

Heybridge U3A

News Sheet No.6/2020

July 2020

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

Archive

www.heybridgeu3a.org.uk/archive/news.html

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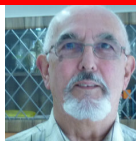

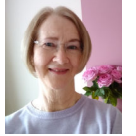


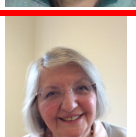

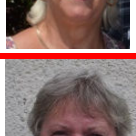
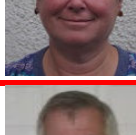
An important message from the Committee.

Until further notice from this committee, under **NO** circumstances should any Heybridge U3A activities be resumed. The committee will advise again when Government guidelines and advice from the Third Age Trust render it safe to do so.

Cogs are asked to speak to a member of the Committee before making plans and contacting members.

	Page Number
Your Committee	1
From the Chairman	2
From the Editor	3
Membership Secretary	3
Interest Group Coordinator	3
Monthly Meetings	4
Group Reports	5
Detail of Events	13
Third Age Trust	13
From Other U3As	13

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NEWS FROM THE COMMITTEE

From the Chair

Well here we are again now week 15 of the covid19 restrictions. Hasn't it gone fast – oh what fun we are having.

Now, are you struggling with other peoples' idea of distancing? If so you could adopt the following regime (it's working for me).

Each morning in your car, travel a short distance where you can access free fresh stable manure, load your car with at least 5 sacks daily, return home and build a heap as far away as possible from the house. Do this daily for 6 weeks or so and you will have a good 6ft heap of steaming manure. Now, you may not believe this but it is true, after doing this no one will come anywhere within 3-4 metres of you, thereby keeping you safe. Why this happens I cannot comprehend as I do wash my hands regularly. It's a miracle and guaranteed to work and after all restrictions are lifted in the future, I am assured that a hot shower will reinstate the status quo.

The Irises, Foxgloves etc. are now finished and being replaced by the later-flowering plants - Helenium, Osteospermum, Penstemon, Salvias, Veronica and Dianthus, which will carry us into the main summer and beyond (providing that we get some more rain that is) Flowering plants and soft fruits had suffered badly in the heat, but since the recent rain, fruits have swollen and we are starting to get quite a good harvest, so far.

Next year, with the help of all my extra compost, I hope to be a little better prepared for the drought, and hopefully get even better returns on all fruits.

In the last 14 days I have observed an increase in the number of young birds gathering in our bottlebrush bush. In particular we have long-tailed, great and blue tits plus the occasional blackbird some wrens, sparrows and goldfinches, plus a large increase in unwanted young wood-pigeons.(anyone for pigeon pie?) come and shoot your own.

Meanwhile please stay alert, read the news sheet, all of it, not just this bit, particularly regarding scams and keeping safe, keep up with your hobbies and activities as far as possible, bearing in mind recent adjustments to the regulations. Please do keep your distances, keep safe and well until we meet again.

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 August news sheet by 24th July.

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.

Paying by bank transfer will be much appreciated. We have recently been able to pay in (at last!) cheques which were written February/March onwards but it is still not easy for the Treasurer to go out, so an electronic payment is very helpful.

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

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.

Groups Coordinator

We are still unable to re-start any of our groups but hopefully many of you have been able to see some family and friends albeit at a distance. I think we are all starting to struggle a bit with not going out for lunch or to a tea room and am sure many haven't left their homes for more than 3 months. I haven't heard from many COGs but if you know of anyone who you think may benefit from a phone call from me please let me know. We will get our groups up and running again, we just don't know when. So stay well and keep yourselves safe until we can.

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 13.

Jan Brown speakersecretary@heybridgeu3a.org.uk

Publicity Officer

The National U3A day, which had originally been organised for 3rd June, is re-scheduled for 3rd June 2021.

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.

Angela Pleasance

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 e-mail 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.

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

I think more cards have been made within our little group over the last 3 months than we would send in a year! Two of our group now have stamping platforms and have been using them with great success. It enables us to re-ink our stamps several times if necessary so we get perfect results every time. It has been very exciting! Now we have to learn to colour our images so let's see how that goes.

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> . I'm sure U3A members would enjoy the many stories on it.

There's a new story on our group's blog today called 'Frog'. I've also sent off some more of my older stories to Louise Moss's website 'Writers against Covid-19'. I don't know if she'll publish any of them but I'm always hopeful. She's expanded the site and added some new categories and it is well worth a look. She also has a Facebook page.

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

Here we are again and another month gone by.

HUnfortunately, no formal coffee mornings were possible yet. Probably some have been able, like me, to visit a friend in a back garden for a quick catch up with social distancing. Or wave to someone on our daily walk! At least we have all been able to keep in touch by telephone.

Lesley kindly offered to have a meeting in her garden as she has ample room, on a good day it sounds wonderful but being weather dependent it could mean a difficult decision.... then it might rain on us, oh dear.

I have been lucky to continue my usual weekly yoga class using Zoom. Linda has suggested that perhaps we could have a Zoom coffee morning so that is something to think about.

Best wishes,
Margaret Brown.

Eat the World

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

Family History Group

Memories

Continuing the story of Rose.....

Mum lived in a very leafy avenue. The dual carriageway was divided by a wide strip of green. As there were few cars in the area when I was a child, it was never a busy road.

When the estate was built in 1939/1940 both sides of the avenue were lined with Horse Chestnut trees. Amounting to about 80 saplings when first planted.

Fast forward 30 years to when the mature fruiting trees became a problem, particularly as the most prolific and largest one was outside Rose's house.

Little boys (some not so little) came from far and wide armed with stones and lumps of wood in every effort to bring down the prized reward - conkers.

There can't be many of you who haven't played, or heard of conkers. After peeling off the green, spiky shell out came the shiny ping pong sized mahogany brown nut. With a hole drilled and threaded on a piece of string it became a swinging object to strike and smash your opponent's likewise suspended conker. There were secret hints and tips on how to produce a champion conker. Two I remember were to bake it in the oven for several hours, or soak it in vinegar overnight. Pity it didn't prevent the bruised and bloodied knuckles!

Every 'certain' time of the year the pavement outside mum's (and her front garden) was strewn with slimy conker shells, brick sized stones and lumps of wood - the shell once starting to rot (mixed with the rain) became a dangerous skating rink.

Mum was obsessed, watching and waiting from her front window, she would rush down the pathway shouting threats such as "Get up your own end of the street" and "I know where you live; I'll tell your mum". It was a race between her and Mrs Lewis two doors away as to who got to them first. The boys disappeared - temporarily.

Mum never used foul language; in fact I never heard either of my parents swear.

Tired of this, she wrote to the council. A friendly polite reply (not computer generated) came from the Superintendent for Park and Gardens, very carefully explaining that it was never their policy to fell perfectly healthy trees and pointing out the benefits of landscaping.

Periodically (conker time) over the next 10 years Rose wrote and Mr Parks & Gardens dutifully replied. He did compromise by offering to prune 'her' tree early to prevent the excess crop and sent a road sweeper each week during the harvest to remove the debris.

It came to a head in 1987 when the Hurricane (that never was) happened. I checked early next morning in case she had been frightened - I was surprised, but relieved when she said 'what hurricane'?

Ten minutes later Mum rang back to say she'd opened the curtains and the tree had gone - lying across the road. We learnt much later that day, unbelievably it was the only tree in the avenue to fall victim to the hurricane!

We couldn't resist teasing her that her wish had come true. Weeks later during one of our normal phone chats, I asked if she was ok she seemed a bit down - she replied "I miss that tree".

I'm convinced, that over the years after Dad died it was her various 'crusades' that kept her sane.

Jean Rogers

French Conversation



LA FÊTE NATIONALE

Le 14 juillet célèbre la prise de la Bastille.

Partout dans le pays, on fait des défilés militaires et des feux d'artifice.

Now that <le confinement> (lockdown) in France has been lifted, shops, bars and restaurants have re-opened and people throughout the country are looking forward to celebrating their national day on 14th July with military parades and fireworks.

The end of July sees the start of <le grand départ> when roads are jammed with cars full of holiday makers heading to the coast.

As we are still under lockdown, our monthly meetings at the Plantation Hall have been cancelled until such time as we can resume meeting there. In the meantime, I'm sending monthly bulletins to group members with suggested activities to do at home.

Jenny Parker



It was the turn of N and O to inspire our track list but this proved more difficult than expected. There are relatively few well known composers and instruments attached to these letters so we have on the list some names that are not famous – perhaps for good reason?

Fortunately we were able to list two pieces by Offenbach – a duet by Anne-Sophie von Otter and Stephanie Oustrac from *The Tales of Hoffman* and his famous Can Can from *Orpheus in the Underworld*. There were several contemporary artists featured including Randy Newman, Joe Negri, Michael Nyman, Mike Oldfield and a trumpeter called Ansel Norris.

Some well-established composers and performers were also featured such as Carl Nielsen, David Oistrakh and Sakari Oromo plus Jessye Norman singing *Habanera*. Less well known are George Onslow, Alan Opie, Victor Nessler, Nardini and Niedermeyer.

Highlights for me were probably Ivor Novello's *We'll Gather Lilacs* and Carl Orff's *O Fortuna from Carmina Burana* which is always wonderful to hear. I am happy to send the playlist to anyone who would like to hear it in addition to the Music Group members.

Philippa Moody

Needlecraft

Although still unable to meet up, the members of our group have kept themselves busy with various projects. Among them have been a bookmark in lace, a cross stitch needle book, knitted trauma teddies, sewing alterations and a face mask! Some have even sat in their garden whilst being creative.

Hilary Furniaux

Painting 2

With the arrival of summer there is no shortage of still life or objects in nature in our gardens with beautiful blooms to stimulate us. So get out there and produce some wonderful pictures for us all to see when we meet again.

The TV has been helping us with some good programmes about Art. One, by Andrew Marr, was about the paintings of Van Gogh on display at the National Gallery. His pictures of sunflowers, which he painted 8 times, the most famous of which, is reputed to be the most valuable (by price) in the world. We have also had repeats of the Landscape Artist and Portrait Artist for the last few years and a new Portrait competition is now starting.

With our group we have the advantage of being able to do our painting at home but I for one will be glad to get back to our "normal" life.

Barbara Barbrook

Patchwork Group

The members 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 keeping in touch and continue with our monthly assignments. This month the subject was "A Back lit Photo"

We held our second meeting on using Zoom on 4th June. 11 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 hold a Zoom meeting on the first Thursday of 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 July is "3 photos taken where the subjects are predominately of the same colour" with photos to be submitted by 29th June.

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

Norman Grove

Reading and Books Group

Another month has passed without meeting and our gardens are all looking lovely so we can enjoy the sunshine whilst relaxing with a book. Many of you will remember the TV series called Widows, written by a young actress and scriptwriter called Lynda la Plante. Recently Hollywood took her script and made it into a film but with American film stars it lacked the gritty London criminal background that made the TV series so successful. The author decided to rewrite the original score as a book and I have read Widows and Widows 2, recently and now the final book of the trilogy "She's Out". Easily available from the internet, you may not like the characters but the books will keep you desperate to know what happens next. Also, by Lynda la Plante are a series of books representing the other side of the law in a young Jane Tennison, of "Prime Suspect" fame. Stay safe and happy reading

For more info contact Jackie Jones

Scrabble Group

Answers to last month's puzzle:

N	U	R	O		J	A	=	J	O	U	R	N	E	Y
---	---	---	---	--	---	---	---	---	---	---	---	---	---	---

B	L	U		Q	E	Y	=	E	Q	U	A	B	L	Y
---	---	---	--	---	---	---	---	---	---	---	---	---	---	---

T	R	A	N		X	A	=	A	N	T	H	R	A	X
---	---	---	---	--	---	---	---	---	---	---	---	---	---	---

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

My little Scrabble puzzle calendar provides me with a different challenge every day: I confess that I am not always equal to the challenge. Here is one using 7 letters (ie the number of tiles used in Scrabble) that can be made into a possible 11 seven-letter words. You will be doing well if you can find 6 words - I couldn't!

D	D		E	O	R	W
---	---	--	---	---	---	---

(NB one tile is a blank you can use for any letter)

Answers next month.

What else do you do to keep the brain active? Are you doing a family quiz on Zoom? Do you like a crossword or Sudoku puzzle? Do you play Solitaire? Or are equations your thing? Maybe set a puzzle for the News Sheet. Perhaps write a small piece Life in Lockdown.

Linda Etherton

JULY QUIZ

Where in the World? Geographical anagrams.... Can you identify these locations?

1. **A garden** has been cultivated on this Caribbean island.

2. Causing **no harm at** a long race.

3. A capital **solo** performance in Norway.

4. **As rank as** could be in this U.S. state.

5. He **mopes** around at the Derby.

6. **No radar** needed in this small country.

7. The King lost his **regalia** here.

8. You have to **carve deep** when you visit here.

9. Noah had to **mend** the **ark**.

10. Has **Meg Ryan** starred in any films here?

11. There's lots of building going on here, **on a site**.

12. A far **nicer public domain** is present on this island.

13. I joined a **coal mob** instead of growing coffee.

14. A new **era then** emerged in the Middle East!

15. **Made smart** moves to earn capital.

16. **Dr. needs** break in Germany.

17. False **trade-plate** found in Lake District.

18. **A Schubert** composition to be found in Romania.

19. **I am also** involved in this African country.

20.The lady broke her **bag handles** whilst visiting here.

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

Well it's been a long time since any of us walkers have enjoyed a meander around the area. As I understand it, most of us have managed a walk locally at times and now that we are allowed to drive places, I'm sure there are a few more walks that we will have attempted. The Walking Group do not walk during August , if Covid-19 allows, we may be able to walk in September, but no promises of course. Those members of the group will be notified as usual by email if/when a walk may be possible - then all we have to worry about is the weather!

Linda Wells.

Weekday Lunch Group

We are all isolating at the moment, but not able to get together because, even in a public area ,the limit of people from different families makes it impossible for us to arrange it. Six of us together would be the limit allowed but there are twelve on the list. Pubs and restaurants may be open again soon, even July has been mentioned, but unlikely, so we look forward to seeing you all soon sometime in the future. So watch this space and listen for the phone call.

Contact Barbara Barbrook for Maureen Lavender

Weekenders Group

In June, our Saturday coffee morning was planned for RHS Hyde Hall, followed by a walk and lunch. Sadly that wasn't to be. Well the good news is that Hyde Hall is open again but you will have to book a time slot online. Recently I met a friend there and this system worked very well. We took our own refreshments.

For a couple of months I have been researching my family ancestry. It is totally absorbing and very exciting. As it is quite time consuming the lockdown has given me this opportunity. I have got back to about 1850 for both parents so far. One piece of information unlocks another and time flies by! I have received a few ideas for our reliable work people list but it would be great to have some more.



June Rawlings.

I have included a photo of my rambling rose which is short lived but beautiful for about 6 weeks. The vegetables are all coming along nicely after a slow start. I can't wait to pick some tomatoes, beans and courgettes! Enjoy your gardens.
Keep in touch with each other and stay safe.

Yoga Group

Suspended due to Covid-19 virus

All enquiries to Gloria Bomford Yoga COG.

July Quiz Answers

1 Grenada 2.Marathon 3.Oslo 4.Arkansas 5.Epsom 6.Andorra 7.Algeria 8.Cape Verde 9.Denmark
10. Germany 11.Estonia 12.Dominican Republic 13.Colombia 14.Teheran 15.Amsterdam
16.Dresden 17.Patterdale 18.Bucharest 19.Somalia 20.Bangladesh

Jan Brown.

National Newsletter

All members can sign up to receive the National Newsletter by email. Just go to the website <https://www.u3a.org.uk/email> and put in your email details and 'East of England' as the Region. You can also look on the website for lots of activities taking place all over the country that might inspire you.

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.

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