

Heybridge U3A

News Sheet No.4/2020

May 2020

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

Archive

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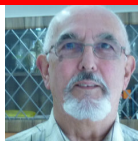

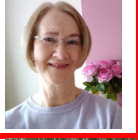
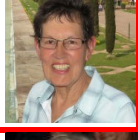

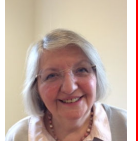


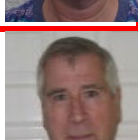
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Refreshment Group Rota

Cancelled

Your Committee

Chairman	Norman Cumming	
	chairman@heybridgeu3a.org.uk	
	01621 817200	
Vice Chair	Peter Radford	
	vicechairman@heybridgeu3a.org.uk	
	01621 843543	
Secretary	Linda Etherton	
	secretary@heybridgeu3a.org.uk	
	01621 843702	
Treasurer	Jill McGregor	
	treasurer@heybridgeu3a.org.uk	
	01621 842595	
Membership Secretary	Philippa Moody	
	membershipsecretary@heybridgeu3a.org.uk	
	01245 381379	
Publicity Officer	Angela Pleasance	
	01621 850310	
Groups Co-ordinator	Hilary Furniaux	
	groupsco-ordinator@heybridgeu3a.org.uk	
	07411 450634	
Speaker Secretary	Jan Brown	
	speakersecretary@heybridgeu3a.org.uk	
	01621 856989	
News Sheet Editor	Geoff Hadley	
	editor@heybridgeu3a.org.uk	
	01621 852494	

NEWS FROM THE COMMITTEE

From the Chair

Well 6 weeks have passed since we were confined to barracks. A lot of weeding has been done and the snowdrops and daffodils have been and gone. Bluebells and celandine are coming into their own and the fruit trees are in full bloom. The geraniums are being hardened off and I am about to plant beetroot in gaps in the flower beds. I have had the first picking from the rhubarb so, not gone stir crazy yet! I am thankful that I have a large garden and greenhouses to occupy my time and some more!

Would you believe it, I am already praying for rain as the garden is cracking up all over, and it is hard work getting through the crust?

I have also had the company from just after Xmas until mid-April of a cock pheasant who became almost hand tame, and for the first time, I have heard in the Tiptree area, the sound of the woodpeckers hammering away. At the time of writing I have just heard the first cuckoo.

Do not forget to carry on with your hobbies where practical. Contact friends and family regularly for a chat. If you are feeling lonely they also may be, if there are members of your interest group/s you would like to contact and have no details, contact your COG who will be pleased to help, think about using the phone rather than email which is rather impersonal, **it's Good to Talk**.

Meanwhile, keep your chin up, keep a stiff upper lip, it will then match your knees and hips, Follow the guidelines, you may be saving your own life as well as many others, keep safe, and, until we meet again, don't know where, don't know when, but I know we'll meet again some sunny day.

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 29th May.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

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 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 News sheet). 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.

Please be aware that if you had not renewed your membership by the end of April you will not receive further copies of the Third Age Matters magazine. We are charged for the number of copies mailed to our members so if we have not received your subscription your name will have been removed from the list. It can be added back however at any time to receive subsequent copies of the magazine.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

Interest Groups Coordinator

I have had no emails or phone calls from any COGs, not even a response to my email last month encouraging them to keep in touch with the members of their groups. However I did receive an email from Peter Harvey (Bowling COG) last week checking in as John and I are members of that group. I am sending another email to all COGs today. Although I have been chatting on the phone with several members (and family & other friends) over the last few weeks I have now run out of minutes on my mobile! 600 minutes is usually more than enough but I have never spent so much time on the phone as I prefer human contact. I hope all of you are managing to stay safe and well but if any of you need any shopping or medicines please call me and I will help if I can.

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme

Suspended **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

Publicity Officer

The National U3A day, which had originally been organised for 3 June, was re-scheduled for 1 October but in view of the anticipated prolonged imposition of social distancing I think it is a question of 'watch this space'

The distribution of hard copies of Maldon and Heybridge Life, which usually carries our reports, is uncertain although the on-line version can be read at <https://fliphtml5.com/dltur/yixo>. (The Tiptree and Totham version is <https://fliphtml5.com/dltur/nqml>.) The April edition carried a report of our AGM (how long ago that seems!) If anyone can help me out with photos of things they have been doing during lockdown I could submit a piece for the June edition (assuming there is one). I need photos by 15 May, so why not send them to me now.

My email address is in the list of CoGs details. If you are wondering why it appears there and not elsewhere it is because that page is removed before our newsletter is put on the website, to preserve privacy for the CoGs.

GROUP REPORTS

Art Group

Staying 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.

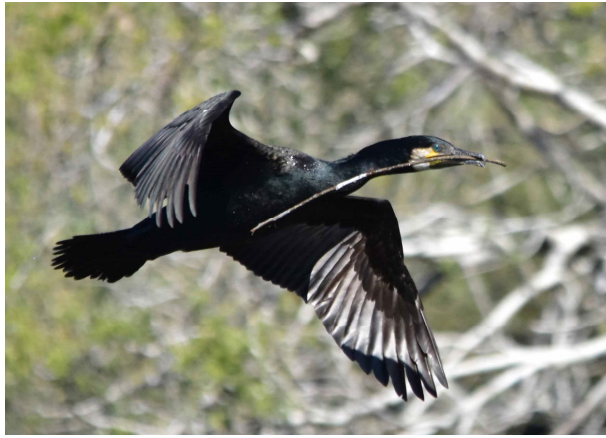
Gill Carpenter.

Bird Watching Group

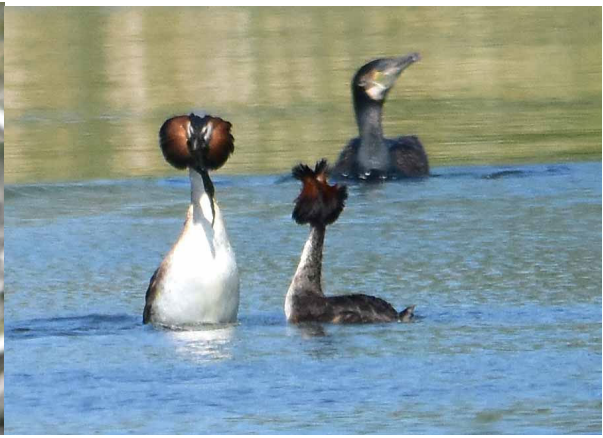
Hope you have all been managing to get out for a walk in this lovely weather. I have walked from home but find it very crowded near me. Answer – take a short car ride and walk where there are no other people.

It is amazing how quickly the wildlife have realised that people are not about. I have seen deer where they would never have dared to come a few weeks ago.

Given how warm it has been recently you would have expected over wintering birds to have set off north to breed long before this, but no, some are feeling lazy. There are still some Brent Geese on the Blackwater and 10 days ago there were several hundred Bartailed godwits near the Basin. The godwits seem to have gone today – about time too.



Cormorant nest building Jill



Dancing Grebes Jill

I have seen my first cuckoo of the year, also white throats, nightingales and a black cap.

Enjoy the spring

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

Maureen

Cards and Paper Crafts

Last month the challenge was to do something you hadn't tried before. One member tried weaving strips of patterned paper together then die cutting into different shaped backgrounds. Two others made different kinds of cards.

This month the challenge is to try stamping which is not something any of the group does very often as it can be quite difficult to stamp accurately. If possible please take a photo and share with others within the group.

If you have any other ideas for our challenges please let me know.

Lesley Woonton

Creative Writing Group

Contributions were, sadly, much reduced this month: only three. The theme was 'Isolation', as it's something of which we all now have extensive experience.

Philippa wrote a short poem about coping with the isolation that comes after a busy day working from home and only social media and long phone calls to make up for personal contact in the evening.

Stuart wrote two stories. One concerned an enjoyable autumn walk alone in the hills by someone who enjoyed solitude, but only up to a point. The second dealt with a sea captain who had the misfortune to be marooned on the same desert island (Robinson Crusoe style) twice, first by pirates and then by his remaining shipmates! He decided that he should, and could, make the best of his isolation.

All 3 pieces are on the group's blog.

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

Stuart

Croquet Group

We 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

To all my coffee morning friends, I will be missing our get together which would normally be due on 17th April. On that morning I will be raising my eleventh cup to the day when we can get back to a good old gossip, I think we will be allowed that pleasure.

We have all spoken or been in touch regularly and touch wood and God willing have managed to keep healthy so far. Jean has been poorly, not the virus I hasten to add, but seems to be on the mend now.

This is a phrase we use a lot now but it is so relevant, STAY SAFE and keep well, this message is also passed to all our Heybridge U3A colleagues from the Discussion Coffee Morning group.

Best wishes,
Margaret Brown.

Eat the World

Suspended for Covid-19 virus
For more info contact the committee.

Family History Group

Memories My Dad

My father was born 13th April 1905 in Portsmouth and was the eldest child of a family of seven. His father was in the Royal Marines and was a military policeman. In 1908 he was packed off to Greenwich to join the Royal Marines, but was dismissed in 1919 as they stated that he was not likely to become an efficient Bugler. From here he was in service, but I'm not sure where.

In 1922 he signed up for the Duke of Cornwalls and was in service until 1929 during which time he became an Assistant Instructor of Physical Training.

I'm not sure where he was or what he did after this until I found out he ended up as a shop keeper in Southend. Before which he had married a lady called Mildred, I did find the marriage in London.

In 1939 he volunteered for the Corp of Military Police serving throughout the war.

Apparently during the evacuation of Dunkirk he was behind enemy lines and escaped through Belgium. Towards the end of the war he was in Doncaster overseeing prisoners of war and this is where he met my Mum (as the saying goes - they fell in love).

In 1943 my brother was born in Northampton. Dad continued to serve in the army until 1945 when he was released into the TA. Dad's first wife would not divorce him so my Mum took the name Maloney and they were extremely happy.

I was born in 1948 and did not know they were not married until 2005 when, asking Mum about the family ,she told me that her and Dad had not married until 1963 after his first wife passed away.

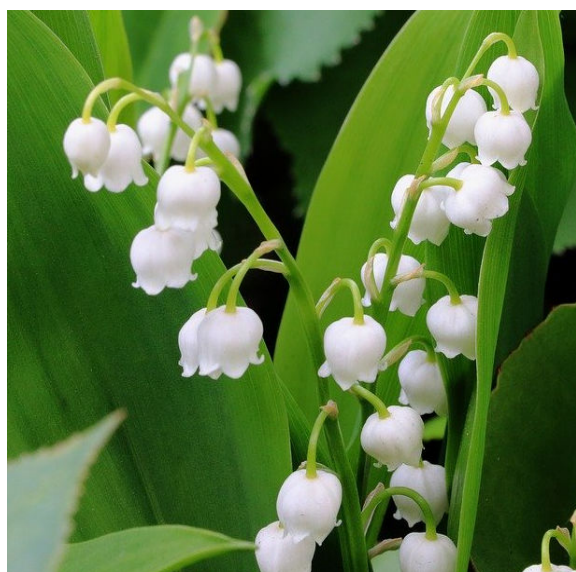
My father passed away in 1972 and to this day is greatly missed.

Family History member

Diane Cox

French Conversation

The 1st May (le 1er mai) is an annual public holiday in France and many countries around the world. In France, this date is more than just a day out of the office! Back on 1st May 1560, King Charles IX of France was presented with lily of the valley flowers ("muguet" in French) as a lucky charm. The King appreciated the gift so much that he decided to gift the flowers to every lady of



his court each year on 1st May. This gesture started to become more commonplace at the beginning of the 20th century, with men presenting lily of the valley flowers to women to express their affection. These days, it has become the custom on 1er mai to give a sprig of these flowers as a token of appreciation to close friends and family members. For one day each year, the French government allows the tax-free sale of lily of the valley flowers on the street to promote this tradition and ensure its continuation. The day became a public holiday, formally known as La Fête du Travail (Labour Day), back in 1948. Since then, 1er mai has also been an opportunity for trade unions and to campaign for and celebrate workers' rights and other social issues.

Due to coronavirus restrictions, the group is not currently meeting but we are communicating on-line and sharing

ideas for activities we can access at home to practise our French.
Jenny Parker



I have been enjoying having more time to listen to music on the radio and from many other websites, but it is a shame not to be able to listen to music with friends of like mind. However we are not able to meet at the moment but we can still share music.

If we had been able to meet, the theme would have been composers, performers and instruments connected to the letters K and L. At first I was concerned that there would not be enough candidates to make up a programme but a little digging found more than enough pieces.

Composers included Khatchaturian, Kodaly, Knussen, Lehar, Carole King, Leoncavallo, Lotti, Liszt, Lully and Andrew Lloyd Webber, and several more. The members of the Music Group have each been sent a link to a recommended piece by each composer.

The list was very sparse with instruments however. It was easy to choose a piece to represent the Keyboard (*Bach's Piano Concerto in D Minor*), but the only other instrument that came to mind was the Kazoo and it quickly became evident that there was absolutely nothing worth hearing using that device!

There were several performers however whose names fell into the K and L category. Evgen Kissin is a well-known pianist, Carole King sings as well as writes her songs and there was another Lloyd Webber (Julian) who appeared on the list playing cello. I also listed Kings College Chapel Choir singing a piece by Kenneth Leighton *Drop Slow Tears*.

So, from a blank sheet which I thought I would not fill, to a very varied programme which spanned nearly six centuries. Music never lets you down!

Philippa Moody

Needlecraft

Last month I asked the members of our Group to take photos if possible of the progress made on their projects. So far 3 of us managed to share photos of hand sewing and crochet. This month's challenge is to name as many different types of needlecraft that you can find. That is anything you can create using needle or hook! Either email or text the list to me. Anyone can join in so let's see how many different kinds there are.

Also if anyone has any other ideas for challenges please let me know.

Please stay safe everyone and keep in touch if you can.

Hilary Furniaux

Painting 2

Dear Painters, I have tried to phone or email you once during this terrible time of lockdown, but we are very lucky really having a hobby that we can do individually. Although I am missing the social contact with you all, as we have had such lovely weather for going outside, I have been able to do some landscapes of my garden. I was lucky to have an easel although I did find the vertical painting technique quite hard,. I finished up using a table but really enjoyed the new experience. I have also managed to do a few portraits inside with newspaper photos coming in useful. So I am trying not to boast but so far I have completed six pictures with a few more in the pipeline.

We have also been lucky with repeats of the Portrait Painter and Landscape artist being repeated on Sky Arts for 2017 and 18, also Hannah Gordon's Watercolour Challenge at 8.30 and 1.30 on TV. Also repeats of Bob Ross on BBC4 at 7pm, the Joy of Painting. His programmes disappeared but they have popped up again as I think he passed away in the eighties. However we must now look forward and we shall meet again, as Vera Lynn said, we do know where but we do not know when. She said keep smiling through till the blue skies drive the dark clouds far away. (So it says in my Ukulele song book).

Barbara Barbrook

Patchwork Group

I have spoken to all of the group members this week. They are enjoying more time to sew while on lockdown and we are all looking forward to meeting again, sewing, chatting and sharing ideas together.

Contact Anne for more information.

Petanque Group

The group meetings are cancelled due to Covid-19 virus.
For more info contact Moira Penhallow.

Photography Group

Although the group are unable to meet during the ongoing situation, we are still trying to keep in touch and continue with our monthly assignments.

This month the subject was "Shadows/Silhouettes" and "Signs of Spring". As we are unable to have a slideshow all photos submitted have been uploaded to our page on Flickr (Heybridge U3A) where our members are able to view them.

The assignment for May is "Flora & Fauna" with photos to be submitted by 1st May.

We are also looking at other ways in which members can keep in touch. We are currently looking at WhatsApp and the possibility of video linking.

If anyone is interested in joining our group and participating in our assignments please contact me.

Norman Grove

Reading and Books Group

The group meetings are cancelled due to Covid-19 virus.
For more info contact Jackie Jones

Scrabble Group

I hope you have had some **ZEN** time over the last few weeks, and certainly we won't have been zooming off in a **BIZJET**! Hopefully you won't have suffered an **OWIE** from doing those extra jobs round the house or garden. Maybe you have been on the computer a lot more so don't get a **TROJAN**.

This is a Scrabble nine-timer teaser for you: here are the seven letters on your rack.

T1	O1	Y4	L1	I1	K5	E1
----	----	----	----	----	----	----

Can you use six of the letters to play a word that covers both the red triple-word squares in the example below? Add up the value of the letters, multiply by 3 then 3 again. The score to aim for is 153.

TW			O1	B3			TW
			W4	E1			
			E1				

All in the interest of keeping the little grey cells active!

Contact me for Solution Linda Etherton

U3A LOCKDOWN WORDSEARCH

A	C	C	R	S	S	E	P	T	H
A	N	O	R	O	C	C	H	A	T
B	V	V	R	I	A	I	G	F	K
U	N	I	V	E	R	S	I	T	Y
R	U	D	S	D	E	P	X	P	E
E	A	N	A	V	D	U	R	H	D
A	W	G	R	F	I	O	N	O	I
S	E	T	E	E	M	R	O	N	S
O	Y	N	T	N	A	G	U	E	N
N	N	O	I	T	A	L	O	S	I

ADVICE	GROUPS	ISOLATION	SCARED
CHAT	GOOD	PHONE	THIRD AGE
CORONA	MEET	RAGE	UNREAL
COVID	INSIDE	REASON	VIRUS

NB This is the first time I have devised one of these and it's harder to do than you think! Why not try and make a puzzle of your own for the next issue? Linda Etherton

Ten Pin Bowling

The group meetings are cancelled due to Covid-19 virus.
For more info contact Peter Harvey

Ukulele Group UKE3A

Now 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

Suspended due to Covid-19 virus
Linda Wells.

Weekday Lunch Group

Suspended due to Covid-19 virus
Contact Barbara Barbrook for Maureen Lavender.

Weekenders Group

We should have been meeting on Saturday April 18th at White Elm Tea Rooms for coffee and good company but I do hope you all enjoyed a coffee at home and maybe a treat too. I made a small cafetière of real coffee, thought of you all and then made some more plans for the garden.

Quite a few of us are spending time walking every day by the coast or inland close to home. This wonderful weather has meant that our gardens have been well tended. They are a wonderful sanctuary providing a constant source of change and a place for wildlife and contemplation. Please keep sharing the photos with each other.

Many of you have been spending time reading, online classes, pursuing various interests and one or two have been volunteering in the local community. We are all managing brilliantly. In the meantime please do be thinking about names of reliable work-people we can put on a list for our future reference.

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 YouTube) 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](#) – and input your e-mail details, it is much appreciated.

A new website called Greysnet has just been launched with the support of the National Lottery Community Fund to help older people all over the country to stay connected and keep mind and body active during the current Coronavirus lockdown. It's called Greysnet and you can find it at www.greysnet.com

Greysnet is a dedicated online space where older people can chat with one-another through a public forum and find out about all sorts of events and activities they can get involved in while self-isolating.

Diaries

The U3A 2021 diaries need to be ordered soon. Please let Linda know if you want one.

Third Age Trust Online Forum

This is now to be found at <https://forum.u3abeacon.org.uk> there are 3 forums:

Learning, Our U3A Community, Beacon

Essex Fraud Alert

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 or call 0300 123 2040.

SMISHING/PHISHING

As previously mentioned, there have been a number of fake text messages and emails circulating. This week I would like to draw your attention to the following two:

DANSKE BANK WHATSAPP MESSAGE

There have been a recent message circulating via WhatsApp, text and social media claiming to have come from the City of London Fraud Team and 'the most advanced scam the banks have ever seen'.

The contact of this message is false.

However, the information about not clicking on suspicious links is the advice that we should all be following.

FAKE NHS EMAILS

As of 02/04/2020 Action Fraud had received 41 reports of this scam in two days. The email purports to be from HM Government asking for donations to the NHS to combat COVID-19.

The NHS will never ask for donations of money in this way – if you would like to donate to the NHS you can do so via the official channels.

Remember to be wary of any emails asking you to click on links or requesting money.

With regards to both of these messages remember – do not click on links in unsolicited or unexpected messages.

And finally remember **ABC**:

Never **A**ssume they are legitimate.

Never **B**elieve they are legitimate.

Always **C**onfirm using a trusted number or asking friends and family.

Many thanks,

Chloe Rudd

Prevent & Protect Fraud Officer

Essex & Kent Serious Crime Directorate

Rayleigh Police Station