

Heybridge U3A

News Sheet No.7/2020

August 2020

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Archive

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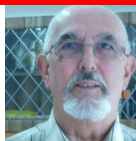

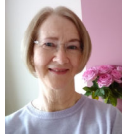


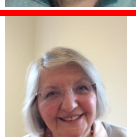

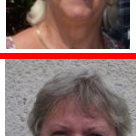
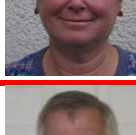
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An important message from the Committee.

The committee still advise against resuming any face-to-face meetings until the Government Guidelines and advice from the Third Age Trust tell us that it is safe to do so. Any group that would like to try a Zoom meeting please contact Hilary or Linda.

	Page Number
Your Committee	1
From the Chairman	2
From the Editor	2
Membership Secretary	3
Interest Group Coordinator	3
Monthly Meetings	4
Group Reports	4
Lockdown Story	13
Lockdown Story	14
Other U3As Business	15

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NEWS FROM THE COMMITTEE

From the Chair

Sat 11th July Early am. Walking across Wilkins fields, sun coming up and warming the air, total quiet, a heron standing stock still at the edge of the reservoir, the air still as a still thing, we could hear, but not see the skylarks singing high up in the sky – pure bliss!!

The raspberries, strawberries, blackcurrants and gooseberries now all picked and either eaten or put down for the winter, while blackberries, plums and autumn raspberries will be ready, also the early apples. I have had a successful crop of figs – 1st in 14yrs. They are mouth wateringly sweet and juicy, my favourite by far.

The flower garden continues with Heleniums, Heliopsis, Rudbeckia, Asters, Hibiscus and Sunflowers to name but a few, starting to take over from earlier flowers.

I have now to concentrate on the reduction and eventual removal of a dying 20ft+ hawthorn tree hanging over my greenhouse, and gentlemen I have found that if you are very kind and let your other half wear the hard hat, they will act as counterbalance on your ladder and not complain about the odd branch crashing across their heads. Having now completed the job, would suggest if you have a similar problem, get in the professionals, chain saws weigh a ton. I think mine has put on a lot of weight in the last 10 years, and we don't have the agility or balance we had even 10 years ago.

As restrictions are eased, it is a pleasure to be able to shop and choose for myself what to buy, and to be able to speak to people from outside the home and not on the phone or WhatsApp, something that has not happened since early March.

Please be sensible and observe all current measures in place, keep yourselves and others safe. Even if we do all look like elderly bank robbers with our masks and dark tinted glasses, wear your mask with pride, you are protecting others.

A short message from Peter Radford, Vice Chairman.

Maldon library has re-opened as from 6th July, books loaned before lock down have until September to be returned without fines, and 20 books can be taken out on loan. Good safeguards appear to be in place.

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 16 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 September news sheet by 28th August..

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.

As our activities have been so curtailed this year, the Committee is considering the possibility of offering a discounted membership fee in 2021/22 (ie from next April) to those members who have paid a full subscription this year. Further information on this will be published in due course.

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

I think a few of us are starting to get out a little more now and maybe meeting up with friends and/or family. It is a part of our genetic make up to be sociable and I for one enjoy face to face contact rather than the telephone or face time. I wonder if many of you are finding the face masks frustrating in the supermarket. My husband is hard of hearing so he has a lot of trouble hearing me as we walk round and even I struggle to hear him. We may have to learn sign language – lol. Sadly we are still unable to resume our group meetings but we are in the process of setting up a subscription to Zoom which will allow those groups who want to meet up on it to have meetings longer than 45 minutes. We will let all COGs know the details once it has been set up. In the meantime stay safe everyone.

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme

Sadly I have had to cancel our speakers for the past few months but here's hoping to get back together soon. Hope you enjoy the quiz which I have included for amusement only which can be found on page 11 and answers on page 13.

Jan Brown

speakersecretary@heybridgeu3a.org.uk

Publicity Officer

I can't help feeling rather a fraud. I was co-opted onto the committee to help with publicity and a few days later we went into lockdown, meaning all the events that we wanted to publicise were cancelled or, at best, postponed.

I am trying to get a piece into Maldon and Heybridge Life each month, hoping that people with time on their hands will read it and become aware of the U3A movement and Heybridge U3A in particular. The piece for the August magazine has been submitted and I am now scratching my head over what to write for September. Possibly something looking back on autumn in past years. If you have any photos that you think might be of interest and you would like to see in print (with or without your name) please send them to me by email.

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

As with all our groups we are not able to meet up to go bird watching. At this time of year there are fewer species to watch anyway. Our wintering birds are still away raising the next generation for us to admire. Our summer visitors and permanent residents have more or less finished raising their broods and are now in eclipse, i.e. busy moulting to shed their beautiful breeding plumage.

Mind you there are some Godwits back from the north. Still in breeding plumage but settling back into their favourite homes on the estuary.



Godwits Return



Ruddy Darter

When the birds are quiet many bird watchers turn to other wonderful sights. It has been a brilliant year for insects such as butterflies, dragonflies and damsel flies. Stop peering through your binoculars and start looking carefully in the grass and the meadows. It is amazing what you will find

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

We have made several cards this month including a Wedding card and an Anniversary card. Some of our stamped images we did last month have been coloured and are being used as toppers for cards. We continue to send each other photos on our phones of our work and look forward to the time when we can get together to craft again.

Lesley Woonton

Creative Writing Group

I've had nothing again this month. I've had another story published on WritersCircle.net. It's called 'Finding Beauty' and is filed under 'humorous stories'. I'm continuing to write new stories and to edit and work on those already started.

I've just put up on the Creative Writing Group blog a story called 'Life After' which has been hanging around since last year. I finally saw it off this evening.

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

I hope everyone is keeping well. We are all trying to keep in touch, the prospect of a U3A meeting seems a long way off at the moment doesn't it? One of the highlights of my week has been feeding my neighbours tortoise while she is away visiting her mother in Norfolk! I have restarted my voluntary job back at the British Heart Foundation shop in Maldon where I deal with their reading books, sorting, pricing etc. It's only for a short time each week as most of us cannot be on the shop floor once the shop is open. Only so many people allowed around the shop and we can't have volunteers outnumbering the customers! Not everyone's cup of tea but I enjoy working with the books, I have a strict "quality control" system! We have a good supply of gloves, masks and sanitising wipes for the workers.

Stay well and happy

Best wishes,
Margaret Brown.

Eat the World

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

Family History Group

I could be accused of 'touting for custom', but if the truth were known I have a passion for family history - everyone should try it!

For interested parties I will attempt to outline this obsessive hobby.

Searching for your ancestors is really likened to a paper chase, because birth, death, marriage, census records and electoral registers are the clues. Unlike today where we can't sneeze without the authorities knowing, our ancestors got away with bending the rules and fibbing. Quite often changing their name for one reason or another.

It's surprising, once written down, how much you may already know about your family without really trying.

Nothing, in family history is black and white, so it often pays to question some information.

Living 'in sin' isn't a modern day trend. My own great grandparents were never married and both grandmothers were pregnant at the time of their marriage.

Before 1837 the church recorded all baptisms, deaths and marriages in the parish registers until the government brought in the Civil Registration. The population was not impressed and chose to ignore it (or just forgot) until a fine was levied on any birth not registered within 6 weeks.

I'm unsure if the baby had to be physically seen on registration, but I do know of one researcher who found the birth registration of his great grandmother dated 3 months after the baptism card which he had. Effectively the child was baptised 3 months before it was 'officially' born.

The 10 year census was started in 1821, with initially a simple head count. It really took off in 1841 where age, occupation, where born and details of children were listed. As the majority of the population couldn't read or write, and because of an influx of immigrants, enumerators were employed. Their job was simply as scribes. They had to be totally impartial, recording exactly what was said - not to add or omit anything.

The Victorians hated this intrusion into their privacy, and although a refusal could bring about a fine or even jail they found other ways of showing their obvious disquiet.

In one family the occupation of their 5 year old daughter – is given as 'looks after the pussy'. Another I saw was recorded in the slums of East London where there wasn't just 10 to a house it was more like 10 to a room - the enumerator had written the occupation of the head of the household as being a 'brain surgeon'! The next census will be in 2021 and the 1921 being 100 years old will be released to the general public.

I assume the enumerator was well paid; his must have been a thankless task with verbal abuse and sometimes physical. Given an area with (I imagine) about 20/30 streets they had to visit every property and revisit if nobody was at home. They were allowed to work out their own system.....up one side and back down the other, or back and forth across the street taking in any alleyways.

Although an invaluable source of information the census should occasionally be queried.

Quite often if the father answered the door the information became even more haphazard.

The scenario could have been, "that's Fred he's nicknamed baby" (calls to older child) "Jimmy how old's baby?" "No no he's not that old, you remember wasn't he born last year, so he's younger than Joey". And so on. Even the parent's ages were sometimes questionable - in some cases they genuinely didn't know. They would have had no reason to apply for their birth certificate, so it was information that their parents had passed on.

Take care

Jean Rogers

French Conversation

As our monthly meetings are still suspended, we continue to communicate with each other via email and I send out a monthly bulletin with suggested activities to do at home. As this gives me little to report, Geoff has asked instead for news from France, so here is a taste of how Parisiens can enjoy the Paris sunshine:

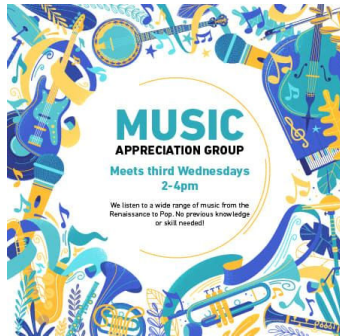


Paris-Plage is a plan run by the office of the mayor of Paris which originally included the creation of temporary artificial beaches each summer along the river Seine in the centre of Paris.

Nowadays, the sand is gone but the river banks still take on the look of a seaside resort with parasols, deckchairs, palm trees and ice cream vendors. There are lots of activities for all ages - bathing and water sports at La Villette canal basin, as well as workshops, board games, books and exhibitions for the children. This year, there

are lots of **sports**-related events linked to Paris's bid for the 2024 Olympic Games.

Jenny Parker



Some letters have caused much head scratching to find sufficient composers and instruments linked to them while others produce an embarrassment of riches.

P was one such with a long list of composers to choose from, plus the piccolo as an instrument and at least one performer thrown in. The list of links sent to members of the music group this month included works by Porpora, Paderewski, Paganini, Palestrina, Panufnik, Parry, Arvo Part, Pergolesi, Cole Porter, Poulenc, Prokofiev, Puccini, Purcell and Andre Previn. A bass named Christopher Purves was also included singing an incredibly deep aria by Handel. There were more I could have included but the list was already getting very long! The list covers over 400 years of wonderful music.

If anyone else would like to be sent a list of hyperlinks to the works included, just get in touch.

Philippa Moody

Needlecraft

Here we are another month on and unable to meet up. However our little group has continued to sew in one form or another. Between us all we have started a Cross stitch and made a patchwork cushion cover, knitted a baby's blanket and baby's cardigans – and of course made masks - from old pairs of trousers or shirts! We have continued to keep in touch with each other and just starting to meet up in 2's being careful to socially distance.

Hilary Furniaux

Painting 2

I hope that you are still being motivated to practise your painting skills ready for the big "Art showing" when we do manage to meet again. I have been inspired to treat myself to some new brushes being advertised in the press and talking on the phone to another member of our group, he has also bought some, maybe the same. Sable brushes are supposed to be very good so it will be interesting to see if I have improved with my next picture. It will be good to see all your works of art of garden landscapes and portraits, flower paintings and maybe animals. We shall have a lot to discuss and I am looking forward to meeting you all again.

Barbara Barbrook

Patchwork Group

Some of us have gone into production of face masks now we have to wear them in shops. Our relatives and friends have been very pleased to receive them. We are looking forward to meeting again. I hope this will be soon as lockdown seems to be easing gradually. Meanwhile we will continue to enjoy our sewing and have lots to show and tell when we meet again. Keep safe and well everyone.

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 "Colour".

We held our third meeting using Zoom on 2nd July. 12 members participated plus 5 guests from the Limebrook U3A Photography group. We were able to watch a slide show of all the photos submitted by our members and were able to comment on their photos as they were viewed.

This was followed by an informative illustrated talk on "Macro and Close up photography" by Peter Thorpe. Below are two photos from his talk, one showing the equipment used and the other of an image taken.



All In all it was a very successful meeting so we have decided to hold a Zoom meeting on the 1st 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 August is "3 Macro / Close up photos" with photos to be submitted by 2nd August.

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

Norman Grove

Reading and Books Group

As social distancing keeps us from our usual meetings and tv repeats becoming monotonous, we are all reading more than usual. Most of the popular authors and titles are available online or at the supermarket but if you are looking for something different I can recommend the Italian author Andrea Camilleri. He is one of Italy's most famous contemporary writers, having sold over 65 million copies worldwide of his Inspector Montalbano series. Many of these books have been adapted for Italian television and screened, with sub-titles, on BBC4. This is crime Sicilian style, lighter and more amusing than British "cop" novels and guaranteed to give you a taste of Italy from your armchair.

For more info contact Jackie Jones

Scrabble Group

Answers to last month's puzzle: there are 11 words suggested as anagrams of the letters in this block which include a blank, unless you know different.

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

Crowded, dewdrop, dowdier, dowered, drowned, drowsed, redwood, sworded, wondred, worlded

Here is another challenge for you. See if you can use all of these letters to extend the five-letter words below: **A, A, A, C, G, H, N, O, P, R, R, and R**

— — —

D	O	N	E	R
---	---	---	---	---

— — —

D	A	T	E	D
---	---	---	---	---

— — —

D	O	V	E	R
---	---	---	---	---

— — —

D	I	A	L	S
---	---	---	---	---

Linda Etherton

August Quiz

1. Which crime has a potential 324 different combinations?
2. In the Bible, whose wife was turned into a pillar of salt?
3. What is a garganey?
4. Which South American country was named after an Italian city?
5. Who was Luke Skywalker's father?
6. Which sea is nearly 1,300ft? below sea level?
7. Who won an Oscar for his direction of 'Lawrence of Arabia'?
8. Who created Dracula?
9. Which zodiac sign are you if born on 1st. October?
10. What is pumpernickel?
11. Why is a cheetah different to other cats?
12. What is the common name for the plant 'Impatiens'?
13. Dublin is the capital of which Irish province?
14. Who is the Roman god of fire?
15. Whose parliament is called the 'Tynwald'?
16. Which English actress played Ross's wife in 'Friends'?
17. In which city is the 'Wailing Wall'?
18. Who was the donkey in 'Winnie-the Pooh'?
19. Cheyenne is the capital of which U.S. state?
20. The lotus flower is the national symbol of which country?

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

At the moment it is not possible for us to visit restaurants safely for our lunches, so we have to be patient for a little while longer. In the meantime the Jamie Oliver programmes on TV are about making meals with five ingredients and give us recipes to make some easy quick meals for us to cook. I understand there is also a book, but personally, I have already acquired a great many such books and am trying out some new recipes while in lockdown. I hope that we will meet again in October or even November so try and keep in touch with members to get the latest news and I am sure it will not be too long before we meet again for a good lunch together. Contact Barbara Barbrook for Maureen Lavender

Weekenders Group

Hello to all our Weekenders group! What a strange world we are living in at the moment! Do hope you have bought or made masks you feel comfortable with. We will look back on this time in disbelief.

I am still having most things delivered although I have ventured out to a couple of local shops. We can meet outside in groups of 6 from different households so hopefully you have been able to see more family and friends in gardens, parks and on walks. I have been enjoying beans, courgettes and tomatoes from the garden. The tomatoes need more sunshine to give them that lovely summery flavour. The wild flower area I created this year has been quite successful in attracting bees and butterflies.



Delicious Garden produce

Peacock Butterfly

I recently took part in The Big Butterfly Count. You just spend 15 minutes in your garden identifying butterflies and send in the results. It is easy to find online and runs until 9th August. Keep in touch with each other and stay safe.
June Rawlings.

Yoga Group

Suspended due to Covid-19 virus

All enquiries to Gloria Bomford Yoga COG.

Answers to August Quiz

1.Murder in Cluedo 2.Lot 3.Type of duck 4.Venezuela(Venice) 5.Darth Vader 6.Dead Sea 7.David Lean 8.Bram Stoker 9.Libra 10.Type of bread 11.Cannot retract its claws 12.Busy Lizzie 13.Leinster 14.Vulcan 15.Isle of Man 16.Helen Baxendale 17.Jerusalem 18.Eeyore 19.Wyoming 20.India

Jan Brown.

Two Experiences of Lockdown and Shielding during the 2020 Pandemic of Covid-19

Been called many things before but not a shielder! I know cos the letters have told me so. One each from my GP. and the NHS [including my personal Covid code number] and two from the government detailing what I MUST NOT do for initially 12weeks. Like leave home, go shopping, walk pets, meet others or take my rubbish out. If co-habiting, sleep in separate beds, use if possible separate bathrooms but clean after each use, not use kitchen together, different crockery etc. The best was the letter telling me that I should wait 3 days before opening! I admit to feeling despondent, why stay alive if they allow you no life to live? With better health this year there was a summer of activity planned, cricket, Lincoln cathedral, RAF Hendon, maybe time for U3A too - all gone. Hey! Living alone on a quiet country road, used, over the years, to being alone, plus a largish garden, majoring in vegetables. Indoor interests too and the phone, contact with others — but suitably gloved and masked still, once a week, as before, done my own shopping, got my own prescriptions, been summoned for 4 various blood tests and haven't always driven the shortest way home! Battery charging y'know! I think of many others though, small accommodation, high rise, no private garden, no close family and not daring to venture out - they need help most. They probably need the two electronic questionnaires I've had to fill in, one each from Essex Welfare and NHS, the latter daily checking my wellbeing and needs and, quietly, mental health. Things have eased; we shielders are about a month behind the rest of society, we can even work now, from home, but of course, no singing. Must be off—shopping at Tesco.

Peter

There are thousands of versions of these experiences, your own may be more entertaining, but this is the version of an elderly single female from January to July 2020.

New Year arrived with news of a deadly virus breaking in China, which we were told began in a street market. Having seen their markets I was not surprised but not alarmed. I made a few New Year resolutions including updating the style of my courtyard garden by disposing of the greenhouse and to de-clutter my accommodation also to wallpaper the bedroom having purchased at Laura Ashley sale.

At 82 I decided to get quotations for the garden work, at least the heavy work, then I was free to arrange a few pots which were already scattered around the patch. I also planned to create a new wild garden adjacent to our communal lawn but was actually part of the banks of the canal. The winter was mild and I began that task first. With the promise of foxgloves from a friend and wild seed purchased on line to give me incentive to remove the mature weeds and roots of mature trees felled in the previous year.

The end of February saw a different me, I was afraid of catching the virus, nervous of shopping for food I covered mouth and nose in a scarf and I later created a visor from A4 Perspex. I stock piled, hunkered down and decided it must not get me. For a few weeks I became paranoid and isolated, a very new experience for me. I had by now completed many of my plans and confined myself voluntarily to my home. I was extremely anxious and felt very alone. I had joined an on line painting group with friends in Devon but could not concentrate.

In March my daughter came south to spend Mother's Day with me which added to my fear as she was still travelling to her job in London by train. I was unable to welcome her as normal but we did share a distanced walk on a beautiful day, admiring the wild blossoms and birdsong. She returned north to her partner. By now friends and neighbours were bringing me basic bread, veg. and milk. A letter from NHS informed me I must stay at home. I now felt imprisoned.

On April 16th my youngest sister died of Covid-19 in a Care Home. This brought my own fears into perspective. I shared my grief by phone with my remaining sister. Three days later I lost a younger friend with whom I have shared many Bridge games. These sad events made me determined to stay safe. Easter passed.

The garden project was on hold as the labour was not available. I continued with the wild garden which now had poppies in abundance, ferns (my favourite) and rare corn cockle and Alexanders' hog weed which used to be rare all requiring water as Spring was really hot. Nature excelled, basking in sunshine. Ten cygnets were born to "our" pair of swans, reduced to nine when a seagull devoured a two day old. I then bought a book on the lifecycle of swans which was quite revealing particularly concerning the upbringing of cygnets.

Throughout these months I had followed the news with horror at the toll on lives and the disruption to the economy of this country and the world.

My eldest daughter sent Mother's Day presents, she was adhering to the French date. Normally I would spend a Spring holiday with her and family. They were experiencing the French lock-down and working from home.

My daughter and partner removed the green-house and took to her friend for re-use, then returned north. A new contractor has completed the work.

I have throughout the period appreciated WhatsApp messages and photographs with friends and family and am constantly playing a Word game with a neighbour. The new mobile phone which was a complete enigma has now become a great friend and companion. I have learned how to operate the TV with iPlayer etc and enjoyed using my cordless earphones, a Christmas present from family. I loved the old tennis championships on TV. I have read many books and magazines of interest. I survived the breakdown of my fridge freezer in the hottest period and further delay

being let down by the repair man. An ice block supplied by my neighbour morning and evening kept my milk cool. I regularly made "proper" custard which we shared and sometimes a surplus meal supplied by my neighbour. I have recently had help from volunteers who shopped once a week. I now shop myself, well protected and cautious for basic foods. I never attempted my Klimpt like puzzle and have yet to go to the Maldon rubbish and recycle centre but these will happen soon. Anon

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 is 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