

Heybridge U3A

News Sheet No.5/2020

June 2020

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

Archive

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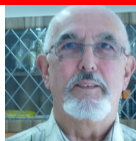

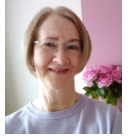


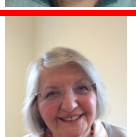

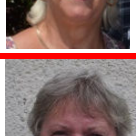
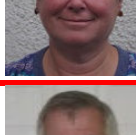
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Refreshment Group Rota

Cancelled

Your Committee

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NEWS FROM THE COMMITTEE

From the Chair



Well 10 weeks have passed since we were incarcerated; a lot more weeding has been done. The bluebells and celandine have been and gone, fruit trees are now displaying their embryo fruits, and we now have the iris, foxgloves, marigolds and many early summer flowers appearing. A lovely time to be in the garden. Would you believe it, again praying for rain as the garden is cracking up all over, and it is hard work getting through the crust.

Whilst out for our daily walk, early May, along Top Road in Tolleshunt Knights, we spotted a large family of Mallards, 1 adult duck with 12 ducklings around 30 days old. They decided that we were a food source and started following us along the road, so to protect them, we had to divert to the village hall and an adjacent pond.

They all followed in single file behind and then took some persuading to leave us and go for a swim. A very uplifting experience in these rather bleak times, but we had no camera or phone with us to record the event.

On the theme of birds, we had on Tuesday the 19th, a Lesser Spotted Woodpecker at our bird feeders, the first I have seen since moving here 16yrs ago.

Carry on with your hobbies where possible and practical. Keep contacting friends and family regularly for a chat. The longer lock-down goes on the more important will be both to you and your contacts, think about using the phone or WhatsApp rather than email which is rather impersonal, **It's Good To Talk.**

Cogs, please keep Hilary in the loop as to what you and your groups are doing and how you are communicating with your group members.

Meanwhile, keep exercising, follow the guidelines; you may be saving your own life as well as many others, keep safe,

Norman Cumming. Chairman

From the Editor

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 15 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 July news sheet by 29th June.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

By the time of this report, 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

Groups Coordinator

Those I have been in contact with seem to be managing although anyone living alone needs more outside contact. When we were first in lockdown I struggled for a few weeks and was very stressed. My best friend, who is a midwife, was very poorly and my oldest friend's husband was in intensive care for 5 weeks, both with Covid 19. I was terrified for everyone I love. Both are now well and working towards full health thankfully, but I found this time very difficult. The reason I am telling you this is because a lot of people are very stressed and struggling to cope right now. That's why it is so important that we keep in touch with each other if we can.

I had support from my husband, family and friends, but I was not able to have or give hugs or any physical support. We are all very good at putting on a brave front but please remember – it's ok to say you are NOT ok!! If you are struggling or know of someone who is struggling please contact me. I would be happy to call for a chat.

It has been announced that up to 6 people can spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines. Let's hope the weather remains good!

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme

I telephoned 2 of our members just to keep them in touch with our u3a. I was very impressed at their positive, can do attitudes. I received info from a speaker who gives talks via Zoom; sounds interesting but need to look into it further. I have included a Quiz for amusement only which can be found on page 11 and answers on page 12.

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'

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.

VE Day

These are just a flavour of the day.



Linda



Margaret



The Red Arrows

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.

We are all looking forward to meeting up again to chat to friends old and new, and to share our mutual interests.

Gill Carpenter.

Bird Watching Group

Another month of social isolation but out on our distanced walks there are still many birds to see. Possibly the hardest thing now is finding somewhere to go. We know every feather on the birds in our gardens but getting out and finding quiet places to go is not easy. Heybridge Basin and the Gravel Pits have been great with loads of birds to see. Now it is getting like Oxford Street in the run up to Christmas. Abberton, Hanningfield and other EWT sites with visitors' centres are locked and barred still, though there is good parking on the causeways at Abberton and a nice 3.5 mile walk through the fields. The reserve at Tollesbury Wick is open and it is beautiful out there in the lovely weather. RSPB sites have done the same as EWT and locked their car parks but you can certainly walk onto Old Hall Marshes along the sea wall. Do any of you know of good birding walks with the possibility to park nearby? All information gratefully received. An email to the group, to Maureen Lenoir or to me. Don't have my address then send it to the Treasurer, email at the start of the News Sheet.

Have all of you in the group been getting the emails which have been going around? Graham Parker has put some great photos on those. Well, let's face it; lots of you have put lots of great shots on. I love to see them as I am sure you do, so don't be shy, if you have some snaps attach them to an email and let us all see.

If you see a bird you can't identify either from a book or on Google you could try emailing a photo to the guys at Essex Wildlife Trust (<https://www.essexwt.org.uk>) or RSPB (<https://www.rspb.org.uk/birds-and-wildlife>). There are some great websites you can download to your phone, too, so you don't need to carry a book to look things up.



Mutes in the Muck



Canadas keeping heads down

We may have to bird watch on our own these days but with luck we can all get together again in the autumn and watch the winter visitors arriving back. In the meantime, enjoy the sights of the young birds there are about. Keep in touch via email and keep well.

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

Two members shared stamped images they had attempted with mixed results. It can be difficult without a stamping platform to achieve a good image. However, crafting continued with cards and boxes still being made. One member has cut out lots of little girls, dresses, hair and bags and sent to their granddaughters to put together. We are all managing to do what we enjoy despite the lockdown.

Stay safe everyone and let's hope we can get together soon.

Lesley Woonton

Creative Writing Group

There have been no contributions this month, although I've been working on some of the many stories I've started as well as starting some new ones.

The story website run by Louise Moss, that you passed on to me, is now <http://www.writerscircle.net> Two of my stories are on it; 'Last Man Standing' & 'Room At The Top'. I'm sure U3A members would enjoy the many stories on it. If you would like to become a member of the group you can contact me on: sccondie@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

Unfortunately there is no meeting to report on. I know my coffee morning colleagues are, like all of us, just trying to get on with it. I hesitate to say it out loud but we have been lucky with the weather and that's the good news done! Personally I have had enough following the arrows in the supermarket and being tutted at if I accidentally take a wrong turning, at least they can't hear me behind my mask when I tut back.

Thank goodness most of us who can get out follow the rules and we hope it's not for much longer. Please please Boris, let the hairdressers open soon!!

Best wishes,
Margaret Brown.

Eat the World

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

Family History Group

Memories

By the time Mum was in her 80's one of her biggest problems was her loss of hearing, something I now have a great deal of empathy for. The NHS hearing aids 40 years ago left a lot to be desired unless you enjoyed a permanent whistling noise.

To begin with I needed to address the problem of her continually dialling the wrong numbers on the telephone, and becoming stropky with the person who answered for not being who she expected it to be.

I read of a new telephone on the market that could store at least 10 numbers in the memory (what a wonderful invention!!). I purchased one and spent a few hours keying in the numbers and labelling the buttons. Myself, my brother in the USA, her doctor, her dentist, the police, the local council office that supplied the alarm button - supposedly worn around her neck - (normally hung on the back of the chair, or down the side of the cushions) and a few siblings she had left etc. Success - she was pleased.

Some weeks later my brother went on holiday, and as usual paid for a house sitter to feed the cats, walk the dogs and generally pick up any important phone messages. The sitter was a little disconcerted listening to a message from an elderly lady ordering a fresh supply of incontinence pads!

We didn't tell Mum, but did suggest she checked the buttons carefully before pressing them.

Next problem was Mum not hearing the phone ringing unless she was sitting next to it. Some days I rang every few hours with no answer, and on many occasion went racing to Dagenham from Shoburyness convinced I would find her lying prostrate on the floor.

I found a device that attached to the phone socket - then when a call come in the light on top flashed until answered - in fact it resembled a strobe light so bright it could be seen from the kitchen! I felt very smug.

It wasn't long before I again rang and rang with no answer - this time it had to be an accident. Once again I was racing along the A127. I let myself in to find her watching television! When I questioned why she hadn't answered the phone - was it broken? She said "Oh that! I dismantled it, the buzzing noise was annoying." I pointed out if she couldn't hear the phone ringing it was hardly likely she could hear a buzzing noise.

If ever I tried, diplomatically, to remonstrate with her, or suggest something was maybe not a good idea, without speaking she would cross her arms, jut out her chin and her bright blue eyes would glint - rather like a child who's just found cabbage on his dinner plate! I usually surrendered.

The electric doorbell that was connected to the lounge light making it flash when activated, went the same way. This apparently didn't work properly, (according to Rose) because each time she got to the door, nobody was there. I checked it- it worked perfectly!

I never did solve that one. I think my enthusiasm and sanity had given up!

Jean Rogers

French Conversation

As we are currently unable to meet in person, I've been emailing group members with various activities and suggestions for ways in which they can practice their French at home. We did consider holding virtual meetings using Zoom, but this would have excluded those group members who do not have access to the technology.



I'm sure we will all be pleased when the lockdown is over. Primary schools in England are due to re-open soon, amid concerns about how to keep staff and pupils safe.

In France, schools have already re-opened and social distancing in the playground is being achieved by requiring each child to remain in their own square, as shown in the photo. I find it a very sad picture, but the children apparently don't seem bothered – they're playing, dancing, jumping and laughing together, each in their own square.

Jenny Parker



This month is the turn of the letter M, and there was a great deal to choose from. Many composers, performers and instruments begin with this letter and it was a shame to list only one piece by W.A. Mozart (his *Piano Concerto in A*), although I cheated slightly by including also the *Toy Symphony* by his father, Leopold.

Other featured composers were Monteverdi (his beautiful duet from *L'Incoronazione de Poppea*), Messaien, Meyerbeer, Glen Miller (*In the Mood*), Ennio Morricone (*The Good, The Bad and the Ugly*), George Malcolm, Thea Musgrave and Mussorgsky (*Night on the Bald Mountain*). There were demonstrations of the Mandolin and the Marimba and plenty of performers including Riccardo Muti, Freddie Mercury, Sheku Kanneh-Mason and Anne-Sophie Mutter. In all, music from renaissance to jazz and pop and everything in between.

Members of the Music Group have all been sent links to the selected pieces and I would be happy to forward the list to anyone else who is interested.

Philippa Moody

Needlecraft

Well I have to confess I haven't done any cross stitch or crochet this month. I have a craft room which needed sorting out so have spent an inordinate amount of time trying to clear out and tidy it – unsuccessfully!! I got rid of loads of stuff, re-boxed into some kind of order and have the room a little more organised and labelled. But as soon as I tidy something away I need it again so have given it up as a bad job. Messy is the new tidy!

I have been able to keep in touch with most of the group. One member has been knitting little sleeves to cover the canulars for premature babies, one member has been upholstering furniture (very industrious!) and one member has been making patchwork blocks for a charity quilt. Let's keep crafting! And please stay safe everyone. Hilary Furniaux

Painting 2

By now all you painters have probably made a collection of your pictures ready to show us when we meet again, maybe not until September or even October. We should have enough for our own little private exhibition so that will be interesting. This afternoon I copied a photo of Charlotte, from the Newspaper, on her fifth birthday. Her mother is a good photographer and the photo inspired me to try to emulate the paintings that I have recently seen on Sky Art, repeats of the last few years. Of course my work is very amateur but I always love to see how they commence their four hour work. For their winning pictures I don't always agree with the judges but with art beauty is in the eye of the beholder. I find it difficult to understand abstract pictures but it is just how you see them. So I look forward to meeting you all in the Autumn weighed down with your bags of pictures we will have a lot of catching up to do.

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. I have had fun during lockdown making this quilt for charity. Hopefully when we meet again the members of the Patchwork Group will have their blocks ready to stitch together. When this is likely to be, who knows? I will contact everyone as soon as we are told.



Please keep safe and well, Happy sewing
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 physically meet at the moment. We are still trying to keep in touch and continue with our monthly assignments. This month the subject was "Flora & Fauna"

This month we held a meeting using Zoom. 9 members participated and were able to watch a slide show of all the photos submitted and were able to comment on their photos as they were viewed.

All in all it was a very successful meeting and we have decided to do this each month until we are able to return to our usual venue.

For those who were unable to join the meeting all of the photos submitted have been uploaded to our page on Flickr (Heybridge U3A) where our members are able to view them.

The assignment for June is "A Back lit Photo" with photos to be submitted by 2nd June.

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

While on your daily walk, hopefully in somewhere with trees and grass, you may have spotted a DRYAD. Over the past weeks you could have found LYSOL useful for its antiseptic properties, and breathing a sigh of relief, WHEW, if you've managed to keep safe and well. It's all too easy to give in to the MIASM (foreboding atmosphere). The words in capitals might be useful to stretch your Scrabble score.

The answer to last week's puzzle was KILOBYTE

Here are some Scrabble racks of six letters and one blank that can be used for any letter you choose. Can you find the seven-letter words hidden in these racks?

N	U	R	O		J	A
---	---	---	---	--	---	---

B	L	U		Q	E	Y
---	---	---	--	---	---	---

T	R	A	N		X	A
---	---	---	---	--	---	---

N	O	R	Z		H	I
---	---	---	---	--	---	---

Most letters are worth one point. However B - 3, H - 4, Y - 4, J - 8, X - 8, Z - 10

Trying to keep the brain-fog at bay!

Linda Etherton

JUNE QUIZ

1. According to Greek mythology, who was the first woman on Earth?
2. Addis Ababa is the capital of which country?
3. What is the name of T. S. Elliot's railway cat?
4. STR is the airport code of which city?
5. How many kings have been called William?
6. How many letters in the German alphabet?
7. The Green Goblin is the archenemy of which superhero?
8. The Boxer Rebellion took place in which country?
9. How is the gas Nitrous Oxide better known?
10. In cartoons, at what store did Wile E. Coyote buy his merchandise?

Answer on Page 12

Jan Brown

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..

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

We are all looking forward to meeting up again to chat to friends old and new, and to share our mutual interests.

For more info contact Gill Carpenter.

Walking Group

Suspended due to Covid-19 virus
Linda Wells.

Weekday Lunch Group

As eating out is suspended due to Covid-19 virus, it will be a long time before we are allowed to visit restaurants and pubs, so we probably won't meet for Lunch until August, September or even October. We shall have to be patient and await instructions.. Personally I am looking forward to it, but at present just keeping in touch by phone, or email is the best we can do, so, if you feel like giving me a ring for a chat, remember I am on Talk shield so you just have to give your name. Please also use your surname then I can be sure you are the person I know.

Contact Barbara Barbrook for Maureen Lavender.

Weekenders Group

Hello to the entire Weekenders group. Another month had passed and we seem to have some slight improvements with our situation. On Saturday 16th May we should have met at one of our favourite places - The Osea View Cafe. Because we book the function room upstairs we always seem to be extra exuberant and noisy when we meet there!! Looking forward to happy times there again.

Pat (Yates) wanted to let you know about the 'Virtual Tours' that the National Garden Scheme are doing. Just google NGS Virtual Tours and you will be able to view some of the beautiful gardens in their collection. There is a local one that will be of particular interest - Ulting Wick. Thank you Pat.

I am still compiling our list of reliable work people so please send me your ideas.

Keep in touch with each other and stay safe.

June Rawlings.

Yoga Group

Suspended due to Covid-19 virus

All enquiries to Gloria Bomford Yoga COG.

June Quiz Answers

1. Pandora
2. Ethiopia
3. Shimbleshanks
4. Stuttgart
5. 4
6. 30
7. Spiderman
8. China
9. Laughing gas
10. Acme

Jan Brown.

How are you keeping in touch?

Telephone calls, WhatsApp video call, Zoom conferencing, Facebook Messenger, emails, texts and even letters are all ways we can keep connected. How is your U3A Interest Group keeping in touch? Are you sharing photos, poems, recipes, or keeping each other's spirits up with a friendly chat? Maybe you could send them in to the Editor or via you CoG to go in the News Sheet.

Here is a poem by a U3A member (not sure where she's from) that was posted on the U3A: Keeping In Touch Facebook page: the page has been joined by over 3,500 members from U3As across the UK some of whom post thoughts, photos, stories, puzzles and even magic tricks. Can you write something like this?

Woke up one morning
and by the news I was told
that at 74, I am suddenly old.
There's an invisible enemy
Waiting for me.
So now I stay home
And can't be free.
As I've never been old before
I'm not really sure of the score.
Should I buy a wheelchair?
Or stay in bed?
Should I sit in my chair?
Waiting to be fed?
I'm good at doing what I am told
So I'll stay in my house
And enjoy being old.
Until the day when I'm set free
And my family once again I can see.
I'll be young again then
And able to say
I'm jolly well off to the U3A!
By Tina Down

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

Learning, Our U3A Community, Beacon

A Note from our Insurers - 20/05/20

All U3A activities should have an appropriate risk assessment / checklist to ensure they are safe for U3A members to participate in. Government input about Covid19 is central to any risk assessment and given the advice remains “stay at home as much as possible” and “limit contact with other people” it follows that face-to-face U3A activity should not be undertaken at present. The government reasons for leaving home remain very limited and do not include for leisure activities such as provided by the U3A.

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.

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

Attached to this News sheet, are 2 pdf pamphlets;

One explaining the NHS Trace & Track system.

The other gives an update on Scams as of May 2020.