

Heybridge U3A

News Sheet No 5

June 2021

Your Committee

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Archive

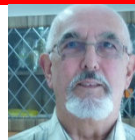
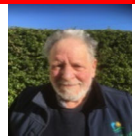
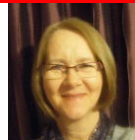
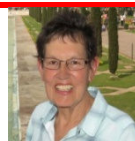

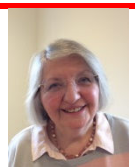



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Registered charity number 1160360

Zoom AGM Meeting June 11th 2.00 pm.

Check your email for the link to the Zoom meeting.

The Committee agreed to proceed with the AGM on 11th June by Zoom in view of the Covid restrictions.

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NEWS FROM THE COMMITTEE

Chairman's report for June 2021 News letter.

May now over, but is the poor weather? Hopefully June will bring us some much awaited and needed warmth, and a little less rain, ah well, here's hoping.

It has been wonderful to be able to meet family and friends again, albeit outside and under umbrellas, with jumpers and raincoats against the elements. It started to feel a little more normal, whatever goes for normal these days.

With the lessening of restrictions, our outside activities have resumed, weather permitting, and hopefully other activities will be able to get started before too long, although of course some could be carried out, in fine weather, perhaps in a back/ front garden and respecting social distancing as required.

Last month at our main meeting we had an interesting talk on the History of Jewellery, by Jason Middleton: if you weren't there you missed a treat.

As we approach our AGM on the 11th June @ 14.00hrs, this meeting is, as advised, going to be on zoom; I would remind you that your presence is required. All documents have been emailed to you including a voting form, please read the information to keep you up to date on what is going on within *YOUR U3A*.

If you attend on the day voting will be by zoom polling, but if unable to attend please use the voting form to record your thoughts.

Meanwhile, do not let your guard down too soon, keep yourself and others 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 14 pages in a large font. Information about the Committee Members and their reports can be found in the first few pages. The next News sheet will be in July so send items by last Saturday in June. I am very grateful to all the people who send material for inclusion. Have you anything to say? Please send it to me and I will include it.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

Attached to this newsletter is the Membership Form for 2021/22. This will be a 'year' of nine months starting 1st July 2021 until 31st March 2022. If you are able, please print the form, complete it and post it to me at the address given. You can enclose a cheque or do a Bank Transfer – just contact me for the account details and include your name as reference.

If you are unable to print the form, contact me to be sent a paper copy or you can complete it electronically and attach it to an email addressed to the Membership Secretary (see front cover). However you may still need to post a cheque if you do not do online banking.

Full and Dual Members who paid the full subscription of £18 (£13 Dual) last year will benefit from a discounted fee this year of £5.

Members who renewed for only £10 after 1st October 2020, and any new members, are asked for £13.50 (£18 x 75%). Dual Members who renewed after October should pay £8.50 this year.

If anyone is unsure about what they need to pay please contact me on the telephone number on the front page.

Renewal forms and payments should reach me by 1st July.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

Interest Group Co-Ordinator Report

With the hope of warmer and drier weather a few of our smaller groups may be thinking of resuming by sitting in gardens. With certain restrictions still in place there are also several groups who cannot resume yet but at least we are moving in the right direction. If you are thinking of resuming your group meetings please remember to complete a Risk Assessment first and send to me or Linda.

Stuart Condie has resigned as COG for the Creative Writing Group but hopefully someone else will step up to replace him. If you are interested please contact me.

Remember to stay vigilant even if you have been vaccinated and stay safe. I look forward to a time when we can all get together again in Plantation Hall.

Hilary Furniaux groupscordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme

At our April meeting Jason Middleton gave us an interesting talk 'The History of Jewellery'. He told the meeting that he had been in the trade for 17 years and usually travels to Hong Kong to attend major jewellery trade shows; he gets to see jewellery from across the world.

The earliest jewellery was formed from shells, bones and teeth, our Stone Age ancestors made nose rings and pendants from shark's teeth. It was when metals such as bronze, copper and gold were discovered, do we see how brooches, torques were fashioned from the new materials and were appreciated by people who wore them. Gold items were high status and were worn by the wealthy.

In the Bronze Age, gold torques were highly valued along with amber and mother-of-pearl. The Iron Age produced beautiful gold ornaments, which were used in Celtic religious ceremonies. Ancient China had the technology to produce beautiful artefacts, with many being discovered when the Terracotta Army were uncovered, many were of jade which holds healing properties.

The Incas were into gold, the Spanish conquests main purpose was to get hold of as much gold as possible and send it back to Spain. The Incas worshipped the Sun who was the giver of life and used gold in their religious ceremonies. Ancient Greece and the Roman empires made sophisticated jewellery from materials found in their colonies.

Moving on to the renaissance and baroque periods, this is when pearls became very popular as can be seen in portraits of kings and queens of the time. The Georgian and Victorian period gold and gemstones became popular again, but with the death of Prince Albert, Jet was all the vogue and worn by royalty.

Moving on to the Edwardian period, platinum became popular mixed with old cut diamonds. Faberge made and the Imperial Russian tsars enjoyed high quality enamels – the Faberge eggs for example. In the 1920s we moved into the flapper era when long necklaces of natural or cultured pearls were all the rage. The Arts and Crafts period moved into more natural age of plants, birds and flowers, made from enamelled glass and Bakelite.

The civil wars in the Congo lead to a black-market economy where diamonds were sold to raise funds for opposing armies. The Kimberley process was adopted to not take diamonds from war-torn areas.

Jason has some words of advice for buying jewellery, don't watch or buy from Gems TV and Pandora are overpriced. If you can afford it buy from Tiffany or Cartier.

This month is our AGM. Our next speaker is via Zoom on Friday July 9th 'Pounds. Shillings and Poverty' David Williams. We are hoping on Friday 13th August to have an 'Open House' at Plantation Hall from 2 to 3.30 for members to pop in for coffee, tea and a biscuit to catch up with old friends. There will not be a speaker that month.

From September we hope to resume our meetings at Plantation Hall.

Jan Brown speakersecretary@heybridgeu3a.org.uk

Zooming with the u3a

A year ago we would never have thought that we would be unable to get together for our convivial meetings, whether it be the main meeting at Plantation hall or group meetings of various sorts. As it seems still a long way off before we can do resume most of our activities, it makes sense to do whatever we can to keep in touch and use the means that are available, such as Zoom, WhatsApp messaging, email and anything else you can come up with. It may not be ideal, but surely better than nothing.

Looking forward to the June meeting, we would love more to join us. If anyone would like to have a trial run on Zoom, or feel they need more practice, please email me on secretary@heybridgeu3a.org.uk to let me know and I will set up a session or give one-to-one help over the phone to iron out any technical difficulties - it's easy when you know how.

A few people join without video if they don't have a camera on their laptop, some have a camera plugged in or use headphones. Any group can have a Zoom meeting set up for them if you contact me, and it can be run via the Heybridge U3A Zoom account so you don't need to worry about doing it yourself. The Photography group are dab hands at this and as well as sharing photos and expertise there always seems to be a bit of light-hearted banter.

Linda Etherton

Annual General Meeting and Committee Nominations 2021

There will be an AGM on the 11th June 2021 at 2.00 pm via the Zoom platform.
Nominations have been received for the following positions on the Committee:

Editor: Geoff Hadley - proposed by Jan Brown, seconded by Anne Newson

Secretary: No nominations have been received for this position

Interest Group Co-ordinator: No nominations have been received for this position

Publicity Officer: No Nominations have been received for this position

Events Secretary: No nominations have been received for this position

If no further nominations are received before the AGM, we will ask the membership for permission to accept nominations from the floor.

Papers for the AGM have been sent out by email and post, but if anyone has not received copies please let the secretary or editor know.

We hope that as many people as possible will be able to attend the meeting on Zoom. The link will be sent out a few days before the meeting.

Voting will be by Zoom polling on the day. However, if you are unable to attend you may return your vote by email or post to: secretary@heybridgeu3a.org.uk using the voting paper sent out previously, or simply by email saying whether you support the proposals and resolutions..

Secretary - Linda Etherton

Publicity

We are still looking for a new Publicity Officer, which is a position on the committee, and a Minutes Secretary which involves going to committee meetings but not necessarily being on the committee. If you think that you could help in either of these jobs please speak to any member of the committee. I need to go - I suspect that I have been involved with the committee for so long that everyone must be sick of my face, although of course they are all too polite to say anything. Please help them out.

AP

GROUP REPORTS

Bird Watching

Unfortunately the group is still unable to find someone to take over as CoG, therefore we will have to close the group after more than 10 years. We will be having just one more get together on 25th June.

Our trip to Tollesbury Wick today was great as, at last, the weather was warm. We only saw a few birds as most are busy nesting and raising families. Plenty of swallows making the most of huge numbers of small flies with just a few other species seen at a distance. These included a buzzard, pied wagtail, black headed gulls, robins and a black cap behind the car park.



Common Buzzard



Swallow

Please try and come to our last meeting in June as we thought it would be nice to have lunch together at the end of our stroll. Or maybe you could be the person who steps up to keep the group going. Maureen will send out more details of June's walk soon so we can sort numbers.

If any of you would like to join us please contact Maureen Lenoir. (symockturtle@yahoo.co.uk or jill.mcgregor@btinternet.com)

Croquet Report

At last!! We have been able to start playing croquet again, (with strict COVID restrictions). The first session seemed a little strange as we all gathered, at a distance to select a mallet each, then at the end of the session having to sanitise each mallet, and no one was allowed to touch the hoops. However by the time we played our second session COVID restrictions had moved to the next phase and we are now allowed to touch the hoops etc. . Our playing might have suffered a little as we had not played for over a year but, by our second session we had improved and some were making brilliant shots. However, it was just so lovely to actually meet up and enjoy each other's company again. We now meet on the 2nd and 4th Wednesday of each summer month; we play for gentle exercise, good company and fun.

Anne Newsom

Discussion Coffee Morning Group

I have just spent a couple of days with an old friend in the West Midlands, having given myself a COVID test before I went. It was lovely to see her; we always enjoy our time together much of it talking about our families, growing up together and the daft things we got up to. The rain did not stop until we got in the car to come home, a return to Essex and more rain!

On a brighter note we are another step further forward to getting back to a life with less restrictions and the possibility of a staycation even, if we can find any vacancies!

Best wishes to all. Margaret Brown

Family History

As the end of Lockdown seems to be moving very slowly I thought you might need a bit of cheering up - so how about a bit of 'botched executions'!!

John Lee (1864-1945)

John Lee was convicted of murdering his employer Emma Keyse near Babbacombe Bay, Torquay.

The evidence was weak and based on little more than Lee being the only male in the house at the time, plus his previous criminal record. Despite his claim of innocence he was sentenced to hang. In February 1885 Lee was taken to Exeter prison. On the first attempt the trapdoor failed to open. An examination of the mechanism by the executioner James Berry, found it in perfect working order and the hanging continued. After two more failed attempts and an investigation the medical officer left the scene refusing to take any further part in the proceedings.

The home secretary Sir William Harcourt commuted the sentence to life imprisonment. Lee was finally released in 1907. For many years he lectured (and profited) from his new found notoriety as 'the man they couldn't hang'.

Rumour has it that Lee developed a lifelong aversion to wearing a tie!

William Duell (1723-1805)

In November 1740 Duell aged 17 was convicted of accessory to the rape in London of Sarah Griffin and sentenced to hang. His body hung for 20 minutes before being cut down.

As was the custom in the 1800's he was taken to a medical training college for dissection.

Stripped naked and laying on the table with the surgeon poised, it was noticed he was gently breathing.

Duell was taken back to Newgate prison where he fully recovered, and fortunately had no memory of the hanging.

Word got around and bowing to public opinion, the sentence was reduced to transportation for life. He was sent to Boston North America where he lived to a ripe old age.

Joseph Samuel (1780-1806)

Samuels had been transported to Australia in 1801 after a conviction for robbery. After escaping he joined a gang robbing the home of a wealthy woman. In the process a policeman died.

Samuels confessed to the robbery, but denied murdering the policeman. The woman identified Samuels and he was sentenced to death by hanging.

In Australian executions, the convict stood in a cart with a noose around the neck - the cart was then driven away. The noose was made of 5 cords of intertwined hemp, capable of holding 1000lbs.

The execution of Samuels and several other felons was to take place at Parramatta, where hundreds had gathered to witness the event. At the first attempt the rope broke and Samuels fell to the floor spraining his ankle. He was hastily returned to the cart while the executioner assembled another noose. Driving the cart away, the noose (too hastily put on), slipped off his neck throwing him to the floor again. The baying spectators were now in uproar calling for him to be freed.

The third noose was securely tied, fastened, and checked carefully several times before the cart was driven away. Unbelievably, the rope broke again. The execution was delayed while the governor was summoned. On inspection of the rope the governor agreed with the crowd, it was a sign from God and Samuels's sentence was commuted to life imprisonment. The other convicts were successfully hung.

Throughout various centuries we identify with some things we deem 'barbaric'. Fast forward 2/300 years' what do you imagine historians will label 'barbaric' in our 21st century life?

My money's on dentistry!

Take care
Jean Rogers

French Conversation - Le Tour de France



June heralds the start of summer and in France it's a month packed full of events. The most famous is the Tour de France, which this year takes place from 26th June to 18th July over a distance of 3,363km. Over 12 million spectators line the route and a further 3.5 billion watch it on television, making it the largest sporting event in the world. The race is nicknamed 'La Grande Boucle' ('The Big

Loop'), describing the route that takes cyclists around France. Here are some facts about the race:

- The average cyclist burns between 4,000 and 5,000 calories during each stage of the race, which is 123,900 calories for the entire race
- In the 1920s, riders used to share cigarettes because it was thought that they 'opened up' the lungs before climbs. Until the 1960s, they drank alcohol to numb the pain of aching limbs, but this was subsequently banned as alcohol was considered a stimulant
- Over the course of the race, riders will sweat enough water to flush the toilet 39 times.
- The first winner of the Tour de France was Maurice Garin. He won again in 1904 but was then disqualified for cheating by taking a train to the Alps for the last stage.
- The French have taken more winning titles than other nations, totalling 36 wins
- Each team comes to the Tour de France with supplies that include 3,900 nutrition bars, 3,000 water bottles, and 80kg of nuts, raisins, apricots and figs and 20 jars of jam!
- In 2013, riders climbed the equivalent of Nevis, Scafell Pike, Snowdon, Mont Blanc, Kilimanjaro and Everest. In 2014, the average speed for riders was around 41km/h.

Jenny Parker

History talks on Zoom

Limebrook and Blackwater u3a's are inviting Heybridge members interested in history to join them for their talks.

As Limebrook u3a are using outside speakers there is a charge of £3.00 per talk. Just email Mike Stringer at mike.stringer19@btinternet.com for the details.

There is no charge for Blackwater talks just email me at speakersecretary@heybridgeu3a.org.uk and I will email you the Zoom link. Programme of talks

Tuesday 15th June @ 10.30am. "Entertainment in Wartime Britain" by Mike Brown. A look at how the entertainment industry fared during the War, when the lights were going out across Europe. Did our theatres close, like they have during the pandemic, or did life go on? (Limebrook)

Jan Brown



This will be the last list of music links for a while as after the marathon of the alphabet I feel I need a rest! No other lists were received.

Philippa Moody

Needlecraft Group Report

Not much to report this month as I think most of our members have been making the most of restrictions easing this month as production has fallen dramatically!! One member has been unwell so hasn't made anything and I am still busy most days in the new house. One member has been knitting

Hilary Furniaux

Painting 2

Our recent national news is making it impossible to predict the future, so I am still hoping that we can meet soon. But the present rule is that only 7 people can meet in the Claydon Room. If everything goes as planned the August meeting could come true, assuming that the present road map is not diverted by another variant.

So please let me know whether you prefer an August, September or later start and I can then plan who to contact with more information.

Barbara Barbrook

Papercraft Group

Our group has made a couple of special cards this month and we are hoping to meet in the garden next month. We need to have a dry day with little or no wind though as paper, card, embellishments etc are likely to blow down the garden.

We may find ourselves spending more time chasing and retrieving said pieces rather than actually crafting! But it will be lovely to sit and chat in person rather than on the phone even if we get little done. Lesley Woonton

Patchwork Group

Now the weather has improved I would like to arrange a meeting outside in the grounds of the W.M.C.C. for the group members. The date I am suggesting is Monday June [14th@2pm](#), bring a chair and a drink and we can discuss the future of the group. Do bring some hand sewing along if you wish. I do hope we can find a way to continue the group safely and a new CoG to lead it! Happy sewing. Anne.

Petanque Group

The Petanque group have been playing since we were able from 15th April groups of 6.

Since the 17th May, we have been allowed to have more players, I know some of the team members are still shielding, and once you have finished I will be looking forward to seeing you again. I am sure all of you will be pleased to have lots of fun playing on our new gravel.

Take care now. Moira Penhallow.

Photography Group

We held another very successful Zoom meeting on 6th May our thirteenth so far with 13 members and 1 guest participating.

We started the meeting by watching a slide show of the photos taken by our members during the month. The subject for the month's assignment being "Photographs where the subject starts with the letters "K and L". A total of 43 photos were submitted including some from members who were unable to attend. There was so much interaction and lively discussion on the photos that this took up nearly all of the meeting.



Light (Lampshade) by Alex Lees



Knot by Kenneth Russell

We will continue to hold Zoom meetings on the first Thursday of each month until we are able to meet again as a group.

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 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

Scrabble Group

Last month I asked you which two are anagrams and which is fruitless?

C	O	T	M	A	I
3	1	1	3	1	1

Becomes

A	T	O	M	I	C
1	1	1	3	1	1

A	O	R	M	C	I
1	1	1	3	3	1

is fruitless

A	O	M	C	I	S
1	1	3	3	1	1

becomes

M	O	S	A	I	C
3	1	1	1	1	3

How about this one? Sometimes you might only be able to play one letter by hooking onto the beginning or end of an existing word on the Scrabble board. Using the letters **W**, **A**, **S** or **H** how could you extend these words by hooking a single letter onto the beginning or end?

I ₁	R ₁	E ₁	D ₂
----------------	----------------	----------------	----------------

P ₃	L ₁	A ₁	Y ₄
----------------	----------------	----------------	----------------

H ₄	O ₁	S ₁	E ₁
----------------	----------------	----------------	----------------

C ₃	U ₁	R ₁	E ₁
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It all helps to keep the little grey cells working!

Linda Etherton

Walking Group

Our Covid delayed walk in May had 15 participants. We set off promptly from Crescent Road in Heybridge for a 3.5mile walk around fields behind Holloway Road. We were lucky to have a dry afternoon, although showers had been forecast, but our intrepid group walked along a narrow, uneven, field-side path before coming to a much more comfortable wide farm track which took us out towards Maypole Road. We needed to cross what is often an unofficial race track but taking it sensibly everyone arrived at the other side to continue our country walk. From there we walked passed a fishing lake, and on to skirt Heybridge Wood, sadly we were a week too late for the English bluebells to be at their best. We ended the walk along an access to secluded houses which led to Holloway Road and back to our cars.

PLEASE NOTE - I will be unable to organise a walk in June (scheduled for June 10th) due to family commitments, but if anyone feels that they could take a group of people on a local walk, maybe your 'favourite' Covid walk, give it a go. I will email everyone with the details, all you have to do as a leader is to make sure you don't lose anyone on the way.

Linda Wells.

Yoga and Wellbeing Group

From the 26th May I will no longer be the CoG for Yoga and Wellbeing as I have resigned.
Gloria Bomford Group COG

Rumblings from Peter

What weather; cold "March" winds in April, now "April" showers in May, gardens weeks behind normal. Farming friends though are somewhat happier. How often by June crops have used most available moisture on gravelly soils, how depressing to travel over fields with whole areas of bluish, twisted, stressed crop. You know they will never fully recover; yields will be low both in quantity and quality. This year the garden is not yet brown and seared but lush and verdant - with weeds!

I've always grown vegetables. Whilst I now grow some flowers to attract and feed insect, e.g. bees, butterflies and lacewings, marigolds too which will deter some aphids and whitefly, but generally it's a case of "Is it edible? Then I'll grow it".

Don't get me going on "edible flowers" though. How much do you pay for a couple of viola flowers garnishing your meal and why? I recall meals being nourishing, filling, simple and flavoursome. Stew and dumplings, lashings of seasonal vegetables, the year's first new potatoes or green peas, new "pulling" carrots too. Roasts with Yorkshire pudding done under the joint to catch all the juices. Afters, usually with custard (Birds powder) spotted dick, apple suet pudding or apple pie, steamed sponge with (homemade) jam, rhubarb, (no crumble and enough left over to go with your breakfast cereal). Grandpa made a rice pudding to die for!

The local bakers bread tasted better (the aroma drifting down Topham's yard from his oven, magical), milk still warm from the cow, a world away from today's super market stuff, each butcher had his own sausage recipe and tell me fish and chips weren't just as good with a bit of last week's newsprint stuck to them! Cafes and hotels had a menu of the day - one meal, take it or leave it, a far simpler life, and actually, any worse for it?

I acknowledge, lives and diets would vary between urban and my rural life. Fish was either stale cod or smoked haddock, shrimps were brought home from day trips to Hunstanton, otherwise shellfish and crustaceans were unknown. Fruit and veg were seasonal, fresh and plentiful, rabbit and pigeon were enjoyed too.

Local shops, local owners, local services. Today's huge supermarkets BAH, and not an edible flower in sight!

Do you use Facebook? Why not join the Heybridge U3A group.

We now have our own group on Facebook. Our Facebook group is a closed one; Philippa is the administrator who acts as the gate-keeper. Please see her report for more details. The Facebook group will supplement the news-sheet, not replace it.

CYBERCRIME PRESENTATION FOLLOWED BY Q&A

CYBER SECURITY

Keeping you safe in an electronic age.

Date: WEDNESDAY 16th JUNE 2021 from 10am – Presenter Barry Linton

This event is open to both committee and other u3a members for a maximum of 3 attendees; however, this can be increased if required. We are not able to record the session so if you want to see it I suggest you join us.

Cybercrime and related frauds have been growing at an alarming rate for the past few years and during the COVID pandemic has escalated exponentially. Many of the scams originate overseas and there is little chance of identifying or arresting the perpetrators. This is international organised crime. The UK Police Strategy is to educate us on how to identify scams and to help prevent you from falling for them.

Following a visit to Thorpe Bay U3A in 2017 by the Chief Constable, a joint seminar was put together by Barry Linton and David Gibb of Essex Police and has now been presented to U3As around the County right up to lockdown last year, and also at the 2018 and 2019 U3A National Conferences.

This online Zoom talk will present key elements from the half-day seminar and also discuss some of the very latest threats that are particularly aimed at the U3A generation. There will be a Q&A session afterwards.

You do not use a Laptop, Tablet or Smartphone? You are still at risk as we will demonstrate to you.

There is no charge, but advance registration is required. To register please complete the booking form using this link:-

https://docs.google.com/forms/d/e/1FAIpQLSdNFeLM7dJ9wcr2apo4wYXjdrMsNDDJ1eZKadGScOmcv3J7EQ/viewform?usp=sf_link

Should you have any difficulties in using the form, have any questions or require additional places, please contact me on marilyn.walker.east.u3a@gmail.com

Joining Instructions and the zoom link will be sent out on 14th/15th June, to all who have registered.

Marilyn Walker East of England regional team