed layers of slate at that time. The cross-section of the subsequent strata resembles a layer cake. It's hard to think that the southern part of the UK was once an island area off Gondwanaland and situated in the southern hemisphere, gradually moving north over the millennia while undergoing changes of climate. We heard about tropical jungle, lime mud becoming chalk deposits, puddingstone, London Clay, gravel and deposits of ash from volcanoes in Europe. Who knew that the River Thames once flowed from Wales across this area and was then diverted south to its current route by fingers of the ice sheets from the Arctic?



The Chalk

- a thick layer of white chalky limestone with many flint bands was deposited all over the island.
- Chalk outcrops on the flanks of the Chilterns in north west Essex
- And around Purfleet in south Essex.



Puddingstone & Sarsen



- Many flints were tumbled on beaches to form pebble gravel layers
- The heating events at the Palaeocene-Eocene boundary led to hot desert conditions.
- Silica which was mobilised in the soil layers cemented pebbles and sand to form Puddingstone and Sarsen.
- Erosion released blocks that were transported across Essex by rivers and ice.

On 11/03/22 will be our AGM

Jan Brown

speakersecretary@heybridgeu3a.org.uk

GROUP REPORTS

Art

After much consideration I've decided to delay our Art group start.

Tina Martin

Bird Watching

A beautiful sunny day – with a very cold wind across the reservoir at EWT Abberton. Eleven of us met at the visitor's centre and took a trip round the hides on the reserve. The most numerous and tuneful birds about were the skylarks. They were just beginning to rise into the air and call for a mate. Then they dive down and hunt for a suitable place on the open meadow. Such a sign of Spring. Many of the water birds were keeping their heads well down out of the wind but we did manage to identify widgeon, teal, tufted duck, goldeneye and some gadwall. Oh and of course if you go to Abberton you are going to see a Kestrel hovering at some point on your visit.



Skylark Singing



Golden Eye

When we got back in from the hides we managed to find a place on the veranda which was in the sun and out of the wind. Wonderful place for a hot coffee.

We hope to meet again on Friday 25th March. More details to follow.

If you would like to join a bird watching outing do contact me at jill.mcgregor@btinternet.com or you can ring on 07949 693366.

Jill

Coffee Discussion Group

We cancelled last Friday's coffee meeting because of weather problems. I think we could just leave it at that. I am actually liaising with my colleagues to either set up a replacement day or to just move on to next month. Margaret

Croquet Report

The croquet season is now finished and the mallets are now hanging up for the Winter. Hopefully, we will be able to start playing again in April 2022, depending on the weather and the lawns being available. We are most appreciative of the Maldon Croquet Club for allowing us to play on their lawns, at the Forresters Golf Club.

The aim of the group is gentle exercise, fresh air, good company and fun. If you would like to join us please contact me, my details are on the back page.

Anne Newson.



Eat the World

This month we 'travelled' to MEXICO and enjoyed a wonderful meal at El Guaca in Maldon High Street.

As is the case with many countries in today's world, Mexico was created through colonization, in this case from the Spanish. The Spanish introduced many of their own recipes and dishes into the indigenous culture, like rice, olive oil, garlic, coriander, cinnamon, and many other spices.

Today Mexican cuisine is a delicious blend of the indigenous and Spanish cuisine. It is still based on beans, corn, tortillas and chilli peppers, but these are now usually served with some sort of meat and cheese. Most dishes come with rice and spices as well.

Our group enjoyed **BURRITO** (a warm flour tortilla packed with jack cheese, grilled peppers & refried beans served with Mexican rice, sour cream and guacamole) , **CHIMICHANGA** (a deep fried tortilla with cheese, grilled peppers & refried beans), **ENCHILADA** (corn tortillas filled with jack cheese, poblano chilli peppers and topped with creamy salsa) **MEXICAN PAELLA** (slow cooked Mexican rice with tiger prawns, chicken, chorizo, red salsa, peas & sweetcorn) and a delicious **TACO SALAD** (a baked tortilla basket filled with mixed leaves, tomato, cucumber, carrots, radish, onions, baby corn, avocado, fresh coriander, tossed with avocado & lime dressing).

This group meets on the third Thursday of the month.

Further details: Liz Cawdell ecawdell62@gmail.com 07902294741

Lizzie

Family History

It has generally been accepted by psychiatrists that for some inbred reasons we all need to know our roots.

This understanding has been a concern recently for the long term outcome of fertility donors.

This wasn't the initial thoughts of Thomas Barnardo when as a young man from Ireland he moved to London studying to become a doctor at the London Hospital. Brought up as Jewish he reverted to Christianity.

He once wrote that as a child he was selfish and thought that everything should belong to him.

In London he was shocked to find the widespread poverty, disease and living conditions where 1 in 5 children died before their 5th birthday.

In 1867 he set up the first free school where children could get basic education. One evening a young lad took him on a tour around the East End of London, showing him the children sleeping on roofs and gutters. He was so appalled by what he saw he gave up his studies to become a doctor and decided to devote his life to help and care for children. So, although known as Doctor Barnardo he never actually qualified.

In 1870 he opened a home for boys in Stepney Causeway providing a shelter for orphan and destitute children. A notice stating 'no child refused' was erected when a young boy died after being refused entry, because they were full.

In 1876 homes for girls was set up, and training for 'domestic service' was provided which in turn protected them from the growing practice of 'child prostitution'. The boys were trained in carpentry and metalwork.

The forerunner of fostering was started by the Barnardo foundation, helping take off some of the strain of the huge amount of intakes. At the time of his death in 1905 his homes were caring for 8500 children in 96 homes.

The winding down of the homes progressed between the years of 1969 to 1980 with the last closing in 1980.

In contrast to the secrecy that Barnardo's once maintained it now allows descendants access to any original records.

The one mistake he seems to have made was his belief that all the children should have 'a new beginning' thereby starting a new life. Some identification the orphans had was destroyed - including some with birth information.

There is now a whole administration unit working for the thousands of families trying to piece together their ancestors/origins, including the many children sent to Australia and Canada under a not very successful repatriation scheme.

Take care
Jean Rogers

French Conversation

Because of Covid restrictions, the French group was unable to meet for much of 2021, but continued to practise French at Home via email.

We were able to resume face-to-face meetings in September and are now back in the Claydon Room at the Plantation Hall from 10–12 on the 2nd Wednesday of each month, with the aim of improving our ability to speak, read and understand everyday French.

We are a small mixed ability group and new members with some knowledge of French would be welcome – please ring me if you would like to discuss:

Jenny Parker

Needlecraft Group Report

Five of us met at my house this month. We had a fine mix of things being made – appliqué on a 20 year old sampler quilt, a crocheted lacy top for a milk jug, a crocheted circular draw string bag, a knitted dolls skirt as part of a complete outfit and a dolls crocheted cape. We had a fine afternoon nattering as we went along. Next month we hope to meet at Linda's.



Angela Pleasance

Painting 2

There were four of us on 14th Feb and we meet again on 14th March. That will be the third meeting before Easter and our next meetings after will be May 9th, June 13th and July 11th.
Regards, Barbara

Papercraft Group

It was the 2 of us again this month but we were quite busy making Birthday cards for Brother, Great Niece, Great Nephew, Great Great Niece and friends! One member did a little bit of decoupage on some of the cards and we had a good old chat as we crafted along together. Next meeting is on 9th March.

Lesley Woonton.

Patchwork Group

The group met in February and spent a very enjoyable afternoon chatting and sewing. We were very pleased to welcome a visitor. We hope that she enjoyed her visit, and that she may wish to join our friendly group.

The next meeting will be at 2 p.m. at WMCC on Monday 14th March. In the meantime – happy sewing!

Jackie Voyez

Petanque Group

Well, we are still getting good turnouts for our winter Petanque games on a Monday morning.

I am quite surprised really as sometimes on a very cold and windy days 18 would like to play, but we are a Hardy lot.

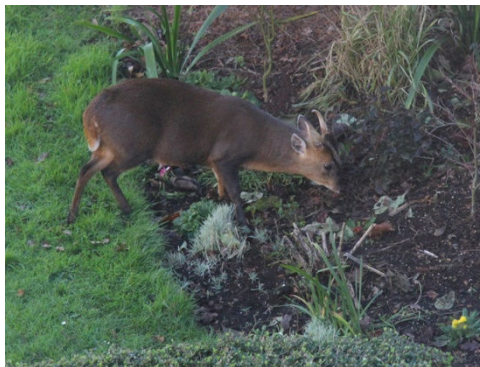
Roll on spring, looking forward to seeing some more sunshine days. ☀

If anyone would like to know more about Petanque, please contact me for details or pop down to the Maldon prom on Monday morning at 10am.

Thank you Moira Penhallow

Photography Group

Our February meeting was held on the 22nd with 11 members attending on Zoom. The assignment subject was “Photographers Choice”. This proved to be both popular and interesting with excellent images, ranging from muntjac to huntsmen. The eclectic range of subjects provoked interesting discussion from the authors, such as where, how and why the image was one of their choices. One shot of a small single bollard, marking a point on the Meridian Line, set into a grass bank in Ware, Hertfordshire proved to be a vital clue in an international treasure hunt. Alex and Ann using maps and local information eventually found the clue up in a tree close by. That set the tone of the meeting with 36 fascinating images, each introduced by the photographer who had taken it.



Alex Lees - Muntjac



Pat Yates - Hunt in Maldon High Street

The members were asked whether they wanted to start meeting again at the WMCC or to continue to use Zoom. The vote was unanimous to continue to use Zoom for two more meetings (up to April).

The meeting ended with a short illustrated discussion regarding “Choice” and how we decide which images we like show to other people. The consensus believed - show what you like, not what you think other people will like! The agreed assignment subject for the March meeting was another “Photographers Choice”. Peter Thorpe

Reading & Books

The February book is “Half of a Yellow Sun” by Chimamanda Ngozi Adichie, who is the author of “Americana” a book that we read before lockdown. As her previous book, this is set in Nigeria and tells the story of a boy from a poor village who goes to work for a university professor and the young people he meets there, their lives are different but entwined by the circumstances that arise during the civil war there.

The next meeting will be on Wednesday 16th March 2022.

Jackie Jones

Ten Pin Bowling

We only had 5 bowlers attend on the 24th Feb. Regular bowlers were either dealing with blocked drains, recovering from Covid or just forgot dohh!!

Graham seems to be getting to grips with his new ball scoring the highest score of the day with 169 although he did warm up to that score. Other scores worth a mention were Jenny with 120, Chris with 126 and myself with 144.

In view of the fact that stalwart bowlers are unavailable to bowl on the 10th and 17th March I have booked us in for the 3rd and 24th March. Unfortunately, there was no availability for a 10am slot on the 3rd March so I have booked a 12 for 12.30 slot. I hope this arrangement is agreeable to all.

Peter Harvey

U3A Scrabble Report March 2022

A select group of three met for Scrabble in February: I think it safe to say we relished the opportunity and enjoyed the games and the company.

All being well we hope to be able to meet in March on the 22nd, the fourth Tuesday, at 2.00 pm at Angela's house.

If you are interested in joining us please contact me: details are in the list of groups towards the end of the news sheet.

Meanwhile, can you solve this anagram? As usual there are seven tiles on the rack, each letter having a value. The word's score can be greatly enhanced if played on a square which could give a double or triple value to the total. In addition if all letters from your rack are played at one time 50 points are added to the score.

H	A	U	S	I	N	G
4	1	1	1	1	1	2

Linda Etherton

Walking Group.

Well here we are, coming out of the other side of Covid. As always our walks are weather dependent, so all being well I hope to be doing a walk on Thursday 10th March starting at 2pm. Anyone not registered with the group is welcome to join us, but please let me know beforehand so that I know who I am waiting for. As a reminder, the walking group meets on the second Thursday of each month at 2pm, with an email to members giving the walk details approximately 2 weeks beforehand. Fingers crossed for good weather.

Linda Wells wellsbarge@gmail.com

Weekday Lunch

Last lunch was 7th December at the Beach House. Lovely meal but very long wait for food .
Fantastic views of the river Blackwater which helped pass the wait for food.

Next lunch will be in April as I'm away. I have not booked anywhere yet so you will be informed later.

Maureen

Weekenders

Despite some Weekenders having to deal with the aftermath of Storm Eunice a good number made it to White Elm Garden Centre for refreshments and a chat to sort out future activities. It's nice to think we have the Spring to look forward to and the opportunity to visit woodland to see bluebells and some Open Gardens, so thank you to the two Pats for looking at possible venues.

On the same, still blustery, February day a group went to Witham Public Hall to see a performance of Guys and Dolls by WOW, the youth section of the Witham Amateur Operatic Society, and very good it was too. The youngsters gave excellent performances in acting, dancing, and singing and the costumes and sets were also very good. If you don't know the show think of "Luck be a Lady tonight" and "Sit down, sit down, sit down, you're rocking the boat".

Several places have been suggested for future monthly meetings, and the next will be at Tiptree Jam Museum and Tea Room (the official name and now Factory Hill is fully open) on Saturday 19th March at 10.00 am. Linda Etherton (temporary admin for the group)