



THE UNIVERSITY OF THE THIRD AGE

# Heybridge U3A

## News Sheet No. 2012/8

### August 2012

Contacts: Peter Thorpe Chairman 01621 850828

Brenda Dewar Secretary 01245 400492

<http://www.heybridgeu3a.org.uk>

#### From the Chairman

One thing members of the U3A understand is that we are never too old to learn. The desire for knowledge is very human and the old saying "the more you know – the more you know how much you don't know" is certainly true. As we grow older, we dislike change and the relationship between teenagers and people of our age (outside of our families and friends) can be one of mutual distrust. This makes the bridge which is being carefully built between our U3A and the Plume School something which we should both applaud and support.

What a surprise and delight it was at our July meeting to be entertained by a group of very talented students from the Plume. The seating layout was rearranged three times before it was suitable for both the performers and the audience. A group of dancers gracefully performed four dances representing the four seasons, which was all the more impressive when it was revealed that the arrangement was entirely their own work. We enjoyed a young male duo singing and accompanying themselves on guitars, whilst two soloists, one playing pieces on the piano and a charming young lady on flute, were superb. Talking to the accompanying teachers after the performance, I was delighted to learn that the students had also enjoyed themselves entertaining a live and appreciative audience. It was an afternoon to remember.



Beryl's Book Launch Author – Peter Thorpe

That Friday was also a special day for one of our members, (See picture above) as later in the evening, Beryl Claydon launched her book on the history of Heybridge in the

nineteenth and twentieth centuries. Many of us have been aware that Beryl was writing a book. Indeed, members of our Local History group have been introduced to some "little tasters" at our meetings. Few, if any, were aware of the scope of Beryl's book or of the level of detail involved in her research. It is easy to read, as it is written in a style which emphasises the facts in an anecdotal way, as if the topic is being talked about by the people involved at the time. At nearly 300 pages, this is an impressive book and I am sure that it will be an important source of information for those interested in the local history of our piece of Essex for many years to come. Well done Beryl.

I look forward to being with you all again at our next meeting on Friday August 10<sup>th</sup> when Roger Smith will talk to us about the work being done at Stow Maries Aerodrome.

Email [thorpe101@btinternet.com](mailto:thorpe101@btinternet.com) or phone 01621 850828.

Peter Thorpe.

#### From the Editor

When reading this month's News Sheet it will become obvious that a number of the groups will not be meeting for one or two months. They will all be back in late summer or in the early autumn.

The Study Day has seen a number of the topics oversubscribed. There are still places but not on the Art, Photography and Identifying Flowering Plants sessions. The rest of the subjects are filling up quickly so you must get your application in quickly.

The Diary on the last page has been updated to the end of September 2012. Please keep me up to date with any interesting stories, relevant pictures or anything that relates to The Heybridge U3A or the U3A movement as a whole. Please continue to send details to me, preferably by email with 'Heybridge U3A' in the title. Alternatively talk to me at the Monthly Meeting. Printed copies will be available, as usual, at each Monthly Meeting.

Email [ian.newman@tiscali.co.uk](mailto:ian.newman@tiscali.co.uk) or phone 01621 891184

Ian Newman.

#### Membership Secretary

We were pleased to welcome four new members in July, plus one returning member, taking our current membership to 159.

If you are not a member and would like to find out more about the Heybridge U3A, you are welcome to attend a monthly meeting (held in the Plantation Hall on the 2<sup>nd</sup>

Friday of each month at 14.00) as a guest. There is no need to book, just turn up and sign in.

For any queries regarding membership, please

Email [jennyparker14@hotmail.com](mailto:jennyparker14@hotmail.com) or phone me on 01621 843581.

Or, If I am not available, please

Email [angela.pleasance@hotmail.co.uk](mailto:angela.pleasance@hotmail.co.uk) or phone Angela on 01621 850310.

Jenny Parker.

#### **Group Names, Co-ordinator, Contact Telephone**

<b>Group Name</b>	<b>Co-ordinator (COG)</b>	<b>Telephone Number</b>
Art (Painting)	Michael Kempen	01621 892974
Bird Watching	Maureen Lenoir	01621 869871
Coastal & Marine	Brenda Dewar	01245 400492
Coffee Morning	Margaret Brown	01621 854885
Computer	Tina Abeysekera	01621 858635
Creative Writing	Angela Pleasance	01621 850310
Family History	Lesley Pomphrett	01621 817733
French Conversation	Jenny Parker	01621 843581
Gardening	Pat Yates	01621 892866
Italian	Janice Slight	01621 853393
Local History	Carol Greenhalgh	01621 840339
Luncheon	Dave Mason	01621 858635
Petanque	Barbara Barbrook	01621 855605
Photography	Peter Thorpe	01621 850828
Reading & Books	Ann Lees	01245 225153
Scrabble	Ruth Tyler	01621 856212
Technical Computing	Colin Mason	01621 854906
Ten Pin Bowling	Janette Lett	01621 879697
Threads & Fabrics	Anne Thorpe & Pat Newman	01621 850828 & 01621 891184
Walking	Elizabeth Eastwood	01621 850618
Weekenders	Marilyn Corbett	01621 817518
Wine Group	Jackie Jones	01621 817117

#### **Heybridge U3A Monthly Meetings**

The next Monthly Meeting is on Friday 10<sup>th</sup> August starting at the normal time of 14.00, in the Plantation Hall, Heybridge. This month we have a presentation on the subject of the WW1 airfield at Stow Maries.

A list of other potential subjects for the following Monthly Meetings are as follows:

- September 2012: Chris Thornton, Local History.
- October 2012: Mike Logan, Auctioneer.
- November 2012: Journeys to Antarctica by Roger Slade
- December 2012: Lynda Scoles with 'God rest ye Merry?'

#### **From the COGCo (Group Co-ordinator)**

I apologise for being a touch sentimental, but this is a very personal article, as I would like to thank everyone who made my birthday and the whole of the week such a memorable occasion. I received lots of presents and even had a poem written for me. The last line of this is very apt, so no further comment.

"Proves U3A is life extending"

Email [gillthorne2@hotmail.co.uk](mailto:gillthorne2@hotmail.co.uk) or phone 01621 852294.

Gill Thorne.

#### **REPORTS**

##### **Art (Painting) Group**

There is no report available for the Art Group this month

For information about the group contact Michael Kempen:

Email [m.kempen@sky.com](mailto:m.kempen@sky.com) or phone 01621 892974.

##### **Bird Watching Group**

We will not meeting as a Bird Watching Group again until 28<sup>th</sup> September. Further information will be included in the September copy the News Sheet.

For further information, email [symockturtle@yahoo.co.uk](mailto:symockturtle@yahoo.co.uk) or phone 01621 869871.

Maureen.

##### **Computer Group**

Eleven members enjoyed a lively afternoon when Gill gave us a short introduction in the use, features and applications of using Power Point.

We then went on to discuss emailing. It was soon obvious that each different internet supplier had a slightly different format and layout when it came to discussing the various tools and features. The sending of attachments was also discussed. Altogether, a very interesting and stimulating afternoon, which soon passed despite the fact that the afternoon tea was not available. Someone unnamed forgot

to bring from home the tea, coffee and biscuits. We survived!!

We meet again on 16<sup>th</sup> August at 14.00 in the Claydon Room so if you want to learn more about your computer please come along.

For further information:

Email [tina@tina832.orangehome.co.uk](mailto:tina@tina832.orangehome.co.uk) or phone 01621 858635.

Tina Abeysekera

### **Coastal and Marine Group**

We are hoping to cross on the Mersea Ferry on Friday 17<sup>th</sup> August. The small ferry crosses from East Mersea to Brightlingsea at 11.15, returning either at 13.30. or 16.00. Parking is available at Cudmore Grove Country Park. Costs for the ferry is £3.00 return and all day parking is £2.20. Please get in touch if you think that you would like to join in. We need to get together for car share etc. A list will be on display at our meeting on Friday, or just telephone me. Looking forward to perhaps some good weather and a nice day out.

Email [brendadewar@btinternet.com](mailto:brendadewar@btinternet.com) or phone 01245 400492

Brenda Dewar.

### **Creative Writing Group**

The new meeting format was liked by our small group. The project had been a description; to paint a picture with words. We listened to four pieces of writing by our members and another descriptive passage from a favourite book before discussing the writing process.

The use of the senses in description; the use of adjectives and adverbs; and positive and negative words to communicate with the reader were all discussed. We ran out of time before we came to metaphor and simile; clichés; imagery; purple prose; hyperbole; alliteration; assonance ... These were held over for another day. We also looked at descriptive words beginning with 'o' and were amazed at the number.

There are several websites which help the aspiring writer. The BBC learning zone (descriptive writing) includes a video clip that gives useful ideas. BBC bitesize and About.com can also assist.

We are having a break in August but will meet again on the fourth Wednesday in September when we will discuss plot. Our project takes a slightly different form. We will bring an excerpt from a book, which we believe illustrates the development of plot. This does not mean that we abandon the writing process, but next month we are looking at how the experts do it.

If anyone would like to join us please contact me by

email [angela.pleasance@hotmail.co.uk](mailto:angela.pleasance@hotmail.co.uk) or phone 01621 850310.

Angela Pleasance

### **Discussion Coffee Morning Group**

The coffee morning at my house on 20<sup>th</sup> July was a small (but select) affair. A couple of our regulars were topping up their vitamin D on a cruise. Our next meeting will be at Ruth Tyler's house at 11.00 on Friday 17<sup>th</sup> August. Details as usual will be available at the next Monthly Meeting.

Email [mbandmeg@btinternet.com](mailto:mbandmeg@btinternet.com) or phone 01621 854885.

Margaret Brown.

### **Family History Group**

Our July meeting turned out to be very exciting for our Family History Group. By using the London Metropolitan Archives, we had a breakthrough for both Dorothy and Roger. It looks like one of Dorothy's ancestors was the Lighthouse Keeper at Harwich in the early 1800's and we found a skeleton in the cupboard for Roger. An ancestor born out of wedlock to a 15 year old girl in the 1700's. Roger had a marriage certificate showing that a father gave his permission for a marriage as his daughter was underage and he had a name which he thought might be an ancestor but could not fit them together. On Thursday we think we found the missing piece of the puzzle – WOW.

I am sorry but there will not be a meeting in August or September because of holidays. So our next meeting will be on Thursday 25<sup>th</sup> October 10.30 to 12.30 at my house as usual. Please phone if you need information or directions.

Email [lesleypommy@hotmail.com](mailto:lesleypommy@hotmail.com) or phone 01621 817733.

Lesley Pomphrett.

### **French Conversation Group**

One of our members was hosting French Exchange Students at the time of our July meeting and it was fascinating to realise the pitfalls that a French teenager could fall into if they translated what they wanted to say into English too literally. With Wimbledon tennis just passed, the Tour de France cycling on now and the Olympics to come, much of our conversation was about sport. The French use the phrase "Faire du sport", where we play sport. As the verb 'faire' has two different meanings in English, 'to do' or 'to make'. Pity the poor visiting teenager who chooses the wrong meaning! Because, for us to make sport of something, is not considered very sporting.

We will be meeting as usual at 10.00 on the second Wednesday of August despite the competing attraction of the Olympics, when I expect that we will have learnt many more names for different sports in French.

Report: Pat Newman

For further information please:

Email [jennyparker14@hotmail.com](mailto:jennyparker14@hotmail.com) or phone me on 01621 843581.

Jenny Parker.



## Gardening Group

Although it was a cloudy and rather chilly afternoon, Fudler's Hall garden was an absolute delight. It was overflowing with roses, delphiniums, campanulas and many other colourful flowers at every turn. My idea of heaven. Our next visit is a private one to the Tudor Roost at Fingringhoe. Details are in the garden programme or in the yellow book. This is not a large garden, but packed with interest. The date is Monday 6<sup>th</sup> August at 14.30. Cost is £6 including tea and cake. Everyone is welcome, especially if you haven't been on a garden visit before. Please let me know if you would like a lift.



Fudler's Hall Garden: Author – Pat Yates

Email [pat.yates@tesco.net](mailto:pat.yates@tesco.net) or phone 01621 892866.

Pat Yates.

## Italian Conversation

The Beginner's Italian Conversation Group met on Monday. We had a new member, Alex, join us, as well as my daughter who came as a guest to help out. She took notes for Alex, who had not done any Italian before. We started by all introducing ourselves in Italian to Alex so as to introduce him gently to the language and then we went on to say what we had done since our last meeting. We also practised directions by describing how we would get to our own houses from where we were.

The Beginner's meetings are held on the 1st Monday of the month

Those of us from the Advanced Italian Conversation Group who did not have doctor's or dentist's appointments met at my house on the 9th for 'un caffè e una chiacchierata' (a coffee and a chat). My daughter joined in and, together, we managed to speak in Italian for most of the time, only occasionally drawing on English where necessary. The regular meeting was at Sue's on the 23rd. After loosening up by discussing what we had each been up to in the intervening time, we went on to translate an article that continued with the subject of the Italian's excessive provincialism, touched on last month. We also translated an article about Venice and the types of gondolas and other boats used there.

The next meeting of the Advanced Conversation Group will be on the 4<sup>th</sup> Monday, the 27<sup>th</sup> August.

Email [janice.slight@tiscali.co.uk](mailto:janice.slight@tiscali.co.uk) or phone 01621 853393

Janice Slight.

## Local History Group (LHG)

Over twenty of us enjoyed our evening historical walk with Stephen Nunn this month. The weather was just right for an evening's walk [not a stroll!]. We were between the very wet days and the very hot days. Stephen took us on the circular route starting and ending at Tesco and taking in the ancient hamlet of Beeleigh and many places of great interest en route. Even the more seasoned Maldonians amongst us discovered many fascinating new facts. We learnt about buildings and people long gone and something of the wildlife inhabitants. What a buzzing place Beeleigh once was, very far from the tranquil place it is now.

We hope to do another walk with Stephen, probably next spring when we again have longer evenings.

We are having a break during August so our next meeting is in September when we go to Layer Marney. We can still take a few more for this but I would need your cheques now. Please contact me if you are interested.

Email [george.smeed@virgin.net](mailto:george.smeed@virgin.net) or phone 01621 840339.

Carol Greenhalgh

## Luncheon Group

Thirteen of us met at The Chequers in Wickham Bishops for our July lunch.

The menus and specials included a good choice for all three courses including several vegetarian meals. We were a bit disappointed in the length of time it took for our main meal to come out of the kitchen but, having waited for over an hour, we did all agree that the food was in fact tasty and was enjoyed by all. Several of the group enjoyed a pudding.

The next lunch is on 24<sup>th</sup> August at 'The Old Ship' in Heybridge Basin. Looking forward to seeing you all there.

Email [tina@tina832.orangehome.co.uk](mailto:tina@tina832.orangehome.co.uk) or phone 01621 858635.

Dave Mason.

## Petanque Group

I am writing this on 24<sup>th</sup> July in a heat wave. It does not seem possible that on Monday last week it was pouring with rain. Only one person went, which was a shame, as you really need two. It had stopped after everyone had decided not to go. This Monday it was very, very hot and the promenade was heaving. The car park was very busy but seven of us managed to arrive at the Petanque Terrain and luckily that it was available as normal. So we had our games with coffee/ice-creams afterwards and the crowds did not affect us. Graham has devised a new way with cards to choose teams and it worked well with two couples playing doubles and the rest of us playing with two or three

boules. It was very exciting in places for those of us who could stand the heat but we have lost an area of shade in the corner as Maldon DC has cut down a large horse chestnut tree, which usually gives us some relief. Fortunately, the lime trees are still there. We are trying to establish when we will be able to provide a team to challenge Blackwater U3A. In September, we should have a date and I will publish that in the News Sheet.

Email [c.barbrook@sky.com](mailto:c.barbrook@sky.com) or phone 01621 855605.

Barbara Barbrook.

### Photography Group

We continued with our discussion regarding the importance of understanding the accepted rules of composition by looking at the website [www.photographymad.com](http://www.photographymad.com) to give us some visual ideas of the concept. We then viewed member's pictures of last month's assignment - to produce a single photograph, which obeyed one or more of the compositional rules we had been discussing. The images were varied and well thought through and we could see that many of the techniques had been used to good effect.

The photo "Olympic Rings" pictured below is an excellent example of use of the rules of "thirds" as well as those of symmetry and framing. The bascules of Tower Bridge are on the lower third and the high level walkway is on the upper third, whilst the red bus is positioned a third of the way across the bascules. The tall buildings in the background are well framed within the view under the bridge and the subject is framed within the bridge structure. Careful composition has made this imposing photograph very pleasing to look at.



Olympic Rings: Author - Jenny Parker

Our next assignment is a street scene - preferably including people.

If you are interested in digital photography, come and join us. Our aim is to enjoy and to improve our photography, together.

Email [thorpe101@btinternet.com](mailto:thorpe101@btinternet.com) or phone 01621 850828.

Peter Thorpe.

### Reading and Books Group

We had yet another very pleasant and interesting meeting this month enhanced by some delicious home made cake brought along by Angela Pleasance who was celebrating her birthday. We were also very pleased to welcome Angela's sister, who joined us for the afternoon. Happily, she had read the book and we were delighted that she was able to contribute to our group discussion.

This month's book was *The Secret River* by Kate Grenville. It has to be said that it was a sad book, beautifully written but, at times, almost unbearable with the weight of loss. It described, very vividly, the poverty of life in London in the early eighteen hundreds, where a young man is happily married to his childhood sweetheart and working hard as a Waterman on the Thames. Life is rough but bearable until William gets caught up in the criminality rife in that type of work at that time.

For his crimes he is sentenced to transportation to New South Wales for the term of his natural life. The only saving grace is that he can take his family with him.

Using his skills that he had learnt on the Thames he finds an ideal place to settle and trade. However, the land where he makes his home is already the home of the indigenous people, the Aborigine. Can these people and the white settler share the land? The cut and thrust of living together in the same area gives rise to a compelling and atmospheric story incorporating the issues of love, identity, belonging and fear.

Kate Morton is from Sydney Australia and the story has some autobiographic elements in that it tells the tale of an ancestor who was forced, by virtue of his need to survive in an alien environment, to travel a road of often painful self questioning and self discovery. However, she does not flinch from the historical facts, many of which are unpleasant and cruel, but which are part of the origins of the present day Australia.

We all very much enjoyed this passionate and often disturbing historical novel. It gave rise to interesting discussions about the struggles of those early convict settlers in Australia who, in order to survive, settled and farmed land to which, from today's perspective, they had no entitlement.

How, encouraged by the arrogance of the homeland they used their weapons and relative wealth to secure a place on this continent and lay the foundations for the Australia we see today. Leaving, we decided, a legacy of sadness and dereliction for the deposed indigenous people.

We hope to establish a website for the group in the near future, a job probably for the colder winter months, because we are all hoping summer will come and we can enjoy the great outdoors over the coming weeks!!

Our next meeting will take place on Wednesday 15<sup>th</sup> August 14.30 at Plantation Hall, Heybridge.

Ann Lees.

Email: [annlees@yahoo.com](mailto:annlees@yahoo.com) or phone 01245 225153



### Scrabble Group

On a lovely afternoon only four players arrived for Scrabble this month and their COG was not one of them. I had forgotten until I had a phone call to ask if I was OK!! I rushed down with tea, milk etc and had a cuppa with them. Lois arrived with biscuits, so order was restored.

On the one board in play the ladies could not tear themselves away from the kitchen sink (or bathroom) as the first words were BORE, BASE, SINK, TILE and TEAK.

We have come to expect Gill to have a seven letter word, and this time she went one better, as she used one letter already in play and produced UNTANGLE.

In August we meet at Plantation Hall on Tuesday 28<sup>th</sup>, soon after 13.30, and all are welcome.

Email [r.tyler936@btinternet.com](mailto:r.tyler936@btinternet.com) or phone 01621 856212.

Ruth Tyler

### Technical Computing Group

The July meeting of our group took place at my house where we discussed, and looked at, various security options available when setting up, using a Router, both wireless and wired, via the network port which all computers have. We also explored the differences between Windows XP, Windows Vista and Windows 7 operating systems. We briefly talked about the BT's claim to have millions of wireless hot spots. This investigation /discussion is planned for our next meeting, which will be held on the 9<sup>th</sup> of August.

Email [colin@mason20.wanadoo.co.uk](mailto:colin@mason20.wanadoo.co.uk) or phone 01621 854906. Colin Mason

### Ten Pin Bowling

Thirteen players reported for duty on the 10<sup>th</sup> July. I am ashamed to say I wasn't one of them. I was feeling quite poorly and fell asleep without letting anyone know that I wasn't going to attend. They all waited for me and then Gill took the helm and they carried on without me.

From what I see from the scores, the points are getting higher and the competitive spirit is prevalent. But, primarily, everyone seems to be enjoying themselves.

If you would like to join us please just come along to Madison Heights on the second Tuesday of the month at 13.45. It's fun. However, if you would like more information on the group please contact

Email [lettsnooks@talktalk.net](mailto:lettsnooks@talktalk.net) or phone 01621 879697.

Janette Lett.

### Threads and Fabrics Group

We had another enjoyable meeting with people, as usual, helping each other. At one end of the room a mini tutorial was happening while at the other different samples of cloth were being used for colour matching. Wool was also much in evidence, used in different ways. I never cease to be amazed by the great skill shown by our members and their generosity in sharing their knowledge.

The picture this month is of a Jungle patterned quilt, full of life and colour, which took our breath away. The photo does not do full justice to its' vibrancy. It is simply amazing.



Angela's Animals

If anyone is interested in joining us please contact Anne Thorpe or Pat Newman.

Anne by Email [anne.thorpe@btinternet.com](mailto:anne.thorpe@btinternet.com) or phone 01621 850828.

Or Pat by Email [ian.newman@tiscali.co.uk](mailto:ian.newman@tiscali.co.uk) or phone 01621 891184.

### Walking Group

Our July outing was a circular walk starting and finishing at Paper Mill Bridge on the River Chelmer. Fortunately the rain stopped for that afternoon and, because the lock car park was flooded, we had to park out on the road. Conditions underfoot were fairly dry and 12 of us plus dog enjoyed the walk.

The next walk will be on Thursday 9<sup>th</sup> August around Steeple, being about 4.4 miles in length. See the website Essex Walks: Steeple for details or click on the following link:

<http://www.essexwalks.com/walks/steeple.html>

We will meet at the specified parking spot at 14.00. Please let me know if you can join us.

Email [e.m.e@talktalk.net](mailto:e.m.e@talktalk.net) or phone 01621 850618.

Elizabeth

### Weekenders Group

There is not much to report this month. We had our last organised outing with Stan's Coaches to Whitstable and Herne Bay. I didn't go but I hope those that did had a great day out. At least the weather was hot and sunny. Our next coffee morning will be at Oliver's Nursery and we shall try the Woodlands Tea Rooms again in September but go into the restaurant part this time.

In October, we hope to see the Witham Operatic production of 'Kiss me Kate' at the Witham Public Hall. We will be going on the last night, which will be Saturday 3<sup>rd</sup>

November and the tickets will be £12.50 for the raised stalls. Anyone who is interested please let me know and I can reserve seats.

#### Dates for your Diary

- Saturday 11<sup>th</sup> August at Oliver's Nursery at 10.00;
- Coffee on Saturday 15<sup>th</sup> September at Woodlands Tea Rooms at 10.00;
- 'Kiss me Kate' at Witham Public Hall on Saturday 3<sup>rd</sup> November.

Email [mars42@btinternet.com](mailto:mars42@btinternet.com) or phone 01621 817518.

Marilyn Corbett.

#### Wine Appreciation Group

As the rain continued during the July meeting we had to abandon the idea of a bbq, but it did not dampen our spirits or our wine! We learnt about the working year of Berry Brothers and Gill brought along a bottle of wine from southern Italy that we all tasted with our canapés. We then surprised Gill with a small birthday cake, which was accompanied by the sparkling wine that we purchased at Carters in June.

We discussed the possibility of attending a food and wine matching session at the wine merchant, Majestic, later in the year and agreed that car sharing is imperative on such visits. The suggestion is that members take turns to be the designated drivers and passengers pay the entrance fee for the driver.

In August we plan to visit the Colchester Wine Company (previously Lay and Wheeler) on Wednesday 22nd August, meeting at their premises in Gosbecks Road at 14.00. Anyone interested in joining our group, please add your name to the list or telephone me.

Email [jachjones@tiscali.co.uk](mailto:jachjones@tiscali.co.uk) or phone 01621 817117.

Jackie Jones.

#### From Maldon U3A

Friday 13<sup>th</sup> July saw the final get-together of the Maldon U3A "Sing for Pleasure" group in the Claydon Room. It was sad to be finishing for the Summer, but good to have our leader, Sylvia, back with us, plus her keyboard. It was also very good to have some Heybridge members with us to add their voices! Singing groups seem to be in the news at the moment (Gareth Malone and his Army Wives for instance) but, as with many things, the U3A have known about the benefits of music for a very long time: It is good for the health, both of mind and body. Our group here is serious about singing and is not afraid to aim high, but do not rule out any type of music - folksongs, gospel, modern, classical, jazz, old or new. We prefer 'Part' singing but all try singing all parts before settling in to our comfort zone! We do not rely on using words or notation except as learning aids, finding that this is all good for the memory. In case this sounds too much like hard work, pleasure is the guiding principle! We are taking a break now until September. When we meet again, it will be good to have

some more new faces. We still have room for more singers.

The restart dates will be in the next Newsletter, or details can be had from Sylvia Carpenter on 01621 854905 or Email [angelamaldon@hotmail.com](mailto:angelamaldon@hotmail.com) or phone 01621 850764.

Angela Smith

#### The Essex Association of U3As Study Day.

The Study Day will be at The Plume School, Maldon on Wednesday 31<sup>st</sup> October 2012 at a cost of £10 for the day.

Final information and Booking Forms have been issued by email (Hard copies available at the August Monthly Meeting). The deadline for applications on 15<sup>th</sup> September.

For further information, please contact Ian Newman.

Email [ian.newman@tiscali.co.uk](mailto:ian.newman@tiscali.co.uk) or phone 01621 891184

or Joyce Woodham.

Email [woodham359@btinternet.com](mailto:woodham359@btinternet.com) or phone 01621 841066

#### On the Notice Board

Due to lack of space the Notice Board items have been reduced to a simple list.

- 2012 U3A AGM is to be held at the Royal Agricultural College, Cirencester on September 11<sup>th</sup> and 12<sup>th</sup>.
- The U3A has joined with the Royal Geographical Society to organise a competition relating to walking and learning about our landscape titled 'Discovering Britain'.

For more information contact me, or see the notice board.

Email [brendadewar@btinternet.com](mailto:brendadewar@btinternet.com) or phone 01245 400492. Brenda Dewar.

## Diary of Meetings and Visits

For details see articles and co-ordinators above.

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6th August</b>	6 Petanque 14.00 Beginners Italian 10.00 Gardening 14.30	7 Threads 14.00	8 French Conversation 10.00	9 Technical Computing 14.00 Walking 14.00	10 <b>Monthly Meeting</b> 14.00	11 Weekender Coffee at Oliver's Nursery 10.00	12
<b>13th August</b>	13 Petanque 14.00	14 Ten Pin Bowling 14.00	15 Book Group 14.30	16 Computer 14.00	17 Painting 14.00 Coffee Morning 11.00 Coastal and Marine	18	19
<b>20th August</b>	20 Petanque 14.00	21 Local History 14.00	22 Wine Tasting 14.00	23 No Family History	24 Painting 14.00 Luncheon 13.00	25	26
<b>27th August</b>	27 No Petanque Advanced Italian 10.00	28 Scrabble 14.00	29	30	31 <b>News Sheet Copy to Editor</b> Painting 14.00	1 <sup>st</sup> September	2
<b>3rd September</b>	3 Petanque 14.00 Beginners Italian 10.00	4 Threads 14.00	5	6 Photography 14.00	7 <b>Committee Meeting</b> 10.00 Painting 14.00 Gardening 14.30	8	9
<b>10th September</b>	10 Petanque 14.00	11 Ten Pin Bowling 14.00	12 French Conversation 10.00	13 Technical Computing 14.00 Walking 14.00	14 <b>Monthly Meeting</b> 14.00	15 Weekender Coffee at Woodlands Tea Rooms 10.00	16
<b>17th September</b>	17 Petanque 14.00	18	19 Wine Tasting 14.00 Book Group 14.30	20 Computer 14.00	21 Painting 14.00 Coffee Morning 11.00 Coastal and Marine	22	23
<b>24th September</b>	24 Petanque 14.00 Advanced Italian 10.00	25 Scrabble 14.00	26 Creative Writing Group 14.30	27 No Family History	28 <b>News Sheet Copy to Editor</b> Painting 14.00 Luncheon 13.00	29	30