



THE UNIVERSITY OF THE THIRD AGE

# Heybridge U3A

## News Sheet No.7/2019

### August 2019

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

#### Archive

[www.heybridgeu3a.org.uk/archive/news.html](http://www.heybridgeu3a.org.uk/archive/news.html)

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#### Refreshment Group Rota

August Bird Watching

September Cards

October Coffee

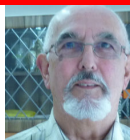
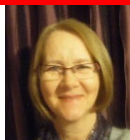


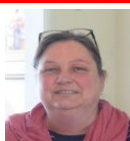
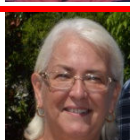
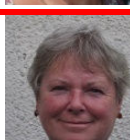
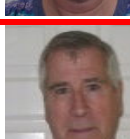
Please provide 3 people to serve refreshments

#### CoGs Meeting

21<sup>st</sup> October 14.00

Plantation Hall

### Your Committee

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## NEWS FROM THE COMMITTEE

### From the Chair

Firstly, congratulations to Linda and Peter Wells who celebrated their Golden wedding in July. Our speaker in July Michael Grillo, gave an interesting and memory provoking talk on the lives of the great Roy Orbison and Del Shannon accompanied by music, slides and a video, and was well received by all.

I cannot say I was disappointed by the response received to last month's foreword in this news sheet, because there was none, no one even enquired what the possible vacancies are which leads me to the conclusion that,

A /Everyone was on holiday-unlikely,

B/ Nobody reads the news sheet- which begs the question, why do we prepare and publish it?

Or

C/ Nobody cares whether our U3A lives or dies, because without your help and input on all levels we will eventually cease to function, is this what you really want?

Some may feel my comments are perhaps too harsh, but I must be honest with you and say what I feel, if you are upset by my conclusions please contact me, **prove me wrong**.

Our suggestion box is on the table at main meetings and remains empty, why?

The invitation to attend committee meetings still stands, there is no commitment, just come along and get a feel for how we function, I promise you it is an entirely painless process.

Feel free to contact myself or any committee member for more detail.

And now I will get back to my garden and fruit picking, enjoy the hot weather whilst it lasts and know that I am still praying for more rain, but I don't get listened to there either.

Norman Cumming [chairman@heybridgeu3a.org.uk](mailto:chairman@heybridgeu3a.org.uk)

### From the Editor

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 12 pages in a large font. I would ask contributors to limit their photos to pictures of U3A generated activities and not copy pictures from Websites as, when published, this may be contrary to Copyright laws. Information about the Committee Members and their reports can be found in the first few pages. The back page shows the Diary for the months of August and September. Please send reports for the September news sheet by the 23<sup>rd</sup> August.

Geoff Hadley [editor@heybridgeu3a.org.uk](mailto:editor@heybridgeu3a.org.uk)

### From the Membership Secretary

Membership continues to grow steadily and we currently have 157 members. I am sure we are all on the lookout for new faces and do our best to make newcomers feel welcome at group and main meetings.

A reminder that the four Maldon U3As (and now also Dengie and Burnham ) have an agreement where our members can join each other's groups if there are spaces available, Our Editor recently circulated an updated list of the groups on offer so do feel free to pursue what the other organisations can offer.

Philippa Moody [membershipsecretary@heybridgeu3a.org.uk](mailto:membershipsecretary@heybridgeu3a.org.uk)

### Interest Groups Coordinator

We have had 4 enquiries to join 3 different Groups this month from people who are not yet members of our U3A. I am hoping to visit the Yoga Group one Wednesday in August

Hilary Furniaux      [groupsco-ordinator@heybridgeu3a.org.uk](mailto:groupsco-ordinator@heybridgeu3a.org.uk)

### Monthly Meeting Speaker Programme for June to July 2019

Fri Aug 9 <sup>th</sup>	A View from the Stalls    Ballet Experiences	Marion Pettet
Fri Sep 13 <sup>th</sup>	Healthy Body Healthy Mind	Gavin Sandercock
Fri Oct 11 <sup>th</sup>	Essex Scrubber    A humourous talk	Christine Beedle

I always welcome your comments, if you enjoyed a speaker, or not. Feel free to speak to me at our monthly meeting or send an email to the address below. It helps me to plan future meetings. Please let me know of any talks you may have heard and think others would find interesting

Jan Brown      [speakersecretary@heybridgeu3a.org.uk](mailto:speakersecretary@heybridgeu3a.org.uk)

## GROUP REPORTS

### Art Group

Now that Wimbledon and many other major sporting events have ended, the sport-on-the-telly fans among our members have no excuse for not attending our Friday afternoon sessions. Somehow I don't think the current media frenzy for Bojo and all things Brexit have quite the same appeal for we arty types. So come on, guys and gals, get out those paints and brushes and let's celebrate the summer season in pictorial style. Never mind if it's too hot - and it certainly has been recently. The air conditioning in the Claydon Room is more than up to the job.

Gill Carpenter.

For information about this group contact Tina Martin

### Bird Watching Group

In September we are hoping to go to RSPB Wallasea Island, where all the soil from Cross Rail has been dumped and made into wonderful bird reserve. We will be looking for migrants – some going south whilst others will stay and over-winter in the UK

If you would like to join us then contact Maureen Lenoir at [symockturtle@yahoo.com](mailto:symockturtle@yahoo.com). We are out and about on the 4th Friday of each month".

Jill

### Cards and Paper Crafts

We had a full group this month for the first time in a while and enjoyed catching up as well as plenty of card making. This month on the agenda we had 2 Anniversary Cards and some more Christmas cards. We are back to our normal meeting on Monday 5<sup>th</sup> August.

Linda Lesley Woonton

### **Creative Writing Group**

One of the hottest days of the year saw us indoors with the fan helping to keep us cool. We started our meeting with the continuation of a story from last month. The newly retired chap who had joined his U3A writing group had written a story about murdering his wife. Unfortunately his wife had found the manuscript and, thinking it was a plan, disappeared. The police had also thought it a plan and arrested the husband. The story took the form of an exchange of letters between the wife, living happily near Vancouver with her hippy sister, and husband. We are hoping that this tale will be continued.

Another story concerned a couple whose house had been destroyed by a fire while they were on holiday. A near-by house, vacated by a couple moving into a care home, allowed them to make a fresh start.

One member contributed thoughts on 'Just Say No'. A fictional story she had read allowed a young woman to delay paying the rent while splashing out on Jimmy Choo shoes. The ending of that story, with the heroine happily married and making loads of money, is very different from most real-life situations that start like that. Still on the subject of saying no, another tale was about a woman trying to say no to cake, drinks etc after a New Year weigh-in. How I sympathised with her! Our next meeting will be on 28<sup>th</sup> August at my house.

Angela.

### **Croquet Group**

July has really tested the stamina of the croquet group, whilst the first Thursday was a warm day and we all played our usual three games then adjourned to the club house for coffees etc. The next time we were due to play a gentle drizzle had started by the time I arrived at the club, Dave then arrived and we set two lawns ready for play and waited....to my surprise members started to arrive, in all ten. We managed to play one game and, whilst deciding whether to play on, the rain started in earnest, our decision was made, so we hastily cleared up and retreated to the club house to dry out and have hot drinks. We play for gentle exercise, good company and fun, on the first and third Thursday of each summer month.

We have a prospective new member checking out our club.



Anne Newson.

### **Discussion Coffee Morning Group**

Our July coffee morning was at Marilyn's house in Tiptree. We sat in the Conservatory which was pleasant, the sun was shining and we tucked in to our tea/coffee, sausage rolls/biscuits which Marilyn kindly provided.

We had moved on to a discussion about the local GP's and discovered that a couple of the doctors were known to those of us living in Tiptree and Maldon because the doctors had moved from one to the other. The point being that certain names were not popular with patients in either of the places. Such is life!

Our next meeting will be at 11 am on Friday 16<sup>th</sup> August at Jean Murray's house. Margaret Brown

## Eat the World

Our first 'Eat the World' experience saw us eating at **'Sark' Turkish restaurant** in Maldon. On a very hot day, we were delighted to discover that the restaurant was air-conditioned!

Although meat-based foods such as kebabs are the mainstay in Turkish cuisine, native Turkish meals largely centre on rice, vegetables and bread.

We had a mix of starters including babaganoush (a roasted aubergine dip); spinach Tarator (spinach & garlic in a yoghurt sauce); patlican soslu (aubergine with onions, mixed peppers, garlic and tomato sauce) served with flatbreads.

Main courses were delicious: chicken shish, lamb beyti, vegetable mousakka and falafel all served with a very colourful Turkish salad.

At £8.95 per person for a two-course lunch, we all agreed that this represented excellent value for money. Most of us will return to sample the much larger evening menu.

Our next trip is to **MEXICO** when we will be eating at **El Guaca, Maldon**

Liz Cawdell

## Family History Group

We gratefully accepted the offer of using the Claydon room this month praising the merits of the best invention ever – air conditioning! Of course the best invention is always the one that fits the bill at that moment in time.

New member Pat is trying to come to grips with the genealogy website Ancestry UK, although very informative, allowances have to be made for transcription errors and the intervention of the 19<sup>th</sup> century general public.

The 10 year census started in earnest in 1851 (there were earlier ones, but more of just a head count). People were incensed by what they considered an intrusion into their privacy, so they went out of their way to obstruct, confuse and lie to the enumerators - who were only employed as scribes to complete the census form - not to question or query the given answers.

Some deliberately went as far as to being permanently 'not at home', the most famous family being Emmeline Pankhurst and her followers. Probably more politically motivated than disagreeing with the census.

Two stories which always amuse me, one is of a family of 10 living in one room in the worst slum area of East London – the recorded occupation of the head was - brain surgeon! The second was the occupation given for a 3 year daughter - looks after the pussy!

They obviously had a great 'tongue in cheek' sense of humour!

This month's meeting seemed to have wandered slightly from the Family History aspect, although still in the same vein. The conversation turned to Christian names, and how frustrating research becomes when families 100 years ago repeated the same name generation after generation. James, William, Charles, Albert etc. So eventually we have 23 cousins with same name (and surname), born within a few years of each other. It's called 'hitting a brick wall'.

With the females it's Elizabeth, Ann, Mary and Jane. How easy will research be in a century from now with - Summer, Peaches, Nova, Tyrone, and the ones you will know, Fifi Trixibelle, Buddy Bear, Brooklyn, Romeo and so on.

There will be no meeting in August so see you Thursday September 26<sup>th</sup> Jean Rogers

## French Conversation



In July, we read and discussed two articles from French magazines which focussed on the cult of celebrity. Apparently, it's no longer just film stars, sporting heroes and pop stars that have large fan clubs. Thanks to the Internet and, in particular, You Tube, anyone can now make videos in their own homes and achieve overnight success, gaining millions of new followers. The article suggests that many teenagers no longer aspire to traditional occupations – all they want is to be famous - in which case, where are we going to find our doctors, nurses, and teachers?

The second article was about the astronomical money people are prepared to pay to buy for objects which previously belonged to a celebrity. Examples given were a million dollars for JFK's golf clubs and four thousand dollars for his rocking chair. Even Britney Spears' chewing gum was sold on EBay for 14 thousand dollars! How much would you pay??

***Our next meeting is on Wed 14<sup>th</sup> August at 10.00 a.m. at the Plantation Hall.***

Jenny Parker

## Local History Group

**O**ur next meeting will be a visit to the Ministry of Defence run Foulness Island on SUNDAY 4<sup>th</sup> August, which is one of their public open days. We would meet there for 11.45 am.

Please contact Carol for more information

## Music Appreciation Group

**W**e settled to the sound of Dusty Springfield, signifying that this time we were exploring what the letter D could offer. As usual we found a great deal of interesting music, starting with a work called *Dies Natalis* by Finzi, written in 1938. We also heard from a contemporary of Mozart named Carl Ditters von Dittersdorf, Carl Davis' score for *The World at War*, and the beginning of the *Requiem* by Duruflé.

We found a Double Bass concerto by a 19<sup>th</sup> Century composer named Bottesini and the Pachobel Canon played on a Dulcimer. We watched The Bolshoi Ballet dance the Mazurka from *Coppelia* by Delibes and we heard two pieces by Dvorak, firstly a symphonic poem called *The Golden Spinning Wheel* and then the first movement of his *Cello Concerto* played by Jacqueline Du Pré.

Gustavo Dudamel conducted his youthful orchestra in a wonderfully energetic performance of *Mambo* by Bernstein and Duke Ellington played *Black Brown and Beige*. Dietrich Fischer-Diskau gave a wonderful slow moment with a song by Schubert and we saw a show of drumming by a Swiss Corps relayed from the Edinburgh Festival. We finished with film of Luciano Pavarotti singing *Una Furtiva Lacrima* by Donizetti, Patrick Doyle's incidental music for *Henry V* and John Dankworth's music for the film *Modesty Blaise*.

Philippa Moody

## Needlecraft

**W**e met this month on a rather warm afternoon and between us enjoyed cross stitch, hand sewing and knitting. It is interesting to note that our projects range from probably the smallest cross stitch of a penguin to hand finishing a patchwork quilt! As usual we enjoyed plenty of conversation and the obligatory cuppa with a biscuit – or two!!

Hilary Furniaux

## **Painting 2**

**W**e met as usual on the second Monday in July but lost a few people to NHS appointments. But we were very pleased to see one member who broke her ankle in December, and has now recovered enough to rejoin the group. As she is new to painting we hope that our encouragement is enough to get her going again as it was a new experience for her. Most of the group were already experienced painters so there is plenty of help available and it takes time before one can paint a picture that is satisfying to oneself. We still have one place left in case there is someone in our u3a who would like to come and try to enjoy an amazing hobby.

Barbara Barbrook

## **Patchwork Group**

**T**he patchwork group is not meeting in August. Next meeting is on September 9<sup>th</sup> 14.00  
For more information please contact Anne Thorpe.

## **Petanque Group**

**A**s I write this, I realise the next time we play on the prom, will be August 5<sup>th</sup> (due to the Summer Games and Lunch Day at Heybridge Basin on July 29<sup>th</sup>) so this is the review of July Petanque Games really. Again I need to thank Chris and Roger for stepping in a couple of times in my place, and running the games so efficiently, thank you both. Also many thanks to Roger, Norman and Geoff for lending a hand with the Rake, and of course Chris for sorting out our games each Monday with the cards! All help gratefully received. The weather has been good, and Monday July 22<sup>nd</sup> we arrived with the Bank Holiday Fair, which was being set up on the Prom. Despite the holiday season, we have continued to have very good attendances and plenty of after game Ice Creams. Here's to August! ....Dian

## **Photography Group**

**W**e met at our usual venue to view and discuss the three photos that our members had submitted for the "Favourite Photo" assignment. There were some very interesting photographs. We then viewed some short videos that Ian had taken on his camera.

We then had a general discussion on camera settings for taking videos and how they vary on the different cameras. The subject for the September meeting is "Then and Now"

If you are interested in photography or want to understand more about your camera or cameraphone, you are welcome to come along and join us. We meet in the West Maldon Community Centre on the first Thursday of each month at 2.00pm.

Norman Grove

## **Reading and Books Group**

**O**ur discussion this month revealed that nobody present had enjoyed the book, mostly because of the improbable plot. We will not be having a meeting in August, so our next meeting will be on Wednesday 18<sup>th</sup> September at Pat Yates home in Totham. We shall be discussing "Wolf Hall" by Hilary Mantel - a lengthy story packed full of 16<sup>th</sup> century power struggles and political machinations by the winner of the 2009 Man Booker Prize!.

If you are interested in joining the group, please email or telephone

Margaret Hurst



### **Scrabble Group**

**A**t the July Scrabble meeting the little grey cells worked surprisingly well in the heat. Angela kindly supplied a large cool jug of water and delicious muffins. So much depends on the random selection of tiles but newest member Annie managed some excellent scores, well done. We meet on the fourth Tuesday of the month, currently at Angela Pleasance's house.

Linda Etherton

### **Technical Computing Group**

**W**e have decided to not have a meeting in July and August due to members holiday commitments, our meetings will resume in September. Anyone with a basic understanding of computers is welcome to come to one of our meetings. Please contact me in the first instance.

Colin Mason (Cog email [colin.mason@yahoo.com](mailto:colin.mason@yahoo.com))

### **Ten Pin Bowling**

**F**irst I would like to confirm a change of CoG for the Ten Pin Bowling. I am advised by Lynne that after 6 years as CoG she was due some relief so she has persuaded me to take over the reins. However, after some consultation this has resulted in some time changes for future events which I think is popular with most. We are now booked to start at 10.30 a.m. going forward with our next meeting to be on the 10<sup>th</sup> September 2019 as there is no meeting in August due to school holidays.

A group of 12 bowlers plus me and my grandson Max, who was my charge for the day, attended Maddison Heights for the monthly meeting on the 9<sup>th</sup> July. All had at times a frustrating afternoon with the highest score of 140 gained by Roger and to keep it in the family Chris scored the highest ladies score of 119. Max and I shared a separate lane and achieved some reasonable scores (we did have the bars raised though) but we did have some assistance from Linda in the next lane. I don't think she had realised her own strength as she launched her ball across lanes to take out our pins. I think she was as startled as we were.

Look forward to seeing the group on the 10<sup>th</sup> Sept at 10.30am.

Peter Harvey

### **Ukulele Group UKE3A**

**S**mall ukulele festivals seem to be cropping up all over the place at the moment. So for us hard-working strummers it is nice, just occasionally, to sit back and relax with a drink while watching how other groups do it. As Uke3A is now heading into its post-summer quiet period, it is time to start learning all those songs we've always wanted to play - and a few that some may never have heard before! Surprisingly, most of our current repertoire hails roughly from the first four decades of the 20th century, but we are always open to suggestions. And, as always, we welcome new members, which include rank beginners, and those who may originally have learned another instrument but are keen to share the experience of playing ukulele with others while enjoying a good old sing-song.

Gill Carpenter.



### **Walking Group**

Our July walk was led by Roger and Christine who took us around Tiptree. We saw areas of this town that we would never have seen without their guidance. We passed through individually architect designed housing, alongside fields and lakes and down little known alleyways, until we arrived at The Ship, who gave us a lovely tea and cakes break, before a short meander back to the cars. 22 of us were blessed with perfect weather and we all enjoyed our usual chatty time. As already announced - there will be no walk scheduled during August. We are looking for a volunteer to lead the next walk which hopefully will take place on Thursday 12<sup>th</sup> September.

If you would like to join us, please contact Linda , see the last page of the newsletter for details.

Linda Wells.

### **Weekday Lunch Group**

For our July Lunch we were invited by a member to share our food outside her apartment by the River Blackwater as she had a table which was suitable for up to 10 people. So we all contributed a dish and this made a very delicious meal including dessert. Our hostess invited us for coffee in her apartment which rounded off the meal very nicely and we expressed our thanks to her. We look forward to our meal next month in August and hope that our coordinator is better by then as we send our good wishes.

Barbara Barbrook

### **Weekenders Group**

We had a lively and enjoyable time at the Braxted Bakery on 20<sup>th</sup> July with thirteen people present, which included three potential new members. We Sat outside and managed to enjoy the warmth and sun for an hour or so!

Next Two Meetings:

Sat 17<sup>th</sup> August at The Lock Tearooms, Heybridge Basin at 10.00 am

Sat 21<sup>st</sup> September Perrywood Garden Centre in Tiptree at 10.00 am

Please contact Pat Smith if you need a lift.

Margaret Hurst on behalf of Pat Smith

### **Yoga Group**

Our last day of Yoga was a hot 24<sup>th</sup> July but we were comfortable in the air-conditioned Plantation Hall as we completed our movements on the last day of our summer session.

The Autumn session will begin on the 18<sup>th</sup> September at 2pm and we will continue weekly until October 23<sup>rd</sup>, omitting 16<sup>th</sup> October. (5 Weeks).

I welcome any enquiries if you are interested in joining us, beginners or more experienced.

Contact Gloria Bomford COG YOGA



## BURY ST. EDMUNDS CHRISTMAS MARKET

Friday 22<sup>nd</sup> November 2019

£20 per person

The award-winning Bury St. Edmunds Christmas Market is now in its 18<sup>th</sup> year and gets better every year! With over 300 stalls from around the world plus food and cookery marquees situated all around the beautiful Georgian town, this makes a perfect start to Christmas. Join the shoppers for the Carol concert in the Cathedral or make a start on buying those Christmas presents!

## HIGHGATE CEMETERY

Monday 7<sup>th</sup> October £30 per person **X 2 SEATS LEFT!!!**

Guided tour of the West Cemetery. Self-guided visit to the East Cemetery



With its sinuous paths winding up a steep wooded hill and ivy-clad monuments, here is a secluded funerary landscape at its most evocative. There are approximately 170,000 people buried in around 53,000 graves across the West and East cemeteries. Many famous people are buried here and the West Cemetery is designated Grade II on the Register of Historic Parks and Gardens.

**\*Visitors to the West cemetery should be aware that the paths are steep, and the tour route includes two flights of stairs with no seating opportunities. The East cemetery is on a gentler slope with no steps and predominantly tarmac paths. The tour takes about 75 minutes and will take place come rain or shine!**

### COMING IN 2020:

Tutankhamun Exhibition at the Saatchi Gallery

The Oval, London – behind the scenes

Dunwich Museum, Saxmundham

Somerleyton House, Norwich

Leeds Castle, Maidstone, Kent

East Anglian Transport Museum, Lowestoft

Landguard Fort, Felixstowe

**Short Break:** 3-day trip to Shropshire to include Blists Hill Victorian Town, Ironbridge Gorge and British Ironworks Centre

### From Other U3A

I am Events group leader for Witham U3a.

We have 10 free tickets for the Illusionists on 22<sup>nd</sup> August in London.

We would like to offer your members a chance to join our trip Thank you Linda

Reply to Linda bateman <[l-j-bateman@talktalk.net](mailto:l-j-bateman@talktalk.net)>,

**Diary of Meetings and Visits    For details see articles and co-ordinators above**

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 July	29 Petanque 10.00	30	31	1 Aug Croquet 10.00 Photography 14.00	2 Painting 14.00 Committee Meeting 10.00	3	4 Local History Foulness 11.45
5 Aug	5 Petanque 14.00 Cards & paper 14.00	6 Weekday Lunch 12.30	7 Ukulele 14.00	8 No Computing  No Walking	9 Monthly Meeting 14.00	10	11
12 Aug	12 Petanque 14.00 Painting 2 14.00 Patchwork No meeting	13  No Ten pin	14 French Conversation 10.00	15 Croquet 10.00	16 Coffee Morning 11.00  Painting 14.00	17 Weekenders Lock Tearooms 10.00	18
19 Aug	19 Petanque 14.00 Needlecraft 14.00	20 Local History No Meeting	21 No Reading & Books 14.00 Music 14.00	22 No Meeting Family History 10.00	23 No Bird watching  Painting 14.00 Copy to Editor	24	25
26 Aug	26 Bank Holiday	27 Eat the World 12.30  Scrabble 14.00	28 Creative Writing 14.30	29	30 Painting 14.00	31	1 Sep
2 Sep	2 Petanque 14.00 Cards & paper 14.00	3 Weekday Lunch 12.30	4 Ukulele 14.00	5 Croquet 10.00 Photography 14.00	6 Committee Meeting 10.00 Painting 14.00	7	8
9 Sep	9 Painting 2 14.00 Patchwork 14.00 Petanque 14.00	10 Ten pin 10.30	11 French Conversation 10.00	12 Computing 14.00  Walking 14.00	13 Monthly Meeting 14.00	14	15
16-Sep	16 Petanque 14.00 Needlecraft 14.00	17 Local History 14.00	18 Reading & Books 14.00 Music 14.00 Yoga 14.00	19 Croquet 10.00	20 Coffee Morning 11.00  Painting 14.00	21 Weekenders Perrywood Garden Ctr 10.00	22
23 Sep	23 Petanque 14.00	24 Eat the World 12.30 Scrabble 14.00	25 Creative Writing 14.30 Yoga 14.00	26 Family History 10.00	27 Bird watching 10.00 Painting 14.00	28	29