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Registered Charity number 1160360

Next Main Meeting – Plantation Hall

Friday 13th May 2022 at 2.00 pm

Guest Speaker former Police Dog Handler
Martyn Garwood

“My Life with Dogs”

Next Committee Meeting – Venue TBA




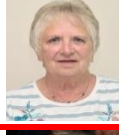




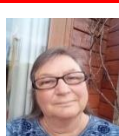


Friday 3rd June 2022 at 10.00 am

Main Meeting Refreshments Rota

May – Art Group

June – Bird Watching Group

July – Cards and Paper Crafts

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Vice Chair	Peter Radford vicechairman@heybridgeu3a.org.uk 01621 843543	
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From the Editors

Welcome to the May News Sheet. Well, we are almost half way through the year. Things are continuing to improve; some of us have taken a holiday abroad and found that life is beginning to return to normal. Others may still be looking forward to their overseas trips, or opting for a staycation in the UK. Or maybe simply their keeping fingers crossed for a decent summer and the chance to sit in the garden and take it easy. However we must not forget that Covid has not gone away – as with most things in life, common sense is the way forward.

This month our regular group reports have resumed, if you are interested in joining one please contact the relevant CoG, or maybe start your own group....?

If you have any items you would like included in future editions please send them to us at the email address below. We would ask that all CoG reports for the June news sheet be submitted by the last Saturday in May.

Lorraine & Brian editor@heybridgeu3a.org.uk

News from the Committee

From the Membership Secretary

It is time to renew your membership.

If you do not renew your membership by 13th May your name will be removed from the mailing list so this could be your last newsletter!

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

A membership renewal form was attached to the email which sent out the newsletter in February and March (also on the website) so please print a copy, complete one for each member and return it to me, either by post to the address on the form or by email as below. If you cannot print a copy please let me know (01245 381379) to post one to you, or you can pick one up at the main meeting.

The subscription can be paid by cash at a meeting, cheque (payable to Heybridge U3A) or by bank transfer (contact me for the bank details).

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

From the Speaker Secretary

In April the speaker was the Rev'd Dr Nicholas Henderson, who took us on a whistle-stop tour of the English Country Church through the centuries. The church is often the oldest building in a village and the site will often pre-date the church having been used for earlier forms of worship. Yew trees found in graveyards hint to pagan use, as a yew grove was considered to be a sacred place, but was later taken over by early Christians to build a church. The Green Man, with foliage coming from his mouth, can be found as carvings in churches and this may have come from Norse mythology.

Christianity arrived quite early in England with the oldest known Saxon church founded at Cirencester in the 4th century. Early churches were quite simple in structure, many using recycled Roman bricks and tiles which you might spot in a herringbone pattern in the walls. The Normans built churches with stronger arches and buttresses were introduced to support towers. The Reformation brought about many changes with items brought into the churches from abbeys and monasteries that had been destroyed. Colourful interiors were painted over and Rood Screens removed leaving odd features high up in a wall such as stairs or a doorway, as found in St Mary's on the Hythe, which would have led to a Rood loft. Over the centuries many different styles have been introduced, rebuilding and adaptations to current use that still continue today. You might like to spot the gargoyles on the outside of a church, where stonemasons had a free hand to carve grotesque images to spout the water out over the edge.

The next main meeting takes place on Friday 13th May at 2.00 pm at Heybridge Plantation Hall, when Martyn Garwood's talk is 'My Life with Dogs'. Martyn was a Police Dog Handler for over 20 years. When he retired from the Police his life took an interesting change of direction, but still involved with dogs. You will have to come and find out what happened.

On Friday 10th June we are not having a speaker but holding An Exhibition of Work from the groups within Heybridge u3a. It always impresses me how many talented members we have in our u3a.

In July (Friday 8th July) we are celebrating summer with A Strawberry Tea and Quiz.

Hope to see you at the meetings

Jan Brown speakersecretary@heybridgeu3a.org.uk

From the Events Secretary

Now that venues are re-opening we are pleased to announce our first coach trip, details as below. You will also see information regarding some future outings that might interest you.



BURY ST EDMUNDS

TUESDAY 14TH JUNE 2022

COST: £45.00 pp

On arrival in Bury St Edmunds, we will have a guided walking tour of the city (approx. 90 minutes) which will give us a general introduction to the history and development of the town. We will visit Angel Hill, the Abbey Gardens, the Cathedral of St. James and St Edmund and parts of the Great Churchyard. Free time for lunch (not included). In the afternoon we will have a guided tour of the Guildhall.

LAURISTON ORGANIC COMMUNITY FARM, Goldhanger

Friday 22nd July

Cost: £5 pp (to include tea and coffee)

Some of you may remember a talk we had by Spencer Christy from Lauriston Farm. The farm is run on bio-dynamic principles and planting according to the moon cycles. We now have the opportunity of a guided walking tour of the farm to see more of these fascinating practices.

Afterwards, we can lunch at The Chequers in Goldhanger (not included in the price)

*Please note that this will be a self-drive/car-share event

SEAL WATCHING BOAT TRIP FROM HARWICH

Thursday 25th August 11.00 a.m.

Cost £20 pp (boat trip only)

There are currently up to 250 seals in the Walton backwater, a healthy breeding population which has risen from only 5 in 1986. We sail from Harwich through the backwaters to Oakley Creek where the seals enjoy resting on the mudbanks.



In addition to seals, a variety of birds can be spotted including the Wigeon, Pintail, Ringed Plover, Curlew, Sandpipers and Gannets.

This trip should appeal to the Birdwatching group and the Photography group!!

Transport arrangements tba at extra cost.

After the boat trip, lunch at The Pier restaurant might be nice!

Please contact me for bookings; email address as below, or phone 07902 294741 if you do not have internet access.

Lizzie Cawdell eventssecretary@heybridgeu3a.org.uk

From the Interest Groups Co-ordinator

Instead of a speaker at the June Main Meeting we would like each group to put on a display highlighting their activities. This will take place in the Main Hall, and everyone is invited to take part. Please show, and explain, what you do in each of your activities.

Hopefully, this will encourage others to take part if they aren't already involved, or maybe invite friends along to see what the u3a has to offer. If anyone needs help with display boards etc, then please let me know. Please let me know as soon as possible if you are able to attend and take part, and what size your display will be. Then we will know how many tables we will need.

I am looking for ideas for other interest groups from CoGs, or others in your groups. If you have any thoughts, then please come to see me, or send me an email.

I also would like some more 'Meeters and Greeters'! If anyone could volunteer for the Friday main meetings please let me know.

Moir Penhallow groupsco-ordinator@heybridgeu3a.org.uk

Barbara Barbrook remembered

Sadly we lost our Barbara on the 30th April 2022, at the age of 90.

Barbara joined Heybridge u3a when it started in 2009. Early on she became involved in u3a activities and volunteered to help. Peter Thorpe remembers: "I knew Barbara in the early days of our U3A. She supported me in my first years as chairman by accepting the office of the Treasurer. We worked harmoniously together throughout my term and I was always so grateful that we were able to sort problems out very quickly while they were still little problems and before they grew

bigger. I was always impressed how kind and enthusiastic she was with everything she did for Heybridge U3A, she will be missed and we will never forget her."

Over the last 13 years Barbara was also Interest Groups Co-ordinator, became CoG of the Petanque Group and played enthusiastically into her late eighties, as well as being a member of the Creative Writing group, penning many an interesting piece. She volunteered to proof-read the News Sheet and certainly few errors got by her over the years. She joined the Art group and brought along the refreshments, hosted the Ukulele Group at her house and happily strummed along with them, entertaining us at the Christmas meeting and doing 'gigs' at places like the Heybridge Basin Regatta, only giving it up at the start of the pandemic. She also persuaded members to take their turn at serving refreshments at the main meetings and set up a rota for the 'Meeters and Greeters'. She went along to the Lunch group whenever possible, then in the last few years she started the Painting 2 group and when we couldn't meet due to Covid restrictions, embarked upon a series of over 50 paintings at home, avidly watching TV programmes like 'Portrait Artist of the Year' for inspiration. When the Needlecraft group started to meet in members' gardens she came along with a project or two but mostly for company and a chat and we heard about her involvement with the St Clare's Hospice craft group, her family and her life including a long association with Blackwater Sailing Club. It was touching to hear they were flying their flag at half mast the weekend she passed away.

Over the last two years she often phoned people for a chat, maybe about a problem with the computer, how many bags she had made on the sewing machine, or even how many laps of the house and garden she had done. When in 2021 she unfortunately had a stroke she made a good recovery, making sure she did all the exercises and got herself as fit as she could. More recently the purchase of a mobility scooter was a hot topic.

Barbara was the perfect u3a member, a good friend and her drive and enthusiasm were an inspiration to us all. We will miss her.

Linda Etherton

News from around the Groups

Art (Friday group)

It was really lovely to find ourselves back in the Claydon Room, paintbrushes at the ready, to relaunch our popular Friday afternoon art group after such a long enforced break. Yes, we are all looking a bit older and, very sadly, we have lost one member to Covid. With advancing years, one or two of our members are finding it difficult to make the journey into Heybridge from the surrounding villages – but it was delightful to see how many did make it to our first couple of sessions.

We have reduced the number of get-togethers from three a month to just two, the next being 2 pm on 6th May.

We would really love a few more members to join us, to secure the group's future and to share the pleasure of creativity with like-minded people. You don't have to be an accomplished artist, just someone who likes to dabble a bit with pens or brushes, paints and paper.

Please contact our COG Tina at martin.christine@sky.com for more details and future dates.

Gill Carpenter

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Bird Watching

This month Yvonne took us to a wonderful woodland near St Peters Church at Great Totham. We knew we wouldn't see many birds in the woods now the leaves are back, but we heard lots of little voices singing happily. Wrens, robins, great tits, chiffchaffs and many others.

What we actually went to see was the most wonderful display of bluebells and wood anemones. At one point we found a group of bright yellow daffodils in the middle of all the bluebells. How they got there we do not know.



Pat Yates then invited us all back to her home and provided coffee and cakes. An excellent way to end the morning.

At the end of May we are heading for Fingringhoe Wick. Although the nightingales will almost certainly have finished singing to attract a mate, there are lots of other birds to see.

Finally, an early warning. Let me know if you would like to come to Minsmere at the end of September. If we get some interest we may decide to take a minibus which would be easier and probably cheaper than taking cars.

Like to join us? Contact jill.mcgregor@btinternet.com

Jill McGregor

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Cards & Paper Crafts

We were busy crafting our cards as there seem to be quite a lot of birthdays at the moment! I have just finished a card for someone who was 92, and was very pleased how it turned out.

Every card we make is all our own design; I find the longest task can be sorting out the colours needed to blend together.

Next meeting will be at my house as usual on May 11th from 2-4pm. Please contact me if you want to come along, my details are on the last page.

Lesley Woonton

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Croquet

We intend to start playing again next month, if you want to join our group please contact me, details are on the last page.

Anne Newson

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Discussion Coffee Morning Group

We met on Good Friday 15th April at my house, the sun was shining but not quite warm enough for us to be outside.

Our various topics included one of the new ways that meals are being provided at home; there are companies who do this. A list of meals is provided, you make your choices for however many you need and I believe you receive your exact ingredients ready to cook and a recipe card (which you may already have). I have not tried this but if anyone is interested I can pass on the contact for the correct information and full details.

We also talked about charity shops and the variation in prices of goods sold. Some seem to be a little more organised than others and prices do vary from shop to shop. However they provide a popular service, usually seem busy and can surprise you with hidden gems; they are particularly good for books. I am biased being a volunteer working with the book section at the British Heart Foundation in Maldon. One other from our group also volunteers but at a different shop in Tiptree.

Our next meeting will be on Friday 20th May at Linda Etherton's house.

Margaret Brown

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Eat the World

Only six members of the group were able to make lunch at El Pulpo Tapas Bar in Witham on the 22nd April. While we experienced some difficulty getting the hang of tapas, and thus a few of us ended up ordering far too much, we all had an enjoyable lunch.

Lizzie Cawdell

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Family History

After two very disjointed years it was good this month to see the group numbers increasing again.

Six of us met at Diane's house including two new members, Moira and Pauline, both seasoned history buffs.

Marge has temporarily given up researching one branch of her family; this often happens when a brick wall seems indestructible. You return eventually like a dog with a bone. The optimist in us waits, knowing the websites are regularly being updated with more info. Linda is researching the deaths of several members in one family, all in 1882 and within months of each other. Cholera, T.B. or Smallpox? No Covid back then!!!

It's enlightening to share a common interest, you get to see another side to a problem, maybe something you hadn't thought of beforeand so it continues.

Take care.

Jean Rogers

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French Conversation



If you are travelling to France in May, be aware that it can be complicated, as there are many French holidays and extended weekends when the French "font le pont". Le pont is the French word for a bridge but, in this case, it refers to the tradition of taking an extra day off when only one day separates a Bank Holiday from a weekend. In other words, to have a "long weekend".

May 1st is Labour Day in France when people don't work and most shops, except for florists, are closed. Women are traditionally offered 'un brin de muguet' (a sprig of lily of the valley) to bring good luck and happiness throughout the year. If you are planning to visit France at the

beginning of May, here is a typical greeting:

Un brin de muguet : du bonheur pour toute l'année, et plus encore

A sprig of lily in the valley : happiness all year and more

If you would like to join the French Conversation group please contact me at jennyparker14@hotmail.com

Jenny Parker

Patchwork

The group met at WMCC and spent a very enjoyable afternoon chatting and sewing. Members worked on a variety of projects including a hexagon quilt, drawstring fabric bags and a quilt made from Liberty prints.

It was suggested that we consider making items to celebrate the Queen's Jubilee with a colour theme of purple and silver/grey.

The next meeting will be at 2 p.m. on Monday 9th May. In the meantime – happy sewing!

Jackie Voyez

Petanque

Our turnout for Petanque is still very strong, and we are so lucky as the weather has been good for us this winter, even though it can get very cold.

There are normally 18 of us that play now on a Monday morning, and if anyone else would like to come along to see us and give it a try please do. I must warn you though, we only play for fun and no competition!

We play at Maldon prom, where we have our own pitch, and start at 10am.

Moir Penhallow

Photography Group

Our March meeting was held on the 3rd with 12 members attending on Zoom. The assignment subject was again "Photographers Choice (2)". This proved to be both popular and interesting with 36 excellent images for us to view. The subjects chosen varied from storm damaged trees, birds in flight, stained glass panels, vintage motor cars, flower blooms, sunsets, carvings, woodturnings and Buckingham Palace and even an amusing advertisement; sign written on the rear doors of a Mole Catchers van! The discussion on each of these photographs with their authors was both informative and entertaining.

The meeting ended with a short sequence of nine images showing a tardigrade shedding its skin (cuticle), laying some eggs and walking away in its new outfit. The images were taken during the hour the tardigrade took to complete this amazing task especially as it is only 0.5 mm long!

Our April meeting was held on the 7th, with 11 members attending on Zoom. The assignment subject was "Pleasure". This again proved to be both popular and interesting with 39 excellent

images for us to view. The subjects chosen varied, including holiday memories, family meetings, day trips, nostalgia and hobbies.



Nacton Shore - Norman Grove

Hythe Quay – John Guiver

The members decided to continue to use zoom for the May meeting due to the high level of Covid in the area. The assignment was to be “Any photo taken between this and the next meeting!”

The meeting ended with a short discussion on how people stored their images.

All of the photos submitted have been uploaded to our page on Flickr (Heybridge U3A) where you will be able to view them. If you would like a link to them please contact me.

If anyone is interested in joining our Zoom meetings to see what the group is about, please contact me and I will forward you a link to our next meeting. All members of the U3A are welcome.

Norman Grove

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Reading & Books

The book group will be meeting on Wednesday 18th May when we hope to have a new and interesting book to read as we have experienced problems getting enough copies from the library so far this year. New members always welcome, we are a small but friendly group.

Jackie Jones

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Scrabble

There were just a few players at the meeting in April, kindly hosted by Elizabeth. Unusually for me, I boosted my score in one game by playing all seven tiles with the word 'sutures'. As well as the score for the word that takes into account the usual bonuses such as double word score, triple letter score and the like, this attracts an extra 50 points for playing all the tiles on your rack.

There's always an opportunity for a chat in between games and this time we also managed to polish off some hot cross buns, lovely!

I wonder whether you managed to solve this anagram that appeared in the March edition, comprising a rack of seven letters as played in a Scrabble game.

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

The answer was ANGUISH, but what might it have scored?

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

Linda Etherton

Sewing

We attended the group as pre-arranged. We were all busy doing our different crafts. Some of us had started new knitting patterns, and were busy casting on however some had to cast on twice as we didn't leave enough wool to cast on enough stitches!

We were chatting about Market Hill and some shops from the past that not many of us remembered. We had an interesting two hours!

Lesley Woonton (on behalf of Hillary)

Ten Pin Bowling

Our last meeting was on the 21st April where we had only six attending. Regulars Hilary and John were being cautious in view of their impending global cruise and Jenny and Graham had unfortunately been struck down with the current lurgy.

We did however enjoy our three frames with myself getting the highest score of the morning at 154 with close competition from Peter Wells.

Our next games booked are at 10 am Thursdays the 5th and 19th May for anyone interested in joining us.

Peter Harvey

Walking

Our walk in April was around Wickham Bishops. Ten of us met at the Wickham Bishops Church car park and set off for a gentle tour of the village. Luckily, as we meandered through Sparky Wood the bluebells were putting on their best show. Later we walked along a protected path through fields alongside sheep and came across two little Jacob lambs, their horned Mum watching over them, in a shelter away tucked away from the main flock. Some of us stopped for a drink at The Mitre in the village, a bit before they were technically open. A lovely way to spend an April afternoon.



Our next walk will be on Thursday May 12th at 2pm, weather permitting. If you would like to join the group, please email me at wellsbarge@gmail.com

Linda Wells

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Weekenders

The Weekenders group met at Braxted Bakery in April, and it is a venue to be recommended whether just for coffee, breakfast or lunch. There's always a lot of catching up to do at our meetings but we managed to sort out a few more places we would like to go for future meetings.

Some members enjoy visiting 'Open Gardens' and Pat Yates suggested a new one at Coggeshall on 1st May, so more of that later. We also like to patronise the Witham Amateur Operatic Society productions so let's hope 'Betty Blue Eyes' at the end of April gets a good review.

The location of the next meeting will be sent to everyone by email, or you can telephone me to find out more. (Contact details in the list of CoGs).

Linda Etherton

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Other News

Blackwater u3a have arranged a visit to the Brooklands Transport Museum, Weybridge on 30th June. The price is approximately £35 and full details are available on their website or by contacting Frances Butcher on fabbutcher@talktalk.net or phone 01621 853352.

The latest ***News From The East*** newsletter is attached, giving news from the regional team. If you would like to attend the one day conference in Chelmsford on 19th May remember to book your place first. Details are given in the newsletter.

Remember that Heybridge u3a are part of a "Cluster Group". This is a group of eight local u3a organisations, Maldon, Limebrook, Blackwater, Burnham, Dengie, Crouch Valley and South Woodham Ferrers, plus ourselves. Members of these u3a groups can join in the activities of the others, subject to space availability. Details can be found at:

[ClusterGroupActivitySchedule.pdf \(maldonu3a.co.uk\)](#)

Covid 19 Reminder

- Consider wearing a face covering in crowded, enclosed spaces.
- Let fresh air in, if meeting indoors.
- Get tested if you have Covid 19 symptoms and stay at home if positive.
- Be prepared for any venues to be well ventilated, and wear warm clothing.

And finally...

The following poem was submitted by Ray from the Petanque Group:

I'm not a political correctness fan
Well not much anyway
But there's one thing that niggles me
And I hear it every day

After every news programme
What follows leaves me vexed
They say "that's all for now
We'll have the weather next"

"Oh no" I say to the radio
"The weather isn't next
We've got it all the time"
I know that they can't hear me
But I say it just the same

TV & Radio, sadly they're all at it
Is this a virus going round
Or just a silly habit?

If they could only hear my plea
Perhaps they'd say at last
"That brings us to the end of the news
So here's the weather forecast!"

Well done Ray, thanks for your contribution. If you have any articles you would like included in the next Heybridge u3a News Sheet please send them to editor@heybridgeu3a.org.uk. Don't be shy!
