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Refreshment Group Rota

May Weekenders

June Yoga

July Art

Please provide 3 people to serve

refreshments

Heybridge U3A News Sheet No.4/2019 May 2019

Your Committee

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NEWS FROM THE COMMITTEE

From the Chair

A pril's general meeting was my first as Chairman. I must admit, I did find it daunting - so thank you for bearing with me. I know it will get easier, especially as I get to know more of you. There are so many new challenges as I grow into the position, and I need to get to grips with all the legalities and practicalities of the job.

Regrettably, our secretary Linda was unable to be with us, and I am sure you all wish her well, and very much look forward to seeing her at the May meeting.

Our speaker on the day was another Local U3A member, Mr. Patrick Forsyth. He spoke about his travels and the books he had written, even bringing along some for sale - no doubt an inspiration to all the creative writers amongst you.

The 10th of April saw the "Staying healthy in your third age" event, organised by Maldon/Limebrook U3as. 9 members of Heybridge joined 54 members from other U3As, and all found it very informative and the feedback was very positive.

Limebrook U3A Have advised of a "Singing Workshop" to be held on the 14th of May time 10.30am – 12.00noon. The workshop will be presented for the U3A by **Nicola Esson (macTheatre)** cost will be £5 payable on the day. To book contact jess.patient@gmail.com. Please also see poster in lobby.

On Saturday the 13th three committee members and I attended Plantation Hall to represent and promote our U3a during the Maldon Parkinson's group charity lunch. We had interest from a dementia carers association, who proposed to promote the U3A to the families looking after dementia patients, and also we had a little interest from the general public.

Finally, we have had an approach from Maldon Community Volunteering Services, asking that we make you all aware of the "Green Gym" that is available in Heybridge - please see poster in lobby, or contact them on Tel: 01621 851891 for details.

I trust you all had a happy Easter and continue to enjoy the better weather while it lasts.

Norman Cumming chairman@heybridgeu3a.org.uk

From the Editor

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 16 pages in a large font. I would ask contributors to limit their photos to pictures of U3A generated activities and not copy pictures from Websites as, when published, this may be contrary to Copyright laws. Information about the Committee Members and their reports can be found in the first few pages. The back page shows the Diary for the months of May and June. Please send reports for the June news sheet by the 24th May.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

The have welcomed two brand new members so far this year and most existing members have renewed. However a few have not as the renewed. However a few have not and if you know anyone who does not want to continue as a member please let me know so I can take them off the list.

Unfortunately someone who has not renewed should not attend main or group meetings as they will not have the third party insurance cover provided by the U3A.

membershipsecretary@heybridgeu3a.org.uk Philippa Moody

Interest Groups Coordinator

have had 2 enquiries regarding setting up a new group. The first enquiry was for a Model Railway Group which I think is a great idea. This might involve making scale model buildings and/or visiting Model Railway Exhibitions. My 2nd enquiry was for an "Eat the World" group. This would be a weekday lunch group with the emphasis on cuisine from a different country each month. I am sure this will appeal to our more culinary adventurous members! Or maybe you have a spouse who is not so adventurous so this would be a great opportunity to eat at places you wouldn't normally go to.

If you are interested in either or both of these groups please contact me by email.

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme for May to July 2019

Fri May 10th Willow in the Landscape Deborah Hart

Fri June 14th Essex Search & Rescue t.b.a

Fri July 12th Del Shannon & Roy Orbison Story Micheal Grillo

I always welcome your comments, if you enjoyed a speaker, or not. Feel free to speak to me at our monthly meeting or send an email to the address below. It helps me to plan future meetings. Please let me know of any talks you may have heard and think others would find interesting

Jan Brown speakersecretary@heybridgeu3a.org.uk

GROUP REPORTS

Art Group

We had a lovely surprise at our final painting session for April when Lois, one of our founder members from ten years ago, dropped in to say hello. We have tried on numerous occasions to persuade her to rejoin our happy crew, but these days Lois prefers to work at home. She is still painting enthusiastically - and getting commissions - and it was a real treat to see her smiling face in our midst once again. Big hugs all round!

Now we're getting into holiday season once more, hopefully those of us heading for pastures new will be inspired by what we see and experience. There has been talk of sea and river cruises, and one lucky member was about to head for the Dutch bulb fields - such a gorgeous and inspirational place to visit in springtime. I have just returned from a whistle-stop tour of Japan and when my head stops spinning from all those exotic sights and sounds, I might try to capture the famous clouds of pink cherry blossom which I saw pretty much wherever I went.

Maybe in another month or so we travellers will have produced a masterpiece or two to demonstrate "what we did on our holidays".

Gill Carpenter.

For information about this group contact Tina Martin

Bird Watching Group

We have had two very successful outings this month with an owl evening at Abberton and a walk at Heybridge basin

We were introduced to five Owls. It was wonderful to see them up close. All owls were hand reared and most were rescued as living in poor conditions.



Moffy Pat Hope Mystic Pat Hope

The two handlers had so many stories about the history behind each owl Most of the barn owls had been bought for children as pets because of the Harry Potter books and then finding out it's not easy to keep them indoors and give them the right food. We were told one had been found living in a wardrobe and another fed cotton wool; thank goodness they have such caring people looking out for them. The owls flew around us with some getting very close; they looked huge when flying close as they have a large wing span. The pictures are of Mystic the barn owl and Moffy the African spotted Eagle Owl. It was such an interesting and enjoyable evening I would love to see them again.

The next morning we went to Heybridge Basin and again so much to see: Oyster Catchers, Terns and Canada Geese. We heard the distinctive song of a Cetti's warbler, he was well hidden but some of the group were able to spot him. We were also lucky enough to see a Sedge Warbler in the undergrowth. Along the river mud we also spotted an adult Black Tailed Godwit strutting around in his summer plumage of reddish head, neck and breast so different from his dull winter grey. Again it was such an enjoyable morning.



Black Tailed Godwit Graham Parker Sedge Warbler

If you are interested please contact Maureen Lenoir at symockturtle@yahoo.co.uk to book a place on the trip."

Cards and Paper Crafts

This month saw one of us trying to finish a gift box started the previous month. The rest of the group were making cards. As the next time we were due to meet will be a Bank Holiday it is uncertain whether we will be meeting in May. Linda Lesley Woonton

Creative Writing Group

This month we heard some reminiscences about colour; the introduction of colour television, the colour wheel, and the difference that colour makes which was illustrated by a photo in colour and black and white. There was also a story about an artist ill in hospital and missing the colours of nature, and another about bright colours revealing hidden treasures when a trench was dug for a soak-away. Our final story was the continuation of the tale of Molly whose win on the Euro Millions lottery allowed her to take over and renovate the clothing factory where she worked.

It was a small gathering with a one uninvited visitor when a huge bumble bee decided to join us. He was gently shown the door but his visit sparked a debate that generated the titles for next month: 'Phobias' or 'Insects'. Please note that the meeting next month will be on 22nd May, the fourth Wednesday,, at 2:30.

Angela.

Croquet Group

We started the Croquet season on a lovely warm and sunny day; let's hope the rest of the summer is as good. There were just twelve of us as several members were away. The lawns looked good, however the lumps and slopes were still there, as we soon discovered! Everybody played surprisingly well after what seemed a long break. Graham did have a slight advantage as he had played earlier in the week, now that he is a member of The Maldon Croquet Club, and he will be able to advise us when we make 'illegal' moves, bad habits can creep in! We look forward to another good season.

We play for gentle exercise, good company and fun.

We play on the first and third Thursday of each month. If anyone has decided not to play this season please let me know as we may have to start a waiting list.

Looking forward to seeing you all on the 16th Anne Newson:

Discussion Coffee Morning Group

Our April meeting was on Good Friday at Lesley's house in Tiptree which she had "decorated" for the Easter visit of her grandchildren. We passed brightly coloured Easter eggs, flowers and Bunnies on our way in which was lovely.

We had a happy morning and enjoyed her hospitality.

The next coffee morning will be at 11.00am on Friday 17th May at Linda Etherton's house.

Margaret Brown

Family History Group

We enjoyed another visit from Mike Broad our military expert, who enlightened us on the battles and human loss at Verdun France, which was the longest and most ferocious battle of WW1, fought from February to December 1916 with a total loss in excess of 1,000,000 lives.

We welcomed Martin Perry who joined the group this month for a 'taster'. Martin is new to the group, but a veteran in family history - hopefully he enjoyed it enough to return next month.

Liz Cawdell had a 'gem' of a find in a local charity shop. For 30p Liz bought a white linen tablecloth which had been embroidered, (also in white), with I guess about 30+ names.

Maybe it was a memento or commemorative cloth for a special event - or maybe a gift for a special occasion. We estimated a date of the early 1900's.

Family History is very much based on detective work, so the new challenge - will be hopefully, to find a descendant.

Gloria informed us that last year's excellent 100 year WW1 exhibition in Maldon, is doing the rounds in the UK and this summer/autumn will be in London.

Liz also informed us of a talk in October at the Essex Record Office on 'The Witches of Elizabethan Essex'. Could be interesting!!

See you all 23rd May.

Jean Rogers

French Conversation



Language learning is not just about being able to speak a foreign language - it's also about being able to understand what is being said to you. To that end, we decided to try to practise our listening skills. I dug out some old BBC cassettes which I took to our March meeting and Barbara kindly supplied a tape recorder. However, a combination of old technology and poor acoustics meant we could barely hear anything, let alone

understand it. I therefore searched for some suitable listening material on the internet - not an easy task as most of it is aimed at school children. In April I took my laptop to the Plantation Hall and the caretaker kindly gave me the code to access the internet. However, as the connection was extremely poor, that also failed. As everyone now has the link, hopefully they will be able to access the site from their home computer.

Jenny Parker.

Local History Group

On Tuesday 17th April part of our Local History Group visited Colne Valley Postal History Museum. It is situated in a back garden in Halstead.

Steve and his wife are the owners of 135 ex British Post Office letter boxes (The second largest private collection in the U.K.). They have lots of other Post Office related artefacts too.

There are a few letter boxes in the front of their house but nothing prepares you for the quantity in the back garden.

Steve started by buying just one ex Post Box thinking it would look good in the back garden. He is a mine of information about his collection. The trip was very nostalgic, reminding me of visits to my local Post Office. The museum is open to the public on Saturday 18th May and Sunday 22nd September. It's well worth a visit.

Jan Brown

On the same day, a small group of intrepid U3A Local Historians visited Collier's brickworks at Marks Tey.

The whole process was fascinating, from the huge pile of clay dug from their own quarry to the final products, neatly stacked in small towers. At times I felt that we were on the set of an Indiana Jones film, complete with cranky ancient machinery dating back to the 19th and 20th century, conveyor belts and big trucks on rails, filled with the clay and sand mixture that results in different coloured bricks. We saw the store of hundreds of hardwood moulds, many with the names of buildings they were specifically produced for. Then watching bricks being hand made by two expert brick-makers was a real treat. Finally we could see a very old kiln in the distance contrasting with the modern gas-fired one in current use. It was just so interesting.



Brickwork Watchers!

Linda Etherton

For our afternoon visit in on 21st May, we are going to Hazeleigh Woods to see and learn something of the traditional skills involved in managing native woodland [and anticipating the bluebells to be out] and on 18th June we shall be heading for Harwich for the day to look at the Redoubt Fort in the morning and the lightship [including a pirate radio exhibition] in the afternoon. Contact Carol for more information.

Carol Greenhalgh

Music Appreciation Group

This month we investigated music with a connection to the letter A. So we heard Albinoni's Concerto for Oboe and Strings, Larry Adler playing Empty Saddles, the last few minutes of a very new work Concerto for Piano and Orchestra by Thomas Adès, and a Chaconne by François d'Agincourt (1680-1758). We watched a video from the Metropolitan Opera of the Triumphal March from Aida and a short piano teaching exercise by Violet Archer called Finger Tips Jig. André Previn played jazz with Oscar Peterson, and we enjoyed a couple of pieces from Sir Malcolm Arnold despite a description of him as 'unpleasant, frequently drunk and highly promiscuous'!

The French Alain family provided us with two pieces: Jehan Alain wrote the *Messe Modale* before he was shot by the invading German army in 1940, and his younger sister Marie-Claire became a very distinguished organist. We heard her playing Bach's *Jesus bleibet meine Freude'* before we went on to indulge ourselves in the ballet music *Appalachian Spring* by Aaron Copeland.

The only instrument we sampled which begins with A was the accordion from which we heard some music from *Pirates of the Caribbean*. We then heard some of John Adams' work *Hallelujah Junction* in which we could hear echoes of trains but which we did not otherwise find very interesting. One of our members requested her favourite music *Adagio* by Samuel Barber and we finished with two British film music composers Richard Addinsell who wrote *Warsaw Concerto* for 'Dangerous Moonlight' and John Addison who wrote the score for the film 'A Bridge Too Far'.

Philippa Moody

Needlecraft

We met at my house as usual this month, each one of us enjoying either hand stitching, knitting or cross stitch. No crochet this month! Our next meeting is on 20th May.

Hilary Furniaux

Painting 2

We are well into our Spring quarter for 2019 and with all the leaves emerging on the trees and flowers opening there is plenty for us to paint. If you like portraits, the Artist of the Year is now finished with a lovely portrait of Tom Jones hung in a gallery in Cardiff. There is a Van Gogh exhibition of his painting at the Tate Britain Gallery until August for you to see 500 of his works.

We look forward to seeing Heather returning to the group after her accident before Christmas and another person has also shown an interest in joining us. The date for this month is May 13th and I hope to see you all there.

Barbara Barbrook

Patchwork Group

The patchwork group will be meeting on 13th May and 10th June at 2pm in Linton Room W.M.C.C

For more information please contact Anne Thorpe.

Petanque Group

The Summer season started very well with an amazing turnout of 18 members, the warm weather players certainly swelled the numbers, and you are all very welcome! Well done everyone for remembering the new SUMMER STARTING TIME OF 2 0'CLOCK. I have placed the order for new Purple Polo Shirts/Sweatshirts, and by the time you are reading this, those of you who have ordered, will hopefully have your tops! I have been asked by Hilary, our Groups Co-ordinator, to check all Petanque members have renewed their membership this year. If you are not joining our U3A this year contact Philippa Moody, Membership Secretary,

Many Thanks... Hope to see you all on the Terrain very soon. Dian

Photography Group

We met at our usual venue to view and discuss the three photos that our members had submitted for the "Bird(s) "assignment.



We then discussed a photo that Peter had sent us of a Clock titled 'Passing Time'. Peter had asked for the group to guess/calculate what settings he had used on his camera to take the photo in one exposure based on the following information - The Camera was a Canon 6D with a 100mm macro lens the lighting supplied by a small desk lamp with a delight LED GU10 reflector lamp



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

Norman Grove

Reading and Books Group

All except one person enjoyed "Camino Island" by John Grisham. It was a light, lively story about the theft of valuable old books and kept up a good pace all through the story.

Our next meeting is at Angela's home in Heybridge Basin on Wednesday 15th May at 2pm, when we shall be discussing "The Girls" by Emma Cline. This is a coming-of-age story based in 1969 described as "stunning", "heart wrenching "and "beautiful".

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

Scrabble Group

It was very nice to be joined by a new member to the group and welcome Manon. An experienced online player of Words with Friends, Manon adapted well to the board game and the other members supplied helpful tips. Also it was good to have two boards in play, so we did a random selection of tiles to see who would play on which board over the 2 games. The tea break was very sociable and everyone did themselves credit in the games, with decent and fairly even scores.

If you would like to join us the next meeting will be on Tuesday 28th May at 2.30, again at Angela's. My contact details are on the list of CoGs.

Linda Etherton

Technical Computing Group

Our last meeting took place at Norman's House, we began by me distributing an article about the next Windows 10 update due sometime during this month (April), or May, the general point of opinion in the computer press is not to download it immediately, but wait at least two or three weeks, giving Microsoft the opportunity to clear away bugs that may be present in the first release, when you do decide to upgrade, don't forget to carry out a FULL Backup of all important files etc.

During the second part of the meeting we looked at the parts that go to making up an I Pad tablet pc, I was able to show how the various parts we put together either during manufacture, or when a damaged unit is repaired.

I would like to thank Brenda & Norman for their kind hospitably.

Our next meeting will be on May the 9th. Please email me if you may be interested in joining this small group,

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

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

Ten Pin Bowling

School Holidays! Madison Heights was buzzing with "Rug Rats" they were everywhere and making such a din you could hardly here yourself think!!!!! We soldiered on and used the noise as an excuse for not bowling well. Only 5 played, we used one lane to keep it friendly but we didn't achieve our usual scores. Even Graham had difficulty in maintaining his usual dynamic standard. The glory has to go to Lesley who achieved her personal best of 99 - well done that lady. We are looking forward to a quieter time in May.

The next meeting is on Tuesday 14th May at the usual time of 1.45 for 2pm. See you there! Lynne Morrison

Ukulele Group UKE3A

It is always reassuring to bump into a fellow Uke3A member wanting to know when our next get-together will be. So far two have asked me this week. Such enthusiasm for our humble but very enjoyable sessions! It's just as well we feel that way, because we must now knuckle down to some serious rehearsing for a few gigs coming up soon. As well as perfecting our repertoire for luncheon clubs, regattas and anything else that comes our way, we must also find time to bring in one or two new members who have expressed a wish to learn the gentle art of uke strumming.

It looks like being a busy summer!

Gill Carpenter.

Walking Group

11 of us met for a walk around Wickham Bishops. The weather was kind and we enjoyed a relaxed, interesting and chatty time, spotting sheep, lambs, horses, chickens and bluebells.

Our next walk is scheduled for Thursday May 9th, and the June walk will be held on Thursday 13th, both of course weather permitting.

If you would like to join us, please contact Linda, see the last page of the newsletter for details. Linda Wells.

Weekday Lunch Group

This month we went to the Anchor Pub at Runsell Green on the way to Danbury.

Several of our group had not been there before but were impressed by the service we received and the excellent food. An extra bonus was that the Pub has as a system which allows everyone to pay individually which makes everything much easier at the end of the meal.

Jean Perrott.

Weekenders Group

Fifteen weekenders met at the Strawberry Tea Room, Olivers Nurseries in Witham on a cold and rainy day in April. Then on 27th April a smaller group went to see the Witham Operatic Society production of Gilbert and Sullivan's *Iolanthe (with a twist)*. And what an excellent performance it was! First class acting and singing! The 'Essex- girl' fairies tripped 'hither and thither' around the dim-witted MPs to the utter delight of the audience.

Dates and details of our next meetings.

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

Saturday 22nd June – We meet at the Buckhatch Nursery and Garden Centre, East Hanningfield Road, CM3 8EW, at the usual time of 10.00.

Sunday 19th May and /or Sunday 16th June - A proposed Garden visit to Whitehouse Cottages, Woodham Walter, (no 73 in the NGS Yellow book).

Saturday 20th July – Venue to be agreed.

Pat Smith

Yoga Group

Future dates for our next session are JUNE 5th, 12th, 19th and 26th continuing with JULY 3rd, 10th, 17th and 24th. Eight weeks in total.

Meanwhile enjoy the break but keep doing yoga at home; there are short UTube films on the internet as guidance but stick with your own level of ability.

Gloria Bomford COG YOGA



ANNE OF CLEVES HOUSE, LEWES

We left Maldon on a beautiful, crisp Spring morning. By the time we reached the South Downs we were driving through torrential rain! Luckily for us, the rain eased off by the time we arrived in Lewes and the hot coffee on arrival warmed the old cockles....

Anne of Cleves was gifted this house as part of her divorce settlement from King Henry VIII along with other properties in this area including Hever Castle and Michelham Priory. She never lived in the house, but rather rented it out and our guide, Joanna, brought to life the very interesting journey of its inhabitants. We learned the original meaning of 'sleep tight', 'the upper crust' and 'the Chairman'. 'Get a shift on' comes from having to throw clothes on at night to escape if a fire broke out in the house as many people slept 'au naturel'.

Despite the weather, many folks braved the walk to the Antique Shops of Lewes, some visited the Castle, a few managed the Gardens and all managed lunch!



Quotes from the day:

"Excellent, informative and humorous guide to the house"

"Fascinating talk and tour which brought history to life"

"Lewes is lovely!"

"Joanna added humour to a very bloody past with stories of Henry VIII's household and his intention to get his own way whoever lost their heads"

"Super lunch in the café"

There is so much to see and do in this part of the country that a return visit, maybe an overnight stop, is being planned for next year!

Liz Cawdell

Events Organiser

CANCELLED

Unfortunately, due to low numbers, this trip has been cancelled.

SUFFOLK PUNCH TRUST and SNAPE MALTINGS

Monday 1st July

£28 per person

The Suffolk Punch horse is the oldest English breed of working horse. The Suffolk Punch Trust was founded to help protect the critically endangered Suffolk horse through its established breeding programme, raising public awareness and training a new generation of professionals to work with these iconic heavy horses.

After our tour, we will go on to **Snape Maltings**, an arts complex on the banks of the River Alde at Snape, Suffolk, England. It is best known for its concert hall, which is one of the main sites of the annual Aldeburgh Festival.

The original purpose of the Maltings was the malting of barley for



the brewing of beer; local barley, once malted, was sent from here to London and exported to mainland Europe. Today a collection of shops, galleries, restaurants and the Concert Hall fill the old buildings.



HIGHGATE CEMETERY

Monday 7th October £30

Guided tour of the West Cemetery. Self-guided visit to the East Cemetery



With its sinuous paths winding up a steep wooded hill and ivy-clad monuments, here is a secluded funerary landscape at its most evocative. There are approximately 170,000 people buried in around 53,000 graves across the West and East cemeteries. Many famous people are buried here and the West Cemetery is designated Grade II on the Register of Historic Parks and Gardens.

*Visitors to the West cemetery should be aware that the paths are steep, and the tour route includes two flights of stairs with no seating opportunities. The East cemetery is on a gentler slope with no steps and predominantly tarmac paths. The tour takes about 75 minutes and will take place come rain or shine!



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Commencing							
29 Apr	29 Petanque 14.00	30	1 May Ukulele 14.00	2 Photography 14.00 Croquet 10.00	3 Painting 14.00 Committee Meeting 10.00	4	5
6 May	6 Spring Bank Holiday	7 Weekday Lunch 12.30	8 French Conversation 10.00	9 Technical Computing Walking 14.00	10 Monthly Meeting 14.00	11 Weekenders Tiptree tearooms 10.00	12
13 May	Petanque 14.00 Painting 2 14.00 Patchwork 14.00	14 Ten pin 14.00	15 Reading & Books 14.00 Music 14.00	16 Croquet 10.00	17 Painting 14.00 Coffee Morning 11.00	18	19
20 May	Petanque 14.00 Needlecraft 14.00	21 Local History	22 Creative Writing 14.30	23 Family History 10.00	24 Painting 14.00 Bird watching 10.00	25	26
27 May	27 Bank Holiday	28 Scrabble 14.00	29	30	31 Painting 14.00 Copy to Editor	1 Jun	2
3 June	3 Petanque 14.00 Cards & paper 14.00	4 Weekday Lunch 12.30	5 Ukulele 14.00 Yoga 14.00	6 Croquet 10.00 Photography 14.00	7 Committee Meeting 10.00 Painting 14.00	8	9
10 June	Petanque 14.00 Painting 2 14.00 Patchwork 14.00	11 Ten pin 14.00	French Conversation 10.00 Yoga 14.00	13 Technical Computing Walking 14.00	14 Monthly Meeting 14.00	15	16
17 June	17 Petanque 14.00 Needlecraft 14.00	18 Local History	19 Reading & Books 14.00 Music 14.00 Yoga 14.00	20 Croquet 10.00	Painting 14.00 Coffee Morning 11.00	Weekenders Buckhatch Nursery and Garden Centre 10.00	23
24 June	Petanque 14.00	25 Scrabble 14.00	26 Yoga 14.00 Creative Writing 14.30	27 Family History 10.00	28 Bird watching 10.00 Painting 14.00 Copy to Editor	29	30