



THE UNIVERSITY OF THE THIRD AGE

Heybridge U3A

News Sheet No. 4/2015

May 2015

<http://www.heybridgeu3a.org.uk>

Registered charity number 1160360

Your Committee

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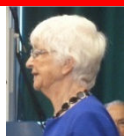






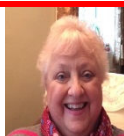
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Ever wanted to play the Ukulele?

See Page 11 for a new group!

Do You Enjoy Quizzes?

See Page 14 for U3A Quiz!!

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NEWS FROM THE COMMITTEE

From the Chairman

Many of you know that I have been away for a very long and very expensive holiday. The cost was mainly due to the very high number of people who were employed to look after us. We did not have to do anything more than pick up a menu each evening and decide what to eat. Unfortunately the U3A works on an entirely different basis. None of us get paid for what we do, we can only claim back expenses for things which we have bought on your behalf, but just like a cruise ship there have to be people who do the planning and organise activities for the benefit of members. In Heybridge we have been extraordinarily lucky in the number of people who have come forward in the past offering to take on some of the organisation but we are now in a situation where we need to find someone, or indeed, perhaps two people to take on the role that Gill had with the CoGS.

I know that we have many very well qualified members who are very able to take on this role, but it may be that this is a job which they feel involves too much responsibility or they lack the confidence to take it on. I can assure you that we have all been there! I remember the first time that I had to start the monthly meeting I was very scared. I had never done anything like that before. It has since given me the confidence to Chair the Essex County U3A Association meetings. I have seen the same growth in confidence of many people who have taken on tasks which they thought they could not do, found they could and grew in self-confidence. So, please come and talk to me or any member of the committee if you can help us out.

Members are always welcome to 'sit in' on our committee meetings, so they can find out how we function. Again, please tell any member of the committee that you would like to be present.

We are constantly looking for new interest groups to start up; we already have a couple of musical ones being planned. If you have a subject that you are interested in that could become a group activity, please let us know.

Joyce Woodham

Chairman Heybridge U3A

From the Editor

The design of the Heybridge U3A News Sheet and the reports that it contains has been changed to a full-page layout for a trial. Information about the Committee Members and their reports can be found in the first few pages with a contents column to aid in finding the parts which you wish to read first on page 1. The back page (p16) shows the Diary for the months of May and June.

Please keep the Editor up to date with any interesting stories, relevant pictures or anything that relates to the Heybridge U3A, the Association of Essex U3As or the U3A movement as a whole. Please send details to me by email with 'Heybridge U3A' in the title

Contact me, Geoff Hadley, on any issue raised in the News Sheet by phone 01621 852494 or by

Email editor@heybridgeu3a.org.uk

From the Membership Secretary

Thanks to the many who have now paid their 2015/16 membership subscriptions or who have told me they intend to renew. In accordance with our Constitution, the Committee has the right to terminate the membership of any individual whose annual fee is unpaid 1 month after the due date, which was 31st March. If you are one of the 26 members from whom I have not heard and you wish to continue your membership, please let me know as soon as possible.

We were pleased to welcome 3 new members in April, plus one returning member.

If you are not a member and would like to find out more about Heybridge U3A, you are welcome to attend a monthly meeting (held in the Plantation Hall on the 2nd Friday of each month at 14.00) as a guest, There is no need to book – just turn up and sign in.

For any queries regarding membership, please

Email jennyparker14@hotmail.com or phone me on 01621 843581. Or, If I am not available, please contact Angela by phone on 01621 850310 or by Email angela.pleasance@hotmail.co.uk .

From the Committee

Those of you who read the report from the Computer Group last month will know that the CoG, Ian Newman, made a request for funding to purchase a tablet computer. After careful consideration, the Committee has rejected this request for the following reasons:

1. The budget for 2015/16, as agreed at the AGM, has an allowance of £200 for group subsidies, compared with an annual expenditure of about £100 in 2014/15. Whilst this is not set in stone, Ian's request would use up a very large portion of this allowance, leaving very little for other groups. **

*** It is worth mentioning here that, since its inception, Heybridge U3A has adopted a Third Age Trust model of funding based on a small annual subscription covering general meetings, newsletters and benefits available to all members, with all group activities paid for separately on a self-supporting basis. We believe that this is the fairest method, as individuals contribute only to those groups which they attend. Last year, groups accounted for just over £1800 of total expenditure, nearly all of which was room hire for those groups that meet in Plantation Hall. Other groups, such as Ten Pin Bowling and Croquet, meet at other venues and pay directly; their costs do not appear in our expenditure. If we were to meet the accommodation costs of groups meeting in the Plantation Hall, the annual subscription would need to increase by £10 per member. If we were to meet costs of all groups (which would be the only fair way) the annual subscription would be very substantial, and if we also subsidised equipment requested by all groups it could escalate exponentially. Your committee does not want that. Keeping a low subscription means that Heybridge U3A is open to people of limited means who can then decide which groups they wish to join.*

2. The budget has an allowance of £100 for equipment. We have recently found that we will need more money from the equipment budget to enable the laptop to work correctly for all presentations at the monthly meetings. Thus there will be insufficient funds available for a tablet to be purchased from that budget.
3. We considered the potential use by members of the Computer group and the wider membership. We all agreed that, in the future, many more people will be using tablets and needing help to do so, but because of the wide variety of types available, no one version would be sufficient to assist all those needing help. The committee therefore decided that, because there are other ways of helping our members, we would explore those possibilities.

Ian has responded by suggesting that we survey membership on the subject. Accordingly, a questionnaire will be circulated later this year to identify members' needs and experience in relation to using tablets. Once we have this feedback, we will be in a better position to organise appropriate workshops

Future Heybridge U3A Monthly Meetings

For our 8th May 2015 monthly meeting we will be having a talk from Peter Lawrence, Dip.Hist (Ldn). His subject is THIS POLICEMAN'S LOT – From The Krays To Royalty.

Peter is a retired member of The Royalty and Diplomatic Protection Service at Scotland Yard and his talk includes things which made the media headlines and some which did not.

The 12th June meeting is to centre on The Magna Carta and its 800th anniversary. The format is not yet decided, i.e a quiz or talk

For Friday 10th July Ralph Springett, a shipwright and carpenter, who has, and continues to work on Carol Greenhalgh's barge is coming to talk to us about some of his experiences with *The Emergency Disaster Team* including the Japanese Tsunami disaster.

John W Harrison: phone 01621 854851 or Email johnwharrison@sky.com

From the Events Secretary

Planned Events

- Thursday 21st May a trip on MV Princess Pocahontas.
- Friday 17th July, a trip to Audley End House and Gardens.
- NEW, Sunday 19th July. An Elizabethan Musical Extravaganza at Layer Marney Tower.
- Sunday 20th September 2015, a trip to the Royal Dockyards at Chatham, on their 'Back to the 40s' weekend – with Lodge Coaches Please note revised travel arrangements and cost.

Please see page .13 for further details

GROUP REPORTS

Art (Painting) Group

The bright sunny weather has encouraged almost a full house for our Friday afternoon sessions. An interesting spin-off from our recent lessons in acrylic painting is that some among us are now experimenting with mixed media - that is to say, combining watercolour and acrylic paints on the same page. Of course, there are no hard and fast rules when it comes to art, so why not? It works

One or two of us are now starting our artworks by drawing with a pen, instead of pencil, directly on to the paper before applying the paints. As soon as one feels confident enough to try this technique, for some inexplicable reason it can prompt a more free-flowing style of drawing and a looser, livelier use of paint. If you haven't already done so, why not give it a try? Gill Carpenter

.For information about the group contact, Michael Kempen: Email m.kempen159@btinternet.com or Phone 01621 892974.

Ballroom & Latin Dancing Group

We were very low on numbers attending today- probably some due to the nice weather.

Attendees today had an opportunity to experience the following dances, Waltz, Quickstep, Tango and Samba in addition to those dances already covered. The feedback suggested that they found it enjoyable to taste what is to come in the future and good progress was made in getting to grips with the timing of these dances.

Our next gathering is on the 22nd May at 14.00, being the fourth Friday of the month as normal. I would suggest that you continue to visit the [www.izabela dance website](http://www.izabela-dance.com) in order to get some practice in the dances we cover. Alf Bell and Gloria Bomford

Alf Bell. Email dossod@fsmail.net or phone 01621 840158

Bird Watching Group

What a wonderful start we had to our day when we visited Blue House Farm at North Fambridge. They have a web cam set up in the barn which has a pair of Barn Owls nesting. As we arrived the male was out hunting and we were able to watch him flying around until we saw him with a vole in his talons which he took back to their nest for the female who relies on him for all her food as she is now sitting on her eggs. Hope you like the photo taken by Jill



Lots of Skylarks singing around us as we made our way to the first hide also Meadow Pipit and Linnet. The first hide overlooks an area of shallow water with Coot, Lapwing, and Avocets. We walked along to the next hide which has the deeper water so we had Little Grebe, Shelduck, Shoveler, Gadwall, Tufted Duck and the next highlight of today, a Snipe which *I don't think* we have spotted one since we started the group. Today has been a special day for us all.

Male Barn Owl Jill Mcgregor

The web cam that shows the Barn Owls is www.essexwt.org.uk/barn-owl-daywebcam-2015

If you would like to join our group next month we are going to see (we hope) some Avocet chicks. Please get in touch with Maureen email symockturtle@yahoo.co.uk or phone 01261 869871.

Computer Group

I have to report, again, that the numbers were down again in April. The monthly subscription has been increased to £7 this quarter. Has the increase to £7 per quarter put people off?

We thought it might be worth considering, in the Group Meetings, the more mobile forms of communication and computer use that we know as the Tablet Computer. The Computer Group Members considered that there are Heybridge U3A Members who are either using them or thinking of buying one and would like a forum to discuss this subject

Following a late start followed by the discussion about the above we decided to break for a cup of tea before we continued with the topic entitled The Computer Screen: What it does and what it can tell you which we started last month.

The Computer Group Meetings are for those wishing to be more proficient at using the computer, in any of its forms, PC, Laptop, or Tablet, starting at any stage. The subjects covered are tailored to those that attend the monthly meetings. The meetings are held in the Claydon Room in Plantation Hall on the third Thursday of each month at 14:00, when you will be made welcome. Just come along.

Ian Newman: Email ian.newman@tiscali.co.uk or phone 01621 891184.

Cards and Paper Crafts

No report received this month. The next meeting is 6th May at 14.00. The following meeting is 3rd June both at 14.00

Please contact Lesley for details. Phone 01621 858135 e-mail Lindawoonton@sky.com

Creative Writing Group

We had a nostalgic afternoon hearing stories set in the 1950s or 1960s. These led to us talking about camping, so we decided to set that as our subject for next month. If camping does not inspire we will widen it to holidays of any sort.

Angela Pleasance angela.pleasance@hotmail.co.uk or tel: 01621 850310

Croquet Group

The Croquet Group should run again this year, hopefully from mid to late April until towards the end of October. The format which proved so successful last season, twice monthly on Thursday mornings at Forrester Park, will again slot in with the Maldon Club's own requirements, subject to priority for any league and friendly matches yet to be arranged. There were no problems last season, apart from my absence on league duty on one occasion, when Rita took over, at fairly short notice, with help in setting up and clearing away from the other members. The emphasis is on fun in good company!

My recent, hopefully short-term, health upsets shouldn't delay the start as others, perhaps led by Rita, are now capable of running the initial sessions if necessary, while experienced members of the Maldon Club have expressed willingness to help with coaching beginners. Don't worry if you've never played before – you'll be in good hands as Maldon were runners up to Hunstanton in the East Anglian league last season! We also have use of the Forrester Park clubhouse for refreshments.

Should numbers allow (the Club currently has only 12 mallets for visitors, although plenty of room) we may open membership to other local U3A Branches, encouraging sharing of interests and experience in the spirit of the U3A, but for now priority will be given to Heybridge members. As a small visitor fee is payable only to play, there's no financial barrier to cross-membership. I intend to have a list available at the April meeting to give further details and register interest.

John Gorrie. Email gorries@jprag.myzen.co.uk or phone 01621 854006

Discussion Coffee Morning Group

Our April meeting was very enjoyable. At one point there seemed to be three different discussion points taking place at the same time, as we were all females we could call it multi-tasking. We did of course still manage to fit in the refreshments kindly provided by Yvonne.

Our next get together will be at 11.00 on Friday 15th May at Jean Murray's house.

Margaret Brown: phone 01621 854885 or Email mbandmeg@btinternet.com

Family History Group

There was no meeting in April and there will not be a meeting in May because of holidays.

Lesley Pomphrett: phone 01621 817733 or Email lesleypommy@hotmail.com

French Conversation Group

This month we looked at the phonetic alphabet, not the Alpha, Bravo, Charlie version that we are used to, but the French version which is made up of fore-names. Some of the names were recognisable to us, but others are archaic. Do you recognise them all? We certainly didn't.

Anatole, Berthe, Célestine, Désiré, Eugène, François, Gaston, Henri, Irma, Joseph, Klebér, Louis, Marcel, Nicolas, Oscar, Pierre, Quinta, Raoul, Suzanne, Thérèse, Ursule,, Victor, William, Xavier, Yvonne, Zoé.

After this we read a passage on how French law changed in 1993 to allow names other than those on a set list, so long as they would not be detrimental to the well-being of the child. One example given was where a couple had called their daughter after their favourite spread. The court reduced “Nutella” to Ella . We imagined the grief handed out to an English child called “Marmite” as a comparison.

Our meetings are held on the second Wednesday in each month starting at 10:00.

For further information please contact:

Jenny Parker: email jennyparker14@hotmail.com or phone 01621 843581.



French Improvers: Joint Blackwater / Heybridge Group

With holidays in France in mind, we spent the afternoon revising restaurant French – reading the menu, ordering a meal, understanding the waiter and complaining if things aren't right. We also read (in French) an article about a new law in France which requires restaurant menus to contain a ‘fait maison’ logo (see picture) to show that home-made dishes are made from raw ingredients. This is the first time that French law has tried to define the ‘home made’ concept but, unfortunately, the definition is not always clear. While frozen vegetables are allowed in home-made dishes, frozen chips (pommes frites) are not

Our next meeting date falls on Bank Holiday Monday (25 May) and those present decided they did not wish to meet on that day. However, there was interest in trying to find an alternative Monday in May when we might meet and I will be e-mailing group members to find out their availability.

For further information please contact:

Jenny Parker: email jennyparker14@hotmail.com or phone 01621 843581

Gardening Group

We had a beautiful afternoon for our visit to Feeringbury Manor garden. The tulips and blossom trees were in full bloom, with a chorus of birdsong as an accompaniment, and then we drove the short distance to Coggeshall for tea at the Clock Tower.



Feeringbury Manor garden

Next month we have two gardens on Sunday 24th May, at 11.00 and 14.00, or just come to one of them if you prefer. They are Beth Chatto gardens, and nearby Spring Cottage. There are details in the Yellow Book or on the Beth Chatto and NGS websites. I can arrange a lift if you need one.

Pat Yates: Email pat.yates@tesco.net or phone 01621 892866.

Italian Conversation

We had another new lady join our Beginner's Group, which was good. The main focus for the meetings was conversation, and we managed to dust off the linguistic cobwebs and chat about many and varied subjects, including holidays past and future, family members, work and hobbies. We all agreed that conversation is, perhaps, the most challenging task to tackle, as you have to think of everything and put it into words yourself, unlike reading from a book where everything is written down for you. We all felt we benefited from having a meeting that was just based on conversation, and intend to hold similar meetings in future.

The next meetings will be:

Advanced Group: 5th May,

Beginners' Group: 11th May

Janice Slight E-Mail janice.slight@tiscali.co.uk

Local History Group

After lunch at the Zinc Arts Centre [built as Ongar Cottage Homes to home pauper children and foundlings of Hackney] we took to exploring around Chipping Ongar, using the Visit Historical Ongar Millennium Walk Guide. We set off in groups and amongst our finds were the house where Jane Taylor [who wrote Twinkle Twinkle Little Star] grew up and the church where she is buried and, nearby, the room where David Livingstone lived whilst attending the London Missionary School. Several of our well informed members were able to spot points of interest additional to the leaflet's information. Some then drove, but most walked across the fields, to Greensted Church, said to be the oldest wooden church in the world.

At the time of writing, plans for May have changed several times and we are now hoping to visit either Mersea Island museum or Maldon museum, both of which have special exhibitions running and interesting neighbouring churches.

The people at the museum of Power in Langford are putting on a special guided visit for us in June and we are told that 'scrumptious cakes' will be available

Carol Greenhalgh: phone 01621 840339 or Email george.smeed@virgin.net.

Patchwork Group

The next meeting of the Patchwork Group will be in the Claydon Room on Monday the 11th May at 14.00.

Anne Thorpe; Email Anne.thorpe@btinternet.com or phone 01621 850828.

Petanque Group

For our group, summer has come at last and a degree of 16C is very amenable with no sight of rain into the bargain. When you read this it will be past the early May Bank Holiday (when we do not play) with one more at the end of the month. After that it will be plain sailing until the end of August. We have welcomed three new members but now a few are starting holidays. However we had 13 playing last week and now expect an average of 10 to 12 which is enough to make 3 lanes. With our card system of choosing partners we are well mixed up from week to week not knowing who we will partner until we arrive. This means that newer players are sometimes mixed with the more experienced ones and it makes the afternoons very sociable. Especially with the refreshments at the kiosk afterwards for those who wish. If you would like to try and have no boules, I can bring some if you email me beforehand. We start at 14.00 on Mondays.

One of our members recently had a short stay in hospital so we wish him a speedy and complete recovery. We welcome new members to come and join in the fun.

Barbara Barbrook. Email c.barbrook@sky.com or phone 01621 855605.

Photography Group

The assignment subject for the April meeting had been agreed at the beginning of March was "to take a photo and try to get the whole of the image in focus ". Members managed to provide some interesting shots ranging from landscapes to still life portraits. We then discussed the photos and the camera settings that were used in taking them.

Peter brought along 5 different images of a photo to show us. The original of which was taken in 'Raw' this had then been processed using 'Light room'. Peter then showed the photo after it had been processed using Photomix HDR software. The last two images were converted to Black & white again using Photomix, with an Artistic filter used to create the final image. The result of this made the photo look eerie like a scene from a Dickens novel.



During the meeting we discussed 'Focal length and Angle of View' and how this affected the amount of the scene that was included using different lenses. The meeting ended with the decision that the assignment for the May meeting would be to take a close up photo with the background blurred.

In the group we cover a wide range of topics and try to cater for the needs of all of our members whether you are an experienced photographer or a complete novice.

We welcome anyone who is interested in taking photographs no matter what type of device you use, whether it is an SLR, bridge or compact camera, a tablet or even a mobile phone.

If you have a particular topic or query you wish to discuss, if we cannot give an answer from within the group, we will attempt to find the answer for you. We set an assignment each month which has been agreed by those attending the meeting. We are not competitive but enjoy looking at everyone's interpretation of the topic chosen.

Whatever your levels of photography why not join us, you will certainly be made welcome.

We meet on the first Thursday of each month at the Combined Military Services Museum at 14:00.

Anyone interested in joining or coming to see what we do can contact Norman Grove on 01621 842805 or by email norman.grove@gmail.com.

Reading and Books Group

In April we read and discussed The Uncommon Appeal of Clouds by Alexander McCall Smith. It was his ninth tale of Isabel Dalhousie, Edinburgh philosopher and sleuth. The story concerned the victim of an important art theft who appealed to her for help.

Our next meeting will be on 20th May at the usual time in Plantation Hall. Please contact Carole Overy on 01621 893450 if you need further details.

Scrabble Group

At the April meeting we had two good games with time for a chat over refreshments. A couple of us were quite glad to be sitting down just exercising the brain after walking round Kew the day before. Good use was made of Carol's list of 2-letter words, many thanks. Why not come and have a game with us on the fourth Tuesday of the month at 14.00 in the Meeting room at Plantation Hall. £2.00 per session covers the room hire with a cuppa and biscuit.

Linda Etherton Telephone: 01621 843702 Email: ethertonbikes@aol.com

Solo Whist

The second Wednesday in the month means solo whist day and five of us enjoyed the afternoon session at our house. As usual there were lots of good calls with winning hands including several abundances. The hands called are normally fairly evenly distributed but, unfortunately, one of us only had one call in the whole session and alas lost that.

Tina served us a very nice cake with tea and coffee during the break which was appreciated by all (some more than others).

The next meeting is at Bill & Florence's house on Wednesday 13th May at the usual time of 14.00.

Dave Mason C O G01621 858635 e mail tina@tina832.orangehome.co.uk

Technical Computing Group

This meeting was very interesting and was held at Ian's House. Various computer items were discussed at the beginning of the meeting. An interesting problem was raised by Alex, apparently he is experiencing some problems with Microsoft Outlook, one of the available email programs, and it seems Ian may have been able to help him. Ian then gave a very interesting insight of sending emails from New Zealand, where Ian and Pat went over Christmas to see his family. Apparently he found the most effective method was to use Gmail. The discussions went to ask each of us about the Broadband download speeds we were getting. Then we followed on by talking about the old type of telephone exchange switching used years ago, the very noisy 'Strowger', which some of us experienced working with, and the difference 'System X' i.e. digital switching made, which was completely silent, The main benefit for the engineers was not have to wear ear defenders anymore.!

Oh such is the march of progress!!!

I hope you can see the varied discussions we have as a small group, (5 members), if anyone may be interested in joining us, please contact me by email, and give me a contact telephone number so I can call you back and have a talk explaining our group.

Our next meeting will be on the 7th of May in Maldon

Colin Mason (Cog) colin@mason20.wanadoo.co.uk

Ten Pin Bowling

Despite the almost summer-like weather outside, ten enthusiastic players arrived for a fun afternoon of bowling.

We had three lanes, those with three playing managed four games, and the other lane played three. There was a contest for the highest scorer between Chris and Roger. Chris won by one point achieving the magnificent total of 144. Definitely one for girl power! Husband and wife were still speaking when we had our tea and biscuits afterwards! Next meeting at Madison Heights is on Tuesday 12th May at the usual time of 13.45 for commencement of play at 14.00. Lynne Morrison lejmorrisson@gmail.com 01621 891288

Threads and Fabrics Group

Due to our meeting occurring on the day after the bank holiday and half term, our meeting was very quiet. Our next meeting will also be on the day after the late May bank holiday. Members of the group have been told where we are meeting. If anyone else is interested in coming to the meeting, please contact me for details.



Hemming heavy material

Meetings are held on the first Tuesday of each month starting at 14:00. Please speak to Pat on this subject.

Pat Newman. Email ian.newman@tiscali.co.uk or phone 01621 891184.

Ukulele Group

Ever wanted to play the ukulele? This simple little instrument has never been so popular and all sorts of people are taking it up.

A basic uke costs about £25 to £30 and may even be found cheaper in CashXchange in Maldon or Witham. I can lend a couple of ukes initially to those without their own instruments. Call me now

If you are interested, ring me, Robin Carpenter, on 01621 859060, with your details and if enough people are interested we can get the ball rolling.

Beginners welcome.

Robin Carpenter robinrcarpenter@yahoo.co.uk

Walking Group

Our April walk was a pleasant stroll in the spring sunshine around Abbots Hall farm, the Essex Wildlife Trust headquarters.

Gill and Robin have suggested a bluebell walk for next month, to Chalkney Wood at Earls Colne.

Take the B1024 past the Marks Hall entrance, north to Earls Colne. At the roundabout in the middle of Earls Colne, turn right into Upper Holt Street, then first right into Tey Road. After about 1/2 mile there is a track off to the left leading to Chalkney Wood. This should be signed. There is parking space along this track. Meet there at 14.00 Thurs 14th May.

Please let me know if you can join us and if you need or can offer transport

Elizabeth:

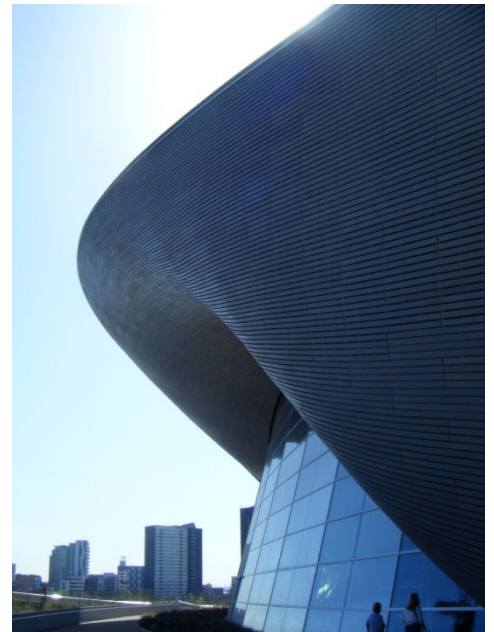
Email e.m.e@talktalk.net or phone 01621 850618. Mobile 07581029816.

Weekenders Group

A small group of Weekenders enjoyed a walk around the Olympic Park and as I, unfortunately, was unable to join them, Linda has kindly put a few words together about the day out.

A few of the Weekenders made our way to the Olympic Park at Stratford and completed a 2-hour tour with a Blue Badge Guide. We could not have had better weather, it being the hottest day of the year, and the Olympic venues, art installations and gardens looked splendid in the sun.

We heard about the history of the Olympic bid and the design of the park, and valiantly tried to answer our guide's quiz questions. There is quite a lot of re-development going on, such as the transformation of the Olympic Village into flats of varying sizes for rent at reasonable rates, continuing the re-generation of what had been a derelict area. Of course, Westfield Shopping Centre is adjacent to the park, offering plenty of retail therapy and food outlets, so there is something for everyone to enjoy.



Olympic Park

Linda Etherton

Dates for your diary

Saturday 13th June at the Salty Dogs Cafe, Goldhanger

Coffee Morning at White Elms Nursery, Bicknacre, Saturday 11th July at 10.00

Coffee Morning at Wilkin's Jam Factory, Tiptree, Saturday 15th August at 10.00

Marilyn Corbett: Phone 01621817518 or email mars42@btinternet.com

Wine Appreciation Group

Australian wine is the subject of the meeting on 20th May, when John is going to talk about his visits to vineyards there. After a discussion at the planning meeting about supermarket wines we decided that we would try an economy priced wine from one of the low priced supermarkets this month and the wine chosen is a Chardonnay from Limestone Coast vineyard at a cost of £5.99. It is unoaked, dry and full with a perfect complement of honeysuckle, white peach and fresh pineapple.

Jackie Jones: Email jachjones@tiscali.co.uk or phone 01621 817117

Further Information and Details of Events

The following events are planned for this year. Please note that members are asked to pay for outings in full, six weeks before the trip date. If the trip later proves not to be viable, the money will be refunded in full.

MAY. Fifteen places have been reserved for us on the MV Princess Pocahontas on her voyage from Tilbury to Westminster and back to Tilbury, on Thursday 21st May. Viking Transport will collect us from Tesco Extra at 08.00 and return us there at approx.18.30. There is a cafe on board. The cost of transport is £9.00pp and is due immediately please. Collect your tickets from Lesley or Pat at the next full meeting.

July. A trip to the beautiful medieval house Audley End on Friday 17th July. Admission to the House and Gardens is free for us as U3A members, courtesy of English Heritage. Fords Coach will collect us from Tesco Extra on the Fullbridge, Maldon at 09.00. We first stop at Saffron Walden to eat our sandwiches, find somewhere for lunch, or just wander about that lovely old town, before journeying on to Audley End. Our visit ends at 16.00. Plenty of room on the coach, so please do sign up! Coach fare of £14.00 pp to be paid by Friday 12th June.

July. An Elizabethan Musical Extravaganza is planned at Layer Marney Tower on Sunday, 19th July. Last year we thoroughly enjoyed our picnic there and hope to do likewise this year. The cost is £6.00 pp if 20 or more members go. Please pay by 12th June. Car sharing is suggested for this event..

September. Sunday 20th September 2015, a trip to the Royal Dockyards at Chatham, on their 'Back to the 40s' weekend – with Lodge Coaches. Total cost £28.50 (not £43.45!). More details later.

Please sign up in the first place to show interest and remove your name if you later find you are unable to join the trip. Please contact me with any queries.

All cheques should be made payable to Heybridge U3A

PAT SMITH; 01621 856569 E.MAIL patcleary98@sky.com

Association of Essex U3As

On the Notice Board

Items from the latest mailing that might be of interest:-

U3A National Summer Schools: July 13th -16th at Harper Adams University Shropshire and August 17th – 20th at Royal Agriculture University, Cirencester.

The RHS are offering a U3A group discount of £2 off entry fees for groups of 10 or more, to various shows and gardens.

The 2015 Annual General Meeting of the Third Age Trust is to be held in Nottingham on 27th August 2015. A 'Who's Who' of people who support the U3A at national level is available.

Free legal advice for U3A members - FirstAssist can advise U3A members on any legal issues, not just U3A ones. Telephone FirstAssist on 01455 251 500 and quote The Third Age Trust, 70494.

Flyer for RAF Museum London First World War Display The tour lasts for an afternoon and several dates are available throughout the year.

FutureLearn More courses are available at the Website www.Futurelearn.com

UCL are conducting a research project looking at the ability for people with dementia to participate in cognitive behaviour therapy. They need to recruit a health control group of people over 65 to do this, with questionnaires and an interview to be conducted in London. If you are interested please speak to the secretary who has further details.

More details for the above can be found on the Heybridge U3A Notice Board. These and others are also detailed in The U3A magazine 'Third Age Matters'.

Blackwater U3A holiday

BLACKWATER U3A members are all set to share time and adventures in Derbyshire in September 2015. On Thursday 24th September we leave West Maldon Community Centre and travel to the Mickleover Court Hotel in Derby for five nights with half-board accommodation and access to the swimming pool and gym. The cost per person is £459 with an additional cost of £75 single supplement. Travel insurance with no upper age limit is available at £10 pp. The price includes coach travel, excursions, and admissions (except for NT properties) and complete luggage handling For details of this trip see PAT SMITH; 01621 856569 E.MAIL patcleary98@sky.com

Hi Everyone,

This is a plea for First Aid cover for an event on 17th May.

As a contribution to raising monies for Christian Aid 2015, St Mary's, together with the Christian Aid Committee, are organising a fun run/walk on the afternoon of Sunday 17th May in the Promenade Park. Registration is at 13.15 with the start at 14.00.

First Aid cover will be required for a period of approximately 2 hours

If you are able to help, or know of a qualified First Aider who has access to the appropriate equipment to provide cover for the event, please contact me, on 01621854065 or email dawnrosemary@fsmail.net

With thanks and in anticipation, Dawn Mundy.

Adult Experience Days at Braintree District Museum

Braintree District Museum is housed in a Victorian school building dating from 1862. The museum celebrates the diverse history of the area, with exhibitions ranging from archaeology to industrial history and from art to natural history. We are pleased to offer a tailored range of Experience Packages for adult groups based around these key collection strengths. They are designed to ensure that you get the most out of your visit.

For more information, to discuss your requirements or to request a booking form please call 01376 325266.

The Web site is www.braintreemuseum.co.uk

ESSEX ASSOCIATION OF U3A'S QUIZ DAY

Christ Church URC 164 New London Road CHELMSFORD CM2 0AW

Tuesday, July 7th 2015

From 13.40 until 16.00 (Quiz starts at 14.00)

Refreshments will be served before the Quiz begins

TABLES OF 8, plus up to 6 spectators/supporters PRICE: £2.50 per person

Contact a Committee member if you want to enter.

Group Name, Co-ordinator & Contact Phone Number

Group Name	Co-ordinator (COG)	Telephone Number
Art (Painting)	Michael Kempen	01621 892974
Bird Watching	Maureen Lenoir	01621 869871
Cards and Paper Crafts	Lesley Woonton	01621 858135
Coffee Morning	Margaret Brown	01621 854885
Computer	Ian Newman	01621 891184
Creative Writing	Angela Pleasance	01621 850310
Croquet	John Gorrie	01621 854006
Latin & Ballroom Dancing	Alf Bell	01621 840158
Family History	Lesley Pomphrett	01621 817733
French	Jenny Parker	01621 843581
Gardening	Pat Yates	01621 892866
Italian	Janice Slight	01621 853393
Local History	Carol Greenhalgh	01621 840339
Patchwork	Anne Thorpe	01621 850828
Petanque	Barbara Barbrook	01621 855605
Photography	Alex Lees & Norman Grove	01245 225153 01621 842805
Reading & Books	Carole Overy	01621 893450
Scrabble	Linda Etherton	01621 843702
Solo Whist	Dave Mason	01621 858635
Technical Computing	Colin Mason	01621 854906
Ten Pin Bowling	Lynne Morrison	01621 891288
Threads & Fabrics	Pat Newman	01621 891184
Walking	Elizabeth Eastwood	01621 850618
Weekenders	Marilyn Corbett	01621 817518
Wine Group	Jackie Jones	01621 817117

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

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4th May	4 Bank Holiday	5 Threads 14.00 Advanced Italian 14.00	6 Cards & Paper Crafts 14.00	7 Photography 14.00	8 Monthly Meeting 14.00	9 Weekenders Osea view 10.00	10
11th May	11 Petanque 14.00 Beginners Italian 14.00 Patchwork 14.00	12 Ten Pin Bowling 14.00	13 French Conversation 10.00 Solo Whist 14.00	14 Technical Computing 14.00 Walking 14.00	15 Painting 14.00 Coffee Morning 11.00	16	17
18th May	18 Petanque 14.00	19 Local History 14.00	20 Book Group 14.15 Wine Tasting 14.00	21 Computer 14.00 Princess Pocahontas	22 Painting 14.00 Dancing 14.00	23	24 Gardening 11.00 Gardening 14.00
25th May	25 Bank Holiday	26 Scrabble 14.00	27 Creative Writing Group 14.30	28 Family History 10.30 French Improvers 14.00	29 News Sheet Copy to Editor Painting 14.00	30	31
1st June	1 Petanque 14.00	2 Threads 14.00	3 Cards & Paper Crafts 14.00	4 Photography 14.00	5 Committee Meeting 10.00	6	7
8th June	8 Petanque 14.00 Patchwork 14.00	9 Ten Pin Bowling 14.00	10 French Conversation 10.00 Solo Whist 14.00	11 Technical Computing 14.00 Walking 14.00	12 Monthly Meeting 14.00	13 Weekenders At Salty dogs cafe 10.00	14 Gardening 14.00
15th June	15 Petanque 14.00	16 Local History 14.00	17 Book Group 14.15 Wine Tasting 14.00	18 Computer 14.00	19 Coffee Morning 11.00 Painting 14.00	20	21
22nd June	22 Petanque 14.00 French Improvers 14.00	23 Scrabble 14.00	24 Creative Writing Group 14.30	25 Family History 10.30 French Improvers 14.00	26 News Sheet Copy to Editor Painting 14.00 Dancing 14.00	27	28