

# Heybridge U3A

## News Sheet No.3/2020

**April 2020**

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

### Archive

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

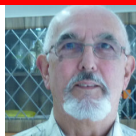

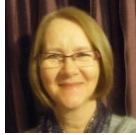
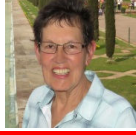

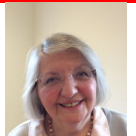


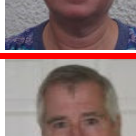
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Refreshment Group Rota

Cancelled

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## NEWS FROM THE COMMITTEE

### From the Chair

Well, another year completed and the AGM held. Due possibly to the corona virus crisis, numbers were reduced by about a third, but enough were there to hold the AGM. Peter Radford was elected as Vice Chair, so welcome to the committee Peter. Philippa Moody returns as Membership Secretary, and Jan Brown returns as Speaker Secretary, but regrettably the position of Events Secretary was not filled. Please contact the committee if you are interested in running any trips, even as a one-off, when the dust settles.

I would like to thank all the committee for their hard work putting this AGM together and in particular both Angela and Linda who covered for me during my leave of absence. The amount of work over this last couple of months, due to the current crisis, increased exponentially and was changing almost daily,.

Well, so much for being back in full swing, full gardening mode perhaps is more like it.

Regrettably due to the current crisis situation it has been necessary to suspend all activities for the time being, but that being said, do not lose contact with your groups. Keep in touch either by e-mail or telephone and see what innovative ideas you can come up with to keep your groups alive and active.

Follow all government guide lines and stay safe.

Norman Cumming. Chairman

### From the Editor

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 14 pages in a large font. Information about the Committee Members and their reports can be found in the first few pages. Please send reports for the June news sheet by 29<sup>th</sup> May.

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

### From the Membership Secretary

Well we never expected our meetings to be curtailed in such a sudden way! Heybridge U3A continues in a virtual way however, and we hope we will soon be able to resume our normal meetings and we can maintain our interests and friendships meanwhile.

By the time of our AGM well over half of the existing members had renewed their memberships and we hope that the rest of Heybridge U3A will do likewise. We can continue to be of support to each other and our interest groups provide welcome distraction from the news every day, even if they meet have by email or telephone.

So if you have not already done so, please download the enrolment form from the website (or one was attached to the February and March Newsletters). If you have no printing facilities please let me know and I could post one to you. You need to complete the form and post it back to me (address is on the form) either with a cheque for £18 (Dual Members pay £13), **OR preferably** you could do a Bank Transfer.

Payee name: Heybridge U3A  
Sort Code: 30-91-85  
Account number: 00395708

You must give your name as reference or we will not know it is you who has paid.  
For this year at least I will still need you to complete a form, and this must be posted to me.

We would be most grateful if you can use the bank transfer option as it is not good for anyone to have to go to a paying in point at present. For the same reason, those who have already paid by cheque may not see them cleared from your account for some considerable time.

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

### **Interest Groups Coordinator**

**W**hat a month March has been! I am sure many of you are overwhelmed with all the information and mis-information doing the rounds at the moment. All our groups have now been suspended for the next few weeks. However this should not stop us from communicating with each other. I am staying in contact with several members by text, WhatsApp, email and phone calls and I encourage you all to do the same. It is so important for our mental health to keep in touch and especially for those who live alone we should make the effort every few days or so. We are hoping that as many groups as possible can set a challenge for their members (ie paper crafters challenge is to try something they haven't done before like stamping or colouring). Also if anyone has any ideas that we can share in the Newsletter for people to do at home please let me know. Stay well everyone.

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

### **Monthly Meeting Speaker Programme**

**S**uspended **until further notice**. I always welcome your comments, if you enjoyed a speaker, or not. Feel free to speak to me at our future 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)

### **Events Secretary**

**D**ue to family commitments, Liz Cawdell has resigned from the post with immediate effect.  
We would like to thank Lizzie for all the hard work she has brought to this role and the professional manner in which she has organised all the trips. We all have fond memories of our favourite trips.

The role could be taken up on a month by month basis by arranging a trip to a place for a specific date.

The Committee

## Publicity Officer

**A**ngela Pleasance has been co-opted onto the Committee as Publicity Officer.

I know that many of you are keeping in touch during this crisis and some CoGs are suggesting projects for their members. I would be really grateful for photos of things that you are doing which I could use for publicity purposes, so that we can let a wider audience know that we are still a vibrant U3A. Contact details are on the CoGs page.

## Annual General Meeting and Committee Elections 2020

**H**ere are the results of the elections to the committee at the AGM held on the 13<sup>th</sup> March 2020 at 2.00 pm in the Plantation Hall:

**Vice-Chairman** - Peter Radford, proposed by Margaret Hadley, seconded by Geoff Hadley was elected

**Membership Secretary** - Philippa Moody, proposed by Hilary Furniaux, seconded by Linda Etherton was elected

**Speaker Secretary** - Jan Brown, proposed by Liz Cawdell, seconded by Philippa Moody was elected

**Events Secretary** - This post remains vacant.

Linda Etherton

## GROUP REPORTS

### Art Group

**S**taying indoors for weeks on end during the current coronavirus emergency shouldn't prove too big an ask for us painters.

As long as we have plenty to eat, plus functioning phones and IT to keep us in touch with our nearest and dearest, we should be able to fill our days productively.

So let's see some home-produced masterpieces when next we meet - which will hopefully be sooner rather than later.

Gill Carpenter.

## Bird Watching Group

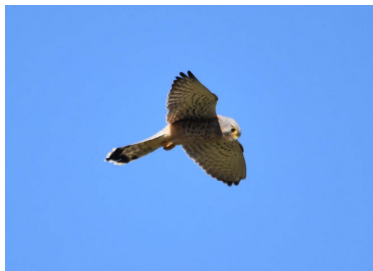
### Bird Watching By Yourself

So it is no more group walks with chats and laughs for the next few weeks.

Never mind the birds don't seem to have been told – they are still out there and looking exceptionally fine in their new 'breeding plumage'.

You could try walking round EWT Chigborough Lakes. The mud seems to have dried up and there are egrets and herons and cormorants about, not to mention loads of little birds all singing their hearts out. Or how about a walk round the lakes (gravel pits) at Heybridge Basin, lots of bird action down there.

If you have found good walks 'away from the madding crowd' do let us know. In the meantime some pictures from the last 2 days."



Kestrel



Redshanks



Godwit in Breeding plumage

Interested in birds and bird watching? Contact Maureen Lenoir on [symockturtle@yahoo.co.uk](mailto:symockturtle@yahoo.co.uk) We go out on the last Friday of each month

Maureen

## Cards and Paper Crafts

Only 2 of us were able to meet again this month and as it was very early in March we were both busy finishing cards & boxes in preparation for the display at the AGM. Since we are now unable to meet for a while my challenge to the members of our group this month will be to try to create a background for a card. It can be any colour or style, made up or an idea from another source. But it should be something you haven't done before. Take a photo of the finished item on your mobile if possible and WhatsApp it to at least 1 member of the group. Or email it if you don't WhatsApp. We may even start a new trend!

Lesley Woonton

## Creative Writing Group

The stimulus was to imagine waking up and not recognising your location or the people around you. This proved problematic for some of the group as we all grappled with the current crisis in our own ways. Some just couldn't manage the writing as well, resulting in fewer, but nevertheless very interesting, contributions: surrounded by hostile animals in an oppressive forest (or was it a dream?); in hospital following an accident; going back or forward in time; waking with a different body or family; just waking quite bewildered.

As meetings are now cancelled for the foreseeable future, I explored various ways we could archive and share our writing. I settled on a closed blog that is only accessible to the group as some members are uneasy about sharing their work with a wider audience. In due course, I hope to set up another way of sharing in order to showcase our modest scribblings for those in the group who are comfortable with it. Watch this space.

Don't forget: with all this increased time on your hands, once the loft is sorted out and the garage tidied and the garden done, there'll still be time to write and share a story or journal or poem. Contact me if you find your muse.

If you would like to become a member of the group you can contact me on: [scondie@gmail.com](mailto:scondie@gmail.com)

Stuart

### **Croquet Group**

**W**e have stopped playing for the Covid-19 virus, but hope to start playing again when it has cleared up.. Hopefully we will continue playing at the Forresters Golf Club; we are most appreciative of the Maldon Croquet Club who allow us to play on their lawns. We play on the first and third Thursday morning of each summer month. If you would like to join us please contact me.

For more info please contact Anne Newson.

### **Discussion Coffee Morning Group**

**S**uspended for Covid-19 virus  
For more info please contact Margaret Brown

### **Eat the World**

**S**uspended for Covid-19 virus  
For more info contact the committee.

### **Family History Group**

#### Memories

**F**amily history isn't always a collection of names and dates. I am constantly delighted by people's stories, so I've invented a new group.

It may be family, childhood, school or first job. Long or short, funny or sad - maybe just nostalgic; you must all have a story to share.

I will start, with my mother Rose, who I could write a book about.

Rose was an extraordinary lady who claimed to have part gypsy blood. I've never proved it.

She was feisty, outrageous, and illogical. Flouted authority and hated people who thought, quote: "they think you're silly 'cos you're old".

I must add she was a wonderful mother, who would commit murder if anyone upset her family.

Rose also had a misguided conception that she owned the road outside *her* house. A dropped kerb was put in by the council (she never owned a car), but it meant there were no restrictions on parking outside *her* house, which was on a bus route.

As the local sweet shop was opposite - *her* piece of the road was ripe for drivers needing to stop there for their daily newspaper/bar of chocolate etc...



One young lady who parked there laughed when asked fairly politely to move - red rag and bull comes to mind.

Mother marched indoors got a hammer (I never knew she had one) and smashed the windscreen. After she got over her shock the car owner called the police.

The young constable looked at the sweet grey haired old lady (who had suddenly become very innocent looking) and asked how old she was – when mum replied 80 he asked the owner if the car insurance would cover the damage.

The lady reluctantly agreed and everyone was happy. Rose got away with a pat on the head and a “don’t do that again”. On the other hand I had an attack of the vapors when she related the story,

I look forward to all your memories/stories - chiefs and Indians!

Take care.

Jean

### French Conversation

Our leader, Jenny, was “en vacances” this month and Linda was due to take her place, however she was unwell and I was asked to step in and take the class.

We were down on numbers this time, only three in total out of our full complement of 10 but I think I can safely say that we made full use of our time, covering current events such as the Coronavirus (of course) and the drop in interest rates which led us to consult our dictionaries quite often.

We covered an exercise on the use of “il faut” and discovered some useful phrases on the way, then continued by reading and translating an article quoting people’s opinions on their favourite season. Again this prompted a lot of discussion, mainly on the idiosyncrasies of French grammar and word order.

Jenny had prepared some reading material on “The House of Your Dreams” as homework which we will discuss at our next meeting on 8<sup>th</sup> April.

Pat Long



In times of stress and worry music can be a great solace. We can at least share recommendations of favourite or interesting pieces even if we cannot meet to hear them together.

If we had been able to meet this month we would have heard some pieces connected to the letters I and J. Not the easiest of letters to make into a programme but here are some of the suggestions I had put together for the group's meeting. They are all available on YouTube and other platforms so I hope you may try to find some of them and decide whether you would like to hear more.

One of the most well-known counter tenors of our time is a Frenchman called Philippe Jaroussky who has a most beautiful voice. There are many examples of his art on YouTube but I like in particular his singing of Vivaldi arias.

A complete contrast is a saxophonist named Bobby Jaspar who plays jazz with a lovely soft technique. Jazz in general comes within the remit of I and J and there is wide range available to suit all tastes. If we had met I would have played Cleo Laine singing *I Got Rhythm* and another suggestion was going to be Quincy Jones' *Soul Bossa Nova*.

I was not able to find many classical composers who fit into the letters I and J. There is a French composer Louis-Emmanuel Jadin who died in 1853, and a Russian Mikhail Ippolitov-Ivanov who wrote his first symphony in 1908, which is worth a listen. A little known Englishman named John Jenkins (1592-1678), son of a carpenter, was born in Kent and became embroiled in the English Civil War. His music is of interest to those who like Early Music, as is Josquin des Pres.

There are many more composers whose names begin with I or J from the modern era – John Joubert (*There is No Rose of Such Virtue*), Scott Joplin (who was one of the first black composers to be recognised), John Ireland, Karl Jenkins, Maurice Jaubert, Maurice Jarre (composer of many film scores including *Doctor Zhivago*), Charles Ives and Andrew Imbrie.

I can only suggest you follow up some of the suggestions (as I say they are all available to hear free on YouTube), and perhaps come across more music you like, and create your own I and J playlist Philippa Moody

### Needlecraft

Four of us met at my house this month with plenty to talk about from the AGM. Three of us continued with an ongoing project that was on display in the Claydon Room. One new project was started. Since we are not able to meet for the next few weeks my challenge to members of the group this month is to continue with your project for at least an hour. Take a picture on your mobile of your project before you start then again after an hour. If possible WhatsApp both photos to at least one member of your group. This will help us to keep in touch with each other and might even initiate a little competition between us as to who can complete a project first!!

Hilary Furniaux

### Painting 2

Some of our pictures painted during the year were on display at the AGM and we received some nice comments and questions as to the painters. We still have a vacancy in our monthly group on 2<sup>nd</sup> Monday of the month so we can cope with experienced painters but beginners would be welcome. April, May and June are all cancelled as instructed by the U3A committee. I hope we start again on July 8<sup>th</sup>. Hilary has suggested painting flowers, but I thought maybe we could all do a landscape painting of our gardens, also close-ups of some flowers, also a landscape at the front of our houses, also the road/street/close, or even a painting of our houses. Anything that is in our garden boundary, also trees. I am sure you will find plenty of things to paint and I will keep in touch.



Linda makes a start on the challenge

Barbara Barbrook



### Patchwork Group

The members of the Patchwork Group are busy making applique blocks at home, I hope! We decided on this charity quilt project last month, how was that for forward planning, considering the situation we are in now! Keep safe and well everyone.

For more info please contact Anne

### Petanque Group

The next meeting is cancelled due to Covid-19 virus.  
For more info contact Moira Penhallow.

### Photography Group

We met at our usual venue to view and discuss the three photos that our members had submitted for the "Time" assignment. Each member had submitted 3 photos and then commented on these during the slideshow. The photos are now available to be viewed on Flickr.

After tea and biscuits we had a talk by Jill McGregor on the advancement of Cameras supported by a slideshow of some of her photos taken by her different cameras. Jill also brought along her various cameras and lenses that she has and still uses. The talk concluded with information on how the sale of cameras has declined over the years with the introduction of cameras on phones.

If you are interested in photography or want to understand more about your camera or the camera on your phone, you are welcome to come along and join us. We meet at the West Maldon Community Centre in the Jubilee Lounge on the first Thursday of each month at 2.00pm.

For more info please contact Norman Grove

### Reading and Books Group

The next meeting is cancelled due to Covid-19 virus.  
For more info contact Jackie Jones

### Scrabble Group

Just for fun while we are unable to get together:

If you're stroking your **RAGDOLL** (cat) and eating a **MACARON**, just hoping the **BITRATE** of your computer is fast enough, don't get **CRINGEY** when you hear about the latest **FATBERG** in the sewers! The **WORDIES** among us might use any of these 'capital' words in a Scrabble game. Some of them are recent additions to the Scrabble dictionary.

#### Extensions

Just to keep the little grey cells turning over, see if you can use all of the twelve letters to extend these five-letter words to make eight letter words, by putting four letters at the front. This is useful practice for extending words.

\_\_\_ MOUNT  
 \_\_\_ MATED  
 \_\_\_ MUTED  
 \_\_\_ MINUS

C E F M O R  O R R S T U
--------------------------------

Answers
SURMOUNT FORMATED COMMUTED TERMINUS

You could also try one of the on-line games such as Words With Friends, but I warn you it can become addictive!

Linda Etherton

### Ten Pin Bowling

The next meeting is cancelled due to Covid-19 virus. For more info contact Peter Harvey

### Ukulele Group UKE3A

**N**ow the pressure is off and the two gigs we had on the diary must be postponed until the coronavirus is beaten, let us amuse ourselves by playing for fun.

I'm doing it this way: I have picked half a dozen of my favourite ukulele numbers from our extensive repertoire and am making believe that I've been booked to give a solo concert. While practising, because I don't have an audience, I feel I can sing and play as loudly as I like and experiment with tone, rhythm and strumming patterns as much as I like. When I feel happy with my interpretation of each number, I move on to the next one.

If you work through your mini repertoire each day in this way, you should soon feel thoroughly satisfied with your personalised sound. And then, when we do get together again, we could each have something new to contribute to the overall sound of Uke3A.

So don't let your uke gather dust. Keep practising!

.For more info contact Gill Carpenter.

### Walking Group

**O**ur walk this month was around part of Bradwell. Very windy! We did the planned walk in reverse so that the strong wind was behind us as we walked along the sea wall. Because it was as good as high tide and at the equinox with the sun and moon doing a double pull on the tide, the water was very high. Poor Pewit Island, the bank of land that forms a natural protector for the small boats moored at Bradwell Waterside, was covered with white water splashing all over it. We all had to negotiate the 'seventh wave' phenomenon as the biggest waves, breaking against the bank, left a spray over the sea wall itself. Once down from the sea wall by the Power Station, we walked in calm conditions, reaching the Bradwell Bay Airfield, stopping to admire the memorial there. Back through lanes, fields and some roadside until we were back at The Green Man pub at the Waterside. Sadly, the pub was shut by then so we drove a short distance to The Cricketers for a cuppa and some biscuits.



Linda Wells.

### Weekday Lunch Group

Tuesday 3rd March saw us at Tom's Woodyard Cafe. Apart from sheds and fences, there is also a lovely card shop with a large selection of greetings cards and other wrapping materials. We received a warm welcome and with another new member for the group we are now ten. There was a very good selection of meals and some specials available. As it was quite busy we had time to chat before our meals arrived. Then most of us were tempted with some delicious desserts and we thoroughly enjoyed our meals.



Tom's Woodyard Cafe

On 17<sup>th</sup> we were going to the cafe near the Chigborough Fishing lakes but had to cancel because of the coronavirus.

Barbara Barbrook for Maureen Lavender

### Weekenders Group

Suspended due to Covid-19 virus  
For more info contact June Rawlings

### Yoga Group

As suggested and after discussion, Bette and I want to ensure our group of Yoga students is actively continuing with some or all of our usual exercises so that we remain fit, relaxed and ready to resume our group meetings.

To achieve this we suggest you reserve the 2pm-4pm every Wednesday to tune in to UTube for **“Sherry Zac Morris /The River/Chair Dance”** which we have already enjoyed in our group meetings. Also tune into **“West Coast Country/Beginners Line Dance Lesson/Cowboy Hustle”** (on UTube) which we were beginning before restrictions. Unroll those Yoga mats and relax, feel free to have a snooze. We would appreciate any feedback or suggestions for improvements to our routine, please phone me.

We are also inviting many more “isolating” people or members seeking a new form of exercise at home to join us during this period.

I am aware that we can share a “group meeting” on our Smart TVs but I am not sure how to set this up technically and will start my research. Can anyone offer me some advice please?

Keep active, relaxed and in touch.

All enquiries to Gloria Bomford Yoga COG.

## Keeping fit while you're stuck at home

Some of us will be fortunate enough to be able to go out for a short walk or bike ride, as in the current guidelines, keeping your distance from other people.

If you can't do that, what else can you do? Making sure you are safe and within the limits of your own physical health, maybe some of the following:

- Seated exercises, such as lifting one leg, circling the ankle a few times, then the other leg, then both together
- Seated marching. Sing 'The Grand Old Duke of York' to keep you in time.
- Put on the radio or favourite music and dance round the house - go on, no-one will criticise your dance moves! Bota fogos work for me, Alf might say do the Rumba.
- Again to music, if you feel stable enough, do some step-aerobics using the bottom step of the stairs.
- If you have stairs, go up and down a few times more each day. If you're anything like me you'll have forgotten what you went up for in the first place anyway.....
- Keep your spirits up, watch a comedy programme, or that favourite feel-good film (tell us what it is).

If you have some good ideas, please send them to the Editor or phone me so we can share them.

The most important thing is to keep moving, don't sit around!

Linda Etherton.

Please continue to encourage all your members and colleagues to [sign up to the national newsletter](#) – by adding your e-mail details. It is much appreciated.

### From: **Essex Fraud Alert System**

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101.

Report fraud or attempted fraud by contacting Action Fraud at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call 0300 123 2040.

### COVID-19/CORONAVIRUS

- Fake Products/Websites

A man has already appeared in court for making fake coronavirus testing/treatment kits and selling them worldwide. These kits contain harmful chemicals, and police are warning anyone who had bought one of these kits not to use it. Report to Action Fraud, quoting "Trinity CV19 treatment kits". During this time, be aware of fake websites and suspicious links. Criminals will advertise products they know to be in short supply, such as hand sanitiser, face masks and 'treatments'.

Claims like '100% safe', 'No side effects' and 'Quick results' should be warning signs.

- Fake Emails

There are a number of fake emails also circulating claiming to be from health organisations (such as the World Health Organisation or US Centre for Disease Control), with attached 'safety advice' which when clicked downloads malware to infect the device.

Ensure you check where an email has come from – is the email address suspicious?

Never click on any suspicious links or open any documents on emails that you were not expecting – do not let your curiosity get the better of you!

- Elderly individuals targeted by doorstep scammers.

The elderly are being increasingly targeted by doorstep scammers due to their increased isolation from family and friends. Criminals are posing as police and health officials, sometimes offering to carry out a coronavirus test on their doorstep in exchange for cash.

Be vigilant. As always, do not accept offers on the doorstep.

Always confirm who the person is using a trusted number – genuine officials will always wait.

- Thieves offering to shop for the elderly and then keeping their money.

Thieves posing as good Samaritans are offering to complete shopping trips on behalf of the elderly, before keeping the money or bank cards that are handed over.

Treat such invitations with caution.

Never hand over your bank card or details.

If vulnerable people are using others to do their shopping, ensure it is someone they know or from a trusted source.

- Pension Exploitation

Pension savers have been warned to be extra vigilant of criminals seeking to prey on people's anxieties amid the pandemic. As markets are affected and people seek to increase their savings, it may make people look to make snap decisions that could have serious consequences.

As always, the advice remains – do not respond to cold callers.

Take your time to think things through carefully and do your own research (even if you are being offered a 'limited time deal').

If something is too good to be true – it usually is!!

Chloe Rudd Prevent & Protect Fraud Officer Essex & Kent Serious Crime Directorate

## **Maldon Community Coronavirus Response**

Call: 01621 851997 8am 8pm daily

Call us for help getting food and other supplies (including children's needs) prescriptions, pet care local info and social contact.

[www.maldoncvcs.org.uk/corona](http://www.maldoncvcs.org.uk/corona)