



THE UNIVERSITY OF THE THIRD AGE

Heybridge U3A

News Sheet No.8/2019

September 2019

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Refreshment Group Rota

September Cards

October Coffee

November Creative Writing

Please provide 3 people to serve refreshments

CoGs Meeting

21st October 14.00

Plantation Hall

Your Committee

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NEWS FROM THE COMMITTEE

From the Chair

A very big thank you to Hilary for organizing the strawberry and cream treat at the August meeting, and not forgetting the volunteers from the bird watching group for the extra work involved in the kitchen in addition to the tea making.

August's speaker gave us a short and informative history of ballet accompanied by slides and short movie clip and seemed to be well received by all.

Wow! We had 3 items in our suggestion box after the August meeting, not overwhelming but nevertheless, small steps, thank you and your comments have been put before the committee. Please keep them coming.

I gather from members that I have spoken to that, many of you may feel too shy, lack confidence and or have low self-esteem and that this could be holding back very useful talents that, as a U3a, we need, if this is the case "Welcome to the club" and in saying that I must add that since I bit the bullet last year and joined the committee, my confidence has been growing. It does ebb and flow, but I have a very supportive committee and this support is there for you also, and if we had a full committee, surprise, even more support!

As a committee member you are never alone in decision making; we discuss all matters and always go with a majority decision.

There is also the advice available from National office and from former committee members, so please take a deep breath, dive in; the water is warm as will be your welcome.

We particularly need a person to work alongside our Secretary, Linda, until her tenure ends; this will make it far easier to assist the smooth running of committee and HU3A as a whole.

We also still need a vice chairperson and can also have an additional two committee members to make a full committee. Please think on what I have said, YOU can make the difference.

I will say this with all sincerity, if you make the decision to join the committee YOU WILL NOT REGRET IT.

I and the committee would very much like to see members attending our monthly committee meetings, please come along, our door is always open. Don't forget 1st Friday each month 10.00am start.

As we rapidly approach Autumn, having had a little of the rain I desperately needed although not nearly enough, but once again small steps, I continue with fruit harvesting, and trying to repair wind damage to our rather fragile plants.

Meanwhile enjoy the hot weather whilst it lasts, keep hydrated and stay safe.

Norman Cumming 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 September and October Please send reports for the October news sheet by the 27th September.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

We now have 159 members - almost every month word about our activities spreads a little further and we welcome new U3A colleagues. If you know anyone else who is thinking of joining, you can remind them that Membership costs only £10 from 1st October until the end of March next year.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

Interest Groups Coordinator

We have had several enquiries recently which have resulted in new members for our Ukulele group, Art 2 Group and hopefully the Family History Group. Unfortunately our Patchwork group is full so we were unable to welcome another member as this was the only group of interest. I am visiting the Music Appreciation group in October and hopefully the Yoga group in the next few weeks

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme for Oct December 2019

Fri Sep 13 th	Healthy Body Healthy Mind	Gavin Sandercock
Fri Oct 11 th	Essex Scrubber A humourous talk	Christine Beedle
Fri Nov 8 th	Essex Regiment in WW1	Peter Layzell
Fri Dec 13 th	to help us Celebrate Christmas	Entertainer Steve Galler

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

GROUP REPORTS

Art Group

In August a very small number of the Art group braved the heat at the beginning of the month but the numbers had recovered by the end arriving for our weekly painting sessions. There was our usual interest in the pictures that some people were in the course of completing with landscapes or flowers still very popular. There is a new series of Landscape painter of the year commencing soon so we are keeping an eye on the Sky Arts programme on TV to see when that will be starting, as it was portraits last year and they have advertised for people to apply so it should be soon. It is very interesting to see how professional and amateur painters cope with a four hour session of producing a beautiful picture and much can be learned.

Barbara Barbrook (for 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. We are out and about on the 4th Friday of each month”.

Jill

Cards and Paper Crafts

We met on a pleasant afternoon and proceeded to make – you guessed it, more Christmas cards!! Between us we also made Birthday cards and Anniversary cards. At next month's meeting we are going to try making backgrounds with acetate, tissue paper, glitter and glue.

Linda Lesley Woonton

Creative Writing Group

I am finding that the inclination to write and the time to write do not often coincide these days and as I have been the group's CoG for eight years I have decided that it is time to quit. I am happy to carry on for September, October and November but want someone else to take over in January (we don't meet in December). It's a happy group and I hope someone else will take it over but it might be time for a break; it's for the group members to decide.

We had a variety of tales this month. One of our members had been prolific and produced three stories all set in a future world where global warming had changed the climate significantly. The stories all featured the same characters but in different scenarios. The first was by far the darkest with society breaking down, food scarce and rationed, no phone or internet. This was a very bleak, thought provoking tale. The second scenario was slightly more cheerful although giving machines personalities might not find favour with everyone. In this tale Mars was being terra-formed and carbon capture plants developed. The third version saw more efforts in the Anglian Archipelago, where Maldon was an island, to maintain society and rescue some historic buildings, such as St Peter's, from under the waves.

Office chit-chat opened another story, with our heroine being urged to be brave. Although initially not wanting advice she eventually entered the TV baking show 'The Heat is On'. Another member gave us 14 meanings of 'heat' and an account of a pleasant lazy summer Sunday.

We also heard the first part of a story of two women becoming friends, but one of them has a mysterious past and is now being watched. Our task for the next month will be to finish this tale and I am circulating the story so far to all group members.

Our next meeting will be on 25th September, usual place and time.

Angela.

Croquet Group

This month the weather was kind to us and we managed to play on both Thursdays. On the first Thursday Jackie was our star player by making some exceptional shots. The second Thursday George was our star player; he managed an amazing shot which went through two hoops! We play on the first and third Thursdays of each summer month for gentle exercise, good company and fun.

Anne Newson.

Discussion Coffee Morning Group

We met at Jeans house on Friday 16th August.

We had an enjoyable couple of hours helped by Jeans lovely Spaniel dog Robson, he is a retired Met Police “ sniffer “ and enjoys poking his nose into handbags if visitors leave them handy! From experience I know the same applies when he visits and his nose finds its way in to waste paper baskets or bins, he is a very professional retired dog and has his own medal for long service which Jean proudly showed us. We were spoilt with tasty savouries plus our tea/coffee which kept us happy as we discussed many topics of interest.

The next meeting will be at Anne Newson’s house at 11am on Friday 20th September 2019..

Margaret Brown

Eat the World

Once again air conditioning in the restaurant was welcome as we sat down to eat our Mexican meal at El Guaca. Quite a few of us had sizzling chicken fajitas with guacamole, sour cream, pico de gallo (tomatoes, onions and lime juice) and jack cheese on the side Others had Chimichanga which is a large deep fried tortilla stuffed with cheese, peppers, beans and a meat filling of your choice served with Mexican rice. Another choice was paella served with steak on the top.

Next month is ITALY and the table has been booked at Intimo Fresco, Maldon on Tuesday 24th September a 12.30. Liz Cawdell

Family History Group

There was no meeting in August so see you Thursday September 26th Jean Rogers

French Conversation



August in France is the time of <le grand depart> when French families leave the cities en masse and head to the coast, causing huge traffic jams in the process. At our August meeting we read an article about the Paris Plages on the banks of the Seine which, since 2002, have been organised by the Paris council for the benefit of those unable to go away. As well as swimming water which has been carefully quality controlled, activities

available this year include a zip wire, Tai Chi, yoga, pedalos, table football and Pétanque.

Changing rooms, showers, toilets and deckchairs complete the picture.

However, not all is good about the grand depart. We learnt that each summer, 60,000 animals are abandoned in France so that their owners can go on holiday. Gloria described her distress at a time when she was living in France and her neighbours moved, leaving their dog behind. A foundation has now been set up to highlight the situation and is running a publicity campaign on TV and the Internet designed to shock. Let’s hope it succeeds!

Jenny Parker

Our next meeting is on Wed 11th September at 10.00 a.m. at the Plantation Hall.

Local History Group

Foulness visit

After a challenging journey for most around Southend, we arrived at the guard post to register and receive an MOD pass to enter the secure zone of Foulness Island. (Ness=headland, foul/ fowl/ fuggle = water birds).

At the heritage centre we enjoyed tea and cake followed by an interesting and informative tractor ride around the island.



View down a slipway from Foulness Island towards the Broom Way and Maplin Sands Linda

This was a most pleasant way to spend a sunny Sunday afternoon. Thanks to Carol and Pat Smith for arranging the trip.

Elizabeth

Music Appreciation Group

Due to prior commitments, we did not meet in August. We will next get together on Wednesday 18th September when we will explore the letter 'E'.

Philippa Moody

Needlecraft

We had a very enjoyable afternoon doing knitting and cross stitch between us. One rather small (cross stitched) Christmas penguin was finished. It may be back to crochet next! The next meeting will be at Angela's as I will be away for the September meeting.

Hilary Furniaux

Painting 2

We missed a few people at the August meeting due to family commitments but there were enough to make a very pleasant afternoon. We also welcomed a new member from Limebrook u3a who will be there next month then away until January. One member of the group brought in a large painting of a lovely cockerel which was amazing as it was almost lifelike. The rest of us are painting landscapes or well-known scenes or flowers and are not ready yet to sell. However there is personal satisfaction in producing a picture which is satisfying to yourself boosting your self-esteem so well worth the effort. We now have twelve members enrolled for our group.

Barbara Barbrook

Patchwork Group

The patchwork group did not meet in August. Next meeting is on September 9th 14.00
For more information please contact Anne Thorpe.

Petanque Group

Late August Petanque report.....where has this month gone? With only one Monday cancelled because of rain, our attendance has been excellent. We all thoroughly enjoyed our games/lunch day at Graham and Jenny Parker's House in Heybridge back in July. Many thanks again to our hosts. We now look forward to our late summer/ autumn games on the Prom. Welcome to our latest new player, Nicky McColm. Happy Petanque Games to one and all.....Dian



Summer Party Gathering

Photography Group

The Photography Group did not hold a meeting in August.

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

Norman Grove

Reading and Books Group

We will not be having a meeting in August, so our next meeting will be on Wednesday 18th September at Pat Yates home in Totham. We shall be discussing "Wolf Hall" by Hilary Mantel - a lengthy story packed full of 16th 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

August's Scrabble meeting was on another rather warm afternoon with four of us at Elizabeth's, who kindly managed to cool us with drinks and a welcome fan. Some of the popular words in Scrabble, because they use up otherwise tricky letters, are often from an obscure source. We looked a few up, such as 'JO' The Scrabble dictionary says it is a Scots word for sweetheart, with 'JOE' as an alternative spelling. JA is the only other acceptable 2-letter word beginning with J, used as an alternative to 'YES'. Most foreign language words are not allowed in Scrabble, but many still manage to creep in, as do new additions from slang and computing such as BLING and WIKI.

The next meeting on September 24th will be back at Angela P's house. If you would like to join us please telephone or email me, details on the list of Cogs. Linda Etherton

Technical Computing Group

We 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.

Ten Pin Bowling

We are booked to start at 10.30 a.m. going forward with our next meeting to be on the 10th September 2019 as there was no meeting in August due to school holidays.

Look forward to seeing the group Peter Harvey

Ukulele Group UKE3A

We held our usual group meeting the first week in August and although Gill was away we had a prospective new member who arrived with some interesting new music sheets. Well the music is just a letter for a chord which comprises of one, two or three notes which have to be pressed on the right string in the right place, Having learned which place, we just needed the accompanying words for the singing part. So as Carolyn has a good singing voice and a few of us did our best to sing we had a very enjoyable afternoon, accompanied by the usual refreshments So now we have three new songs to add to our repertoire we are all prepared for our next meeting in September with the return of Gill who normally provides the voice. We have another new member who will come in October and will welcome her to our jolly group.

Barbara Barbrook (for Gill Carpenter)

Walking Group

The next walk will take place on Thursday 12th September from Tesco Car Park at 14.00

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

Linda Wells.

Weekday Lunch Group

Our coordinator is still indisposed so Maureen is doing the booking for our meals. Everyone should have her mobile number, but we are doing a list of numbers and email addresses so people in the group have access to the other members. Please keep these lists secure for personal safety.

The next meeting will be at the Hurdlemakers Arms at Woodham Mortimer on Sept 3rd Turn left before the roundabout at Oak Corner on the road to Danbury. The sign is on the opposite side of the road so keep a lookout, it is before the garage. Please mobile Maureen if you cannot attend.

The next rendezvous for October will be decided at that meeting so please keep in touch. The two of us reviewed the meals at the pub on 8th August and thought that the meals and the ambiance were excellent. We also have a new member who will be joining us. We all send our best wishes to Jean for a speedy recovery as we all miss her.

Barbara Barbrook

Weekenders Group

Thirteen weekenders met on a perfect morning at The Lock Café, Heybridge Basin on Saturday 17th August. We were able to sit outside in the warm sunshine and discuss our plans for the next few months.

Dates and details of our next meetings

Saturday 21st September – We meet at Perrywood Garden Centre at 10.00.

Thursday 26th September – An Indian meal will be booked for 6.00 pm at Zara's (Royal Oak) Chelmsford Road, Woodham Mortimer. Please sign up and come along.

Saturday 19th October – We meet at the White Elm Garden Centre, Bicknacre at 10.00.

Saturday 21st December – A Christmas Dinner is booked at The Bell, Woodham Walter for 12.00. We had a good meal there last year!

Please see the sign-up forms at the main September meeting and contact me if you need more information or a lift. Pat Smith

Yoga Group

After the excesses of our long hot summer break let's return to Yoga classes to re-tone our bodies and relax our minds.

Our next session is five weeks in total on these Wednesdays 18th and 25th September, then October 2nd, 9th and 23rd October

Join us at **The Plantation Hall, Heybridge on Wednesday September 18th to begin at 2pm.**

New members please contact me for further information

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

Contact Gloria Bomford COG YOGA

Delivery of Tourist and Visitor Information is changing

The Maldon Visitor Information Centre will be opening up in the foyer of the Town Hall on 30th September. Open on weekdays between 10.30am to 3.30pm, residents and visitors will be able to find out about local events, travel information and venues, as well as picking up pink and green recycling bags. In addition, a new ticket purchasing facility for local performances will be set up in the Town Council Offices on the first floor of the Town Hall during office hours.

Key to ensuring visitors and local residents make the most of all the fantastic things there are to do in Maldon, volunteers will man the reception desk. You will enjoy meeting and talking to people about Maldon, be keen to help them and answer their queries as well as being able to search on the Internet for information.

If you would like to volunteer to be part of this exciting new opportunity please contact Jane Coleman (Town Clerk) 01621 857373 for an initial discussion.



BURY ST. EDMUNDS CHRISTMAS MARKET

Friday 22nd November 2019

£20 per person

The award-winning Bury St. Edmunds Christmas Market is now in its 18th 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 7th October £30 per person **X 4 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!**

DENGIE & DISTRICT U3A EXPLORING HISTORY GROUP

THE HISTORIC DOCKYARD CHATHAM

THURSDAY 31 OCTOBER 2019

The cost of the trip is currently £45 - but it is hoped that a large attendance will enable a partial refund to be made to all participants.

- The cost includes coach travel; discounted admission to the Dockyard; an Introductory Tour (45 mins); & a Guided Tour of the Victorian Ropery (45 mins)
- The timetable includes free time - to climb aboard 3 naval ships, to view exhibitions and collections (all at no extra cost)

The coach will depart from Burnham at 09:00; and from Jacks Centre, Burnham Road, Latchingdon, CM3 6EX, at 09:20, with return approximately 5:30pm.

For further information, please telephone Roger Ware on 07989188038, or send an email to rogerandann@waremail.net.

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

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Weekenders Zara 18.00	27 Painting 14.00 Copy to Editor	28 Bird watching Wallasea Island	29
30-Sep	30 Petanque 14.00	1-Oct Weekday Lunch 12.30	2 Ukulele 14.00 Yoga 14.00	3 Croquet 10.00 Photography 14.00	4 Committee Meeting 10.00 Painting 14.00	5	6
7-Oct	7 Petanque 14.00 Cards & paper 14.00 Highgate Cemetery	8 Ten pin 10.30	9 French Conversation 10.00 Yoga 14.00	10 Computing 14.00 Walking 14.00	11 Monthly Meeting 14.00	12	13
14-Oct	14 Painting 2 14.00 Patchwork 14.00 Petanque 14.0	15 Local History 14.00	16 Reading & Books 14.00 Music 14.00 No Yoga	17 Croquet 10.00	18 Coffee Morning 11.00 Painting 14.00	19 Weekenders White Elm Garden Centre Bicknacre 10.00	20
21-Oct	21 Petanque 14.00 Needlecraft 14.00 COGs Meeting 14.00	22 Eat the World 12.30 Scrabble 14.00	23 Creative Writing 14.30 Yoga 14.00	24 Family History 10.0	25 Bird watching 10.00 Painting 14.00 Copy to Editor	26	27
28-Oct	28 Petanque 14.00	29	30	31	1-Nov Committee meeting 10.00	2	3