

# Heybridge U3A

## News Sheet No.8/2020

September 2020

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

### Archive

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

Registered charity number 1160360

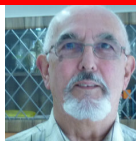

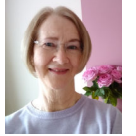


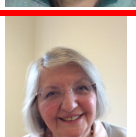

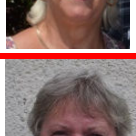
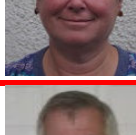
Exciting news from the Committee about resuming outdoor activities.

See page 2

The committee still advise against resuming any indoor 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 Vice Chairman	3
From the Editor	3
Membership Secretary	3
Interest Group Coordinator	4
Monthly Meetings	4
Publicity	4
Group Reports	5
Other U3As Business	13

### Your Committee

<b>Chairman</b>	Norman Cumming	
	<a href="mailto:chairman@heybridgeu3a.org.uk">chairman@heybridgeu3a.org.uk</a>	
	01621 817200	
<b>Vice Chair</b>	Peter Radford	
	<a href="mailto:vicechairman@heybridgeu3a.org.uk">vicechairman@heybridgeu3a.org.uk</a>	
	01621 843543	
<b>Secretary</b>	Linda Etherton	
	<a href="mailto:secretary@heybridgeu3a.org.uk">secretary@heybridgeu3a.org.uk</a>	
	01621 843702	
<b>Treasurer</b>	Jill McGregor	
	<a href="mailto:treasurer@heybridgeu3a.org.uk">treasurer@heybridgeu3a.org.uk</a>	
	01621 842595	
<b>Membership Secretary</b>	Philippa Moody	
	<a href="mailto:membershipsecretary@heybridgeu3a.org.uk">membershipsecretary@heybridgeu3a.org.uk</a>	
	01245 381379	
<b>Publicity Officer</b>	Angela Pleasance	
	01621 850310	
<b>Groups Co-ordinator</b>	Hilary Furniaux	
	<a href="mailto:groupsco-ordinator@heybridgeu3a.org.uk">groupsco-ordinator@heybridgeu3a.org.uk</a>	
	07411 450634	
<b>Speaker Secretary</b>	Jan Brown	
	<a href="mailto:speakersecretary@heybridgeu3a.org.uk">speakersecretary@heybridgeu3a.org.uk</a>	
	01621 856989	
<b>News Sheet Editor</b>	Geoff Hadley	
	<a href="mailto:editor@heybridgeu3a.org.uk">editor@heybridgeu3a.org.uk</a>	
	01621 852494	

## **NEWS FROM THE COMMITTEE**

We have two bits of exciting news for you this month.

### **Outdoor activities**

It is possible that some outdoor activities may be resumed. This means that groups which generally meet outdoors might be able to resume. There are still risk assessments to be done but Hilary is getting in touch with CoGs; there is more detail in her report.

### **Do you use Facebook? Why not join the Heybridge U3A group?**

We now have our own group on Facebook. Our Facebook group is a closed one; Philippa is the administrator who acts as the gate-keeper. Please see her report for more details. The Facebook group will supplement the news-sheet, not replace it.

### **From the Chair**

Well here we are again another month gone by, nights now beginning to draw in as autumn approaches, it's time to push on and finish the massive reorganization of the end of my garden. The old Hawthorn tree has been dropped and rootstock dug out and disposed of, the 3-4 year old compost heap opened, dug out and moved to a more accessible position, my good lady wife muck spreading over the flower beds.

The rain again came just in the nick of time to save a lot of our plants and to boost our fruit crops, apples and blackberries in abundance plus now the autumn raspberries are starting to yield again, I just hope it knows when to stop.

At the same time, now restrictions are eased, I feel able to give up cakes and biscuits, and start to get fit and get back to my racing snake physique, (no don't laugh) instead of the python that's just eaten a goat.

A couple of early AM visits to Brightlingsea with lady wife to walk along the sea wall, the first a lovely balmy breeze, the smell of the salt and seaweed, the little egret standing all alone on the mud flats and so very few people around, perfect. Second visit very warm 40/50 mph winds coming off the water, exhilarating, but no little egret today, poor little beggar no doubt hiding in the channels out of the wind, and even fewer people around.

Now the Covid restrictions are relaxing, do not forget to stay alert, and still keep yourselves and others safe.

"Time flies like an arrow, fruit flies like a banana."

Norman Cumming. Chairman

## The Vice-Chair's Riposte

**N**ow I know, respect and like our chairman, but when will he realise that Tiptree and its environs are virtually monsoon country, a few more trees and Tolleshunt Knights would be rain forest! He wants to try semi-deserts like Heybridge and Goldhanger.

He hopes it stops raining, but I hope it starts, not these odd showers, but a good prolonged rain. Seriously the area needs around 75mm of rain over around ten days with still, not too hot, conditions so it can soak in, really do some good. Not a deluge of a thunderstorm, flash floods, precious water running out to sea, just a nice steady rain.

Most farmers will have sown next year's oil seed rape which takes little moisture to germinate it. A couple of heavy dews will do, but it then needs moisture in the ground to allow it to grow on. A seedling with dry earth, sun and wind DIES.

Yes I've had some precipitation: it's washed the leaves at best! 14mm in my rain gauge to be exact, spread over a few days. At most it went 25mm into the ground then 'zizz' it evaporated! Useless! As I write another 3.5mm today plus strong wind and sun. It hardly reached the ground. Thankfully I don't pay for water: I've used far more than my conscience likes but at least I have a crop of sorts of onions (that may last to 2021), a decent potato crop, (should last all year), carrots, beetroot, runner beans with the brussels and sprouting broccoli looking well plus an area of nectar producing flowers for bees and other insects PROVIDING we get, soon, very soon, a decent rain So Norman, for goodness sake, please SHUT UP about it stopping raining!!

Peter Radford      Vice Chairman

## From the Editor

**T**he design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 14 pages in a large font. Information about the Committee Members and their reports can be found in the first few pages. . Please send contributions for the October news sheet by 25<sup>th</sup> September. I am very grateful to all the people who send material for inclusion. Have you anything to say? Please send it to me and I will include it.

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

## From the Membership Secretary

**M**embers are continuing to renew memberships by cheque or bank transfer. If you are not sure if you renewed your membership earlier (life got a bit complicated in March!), please get in touch and I will let you know. Of course, for those who did not, from 1<sup>st</sup> October the rest of the membership year can be covered for £10. However those who renew only for half the year will not be eligible for the discount on next year's renewal which was mentioned in last month's newsletter.

Another new development is a **Heybridge U3A Facebook page** which we hope will be another way for us all to keep in touch. It is a private group, available only for paid up members so no posts or photos will be visible to anyone else. If you already use Facebook, put Heybridge U3A into the search box and then apply to join the group. If you have any difficulty in finding the group via a search please get in touch with me.

If you wish to renew your membership download the enrolment form from the website or email me to be sent one. Let me know if you have no printing facilities as 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 (or £10 after 30<sup>th</sup> September). Dual Members pay £13. Or 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.  
Philippa Moody [membershipsecretary@heybridgeu3a.org.uk](mailto:membershipsecretary@heybridgeu3a.org.uk)

### **A Note from our Insurers - 20/05/20**

**A**ll 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**

**E**xciting news! At our Committee Meeting on 4<sup>th</sup> September it was agreed we can resume outdoor groups. A full Covid 19 Risk Assessment will need to be carried out and accepted by the Committee before any group can resume. We have contacted all the COGs to let them know and they will contact each member of their group. As individuals you will have to do your own risk assessment to ensure you are completely aware of the potential for contracting Covid 19. Having done this some of you may decide not to resume that group for the time being. It really has to be your decision based on your age, health and the activity.

We have Zoom up and running for any other groups who would like to meet on that. Please contact me or Linda if you would like to do this. It's not difficult but Linda will need to set it up for you each month. I appreciate that this won't work for every group but that doesn't mean you can't meet up on Zoom and chat to each other about what you have been up to over the last few months.

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

### **Monthly Meeting Speaker Programme**

**S**adly I have had to cancel our speakers for the next 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](mailto:speakersecretary@heybridgeu3a.org.uk)

## Publicity Officer

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 was submitted and a piece of it is shown below.

Heybridge U3A is usually a vibrant social society for the retired and semi-retired, providing plenty of opportunity for meeting new people (who soon become friends) and trying out new experiences, so lockdown has been particularly frustrating for us. We are in the vulnerable older-age group and restrictions are only slowly being eased for us. However, as someone in another U3A recently remarked, there'll be no holding us once the barriers are lifted!



This photo symbolises the past few months for me. The tide is out, there are grey clouds and it's a bit lonely. But there are compensations – the estuary is beautiful and we are lucky to live in such a fabulous area. There is light on the horizon, we know that the tide will come in again and then we will be able to go sailing, metaphorically if not actually on the water.

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

**W**e may be watching birds by ourselves at present but there are still lots of them to see. The **black tailed godwits** are hurrying back from their breeding areas and hundreds are now feeding along the estuary. Seen up at Abberton reservoir in August was a **ruddy shell duck**, a relatively rare visitor and there were lots of **cattle egrets** on Tollesbury Wick. Although the EWT car park at Chigborough Lakes remains closed it is possible to park at the road side. Plenty of birds to see there and very few humans!



Ruddy Shell duck



Black Tailed Godwit



Common Sandpiper

If you want to do some birding further afield then RSPB Minsmere is open (including toilet facilities and shop). You can check on-line which RSPB and EWT sites are open. Note though that many of the bird hides are still closed

Interested in birds and bird watching? Contact Maureen Lenoir on [symockturtle@yahoo.co.uk](mailto:symockturtle@yahoo.co.uk) we go out on the last Friday of each month

Maureen

## Cards and Paper Crafts

**F**or a very small group we manage to create a lot of cards and boxes between us, sometimes upcycling used cards for toppers and box lids. We have continued our stamping journey and learning to colour our images to a high standard suitable for putting on our cards. One member has made a Wedding card & a heart shaped label with lemon roses for the gift – a lemon rose called “Wedding Day”.

One member has been creating new shaped cards including rocker cards and a baby vest card, cutting toppers from used Christmas cards for children to make Christmas cards later in the year at the school Bazaar. Spending more time at home has helped to make us even craftier! Stay safe till we can meet up again.

Lesley Woonton

## Creative Writing Group

**T**oday I had a story called 'The Stairs' sent in by Philippa Moody and what a chilling story of control it is! I have had a couple more stories published on ' <https://www.writerscircle.net> ', one called 'Finding Beauty' and the other called 'Parslow Minor'. I've also written a new story called 'Life After' which is about a released and reformed convict. All these are on the group's blog.

To try once more to get the group's creative juices flowing, I've circulated 4 titles for inspiration: Searching For A Heart; Days Like This; Full Force Gale, and Making Whoopee. Some may recognise them as song titles but this should not influence the outcome. Fingers crossed.

If you would like to become a member of the group you can contact me on: [sccondie@gmail.com](mailto: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 For more info please contact Anne Newson.

## Discussion Coffee Morning Group

I hope everyone is keeping well.

Stay well and happy Best wishes, Margaret Brown.

## Family History Group

### Memories

A little nostalgia ..... East London, circa 1950's.

A gentler time with simple pleasures.



Take care  
Jean Rogers

## French Conversation

As face-to-face meetings are still not possible, I am continuing to send out a monthly bulletin with activities for group members to do at home.



Photo VA  
Jenny Parker

Meanwhile, in France, 'les grandes vacances' are in full swing. On Tuesday 25<sup>th</sup> August, numerous readers contacted the local newspaper, *Nice-Matin*, asking why the sea along the Côte d'Azur appeared to have changed colour.

Many thought pollution was the cause, but in fact it was a natural phenomenon, caused by rain coming down from the mountains, giving the sea a strange, muddy looking appearance. As a result, many beaches were closed.



We are already on to the letter R and this month it was easy to find composers, performers and instruments associated with this. Rossini, Rachmaninoff, Steve Reich and Ravel are just some of the many composers to appear on the playlist sent to music group members. The recorder featured in a concerto written for the instrument by Vivaldi, and Rostropovich and Rubenstein are celebrated performers on the cello and piano respectively. I could not omit also the wonderful conductor Sir Simon Rattle and he can be heard conducting the mighty Berlin Symphony Orchestra in a short excerpt from Mahler's Symphony No 2.

Anyone who would like to know more about this music or the Music Appreciation Group is welcome to contact me.

Philippa Moody

## Needlecraft

The members of our group have been very busy this month. Between them they have been sewing a table runner, lacework, knitting a jumper, dolls clothes & a dog blanket, cross stitch of an Italian balcony, clothes alterations, a bee for a patchwork & a square for an online course! I think for some of us this has helped to pass the time in a pleasant way, keeping our stress levels down.

Hilary Furniaux



## **Painting 2**

I have found it a great help with my desire to paint a portrait of somebody and to find that a friend can recognise my efforts to make it lifelike. That is the Sky Arts series as there have been many repeats going back five or six years of the Portrait Artist of the Year which gives the successful winner a £10,000 prize and a commission to paint a celebrity and to hang it in a special place, e.g. the Royal Albert Hall or a Welsh Museum which is where Tom Jones picture was hung. Another was placed in the Portrait Gallery in London. What a pleasant hour I spent when I watched the final of the 2018 Portrait and sorry to say, I did not agree with the winner, out of three it would have been my third, but I expect the judges were professional in their judgement so I had to accept the result. It always interests me how they commence their work when they are given four hours to complete and to me it is magical how they change a blank canvas into a fascinating likeness of the sitter, even the amateurs are brilliant. How wonderful to be so talented. However our group is blessed with all abilities and I am really looking forward to seeing all those lovely pictures that have been produced in Lockdown at our next meeting for which I do not have a date yet.

Barbara Barbrook

## **Patchwork Group**

Several members of the patchwork group met in the grounds of the WMCC and enjoyed a chat on a lovely sunny afternoon. I was able to collect the blocks they had been working on. I will now start to plan the layout of the quilt. Watch this space for a photo! We hope to meet again in September providing the weather is kind!

For more information contact Anne. Happy sewing

## **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 "Macro / Close-up".

We held our fourth meeting using Zoom on 6<sup>th</sup> August. 10 members participated.

We were able to watch a slide show of all the photos submitted by our members and they were able to comment on their photos as they were viewed.

This was followed by a short talk by Norman showing his efforts of taking Macro photos of an allium seed head using extension tubes.

The group also watched a YouTube video by Steve Hedges "How to photograph Birds in flight."

All In all it was a very successful meeting, so we have decided to continue holding a Zoom meeting on the 1<sup>st</sup> 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 September is "3 Wildlife photos" with photos to be submitted by 1<sup>st</sup> September.

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

Norman Grove

### Reading and Books Group

**A**fter a number of roles in TV and film in the 70's, Lynda Bellingham OBE found fame as the "OXO" girl ads in the 80's and starred in many TV series such as "All Creatures Great and Small" and later as a popular panelist in "Loose Women" on ITV. However, she was also an accomplished author; "Lost and Found" was a story of her life and career. Her final novel "The Boy I Love" was published shortly after her death. It is the story of a group of aspiring actors experiencing life in repertory theatre in the 80's. Long hours and mundane duties backstage rewarded by small parts and close teamwork amongst the group, is offset by the possible dream of leading roles and fame, but sometimes backstabbing is the norm amongst actors desperate to succeed.

All her books are available online.

For more info contact Jackie Jones

### Scrabble Group

Answers to last month's puzzle:

P	A	R	D	O	N	E	R	G	R	A	D	A	T	E	D
H	A	N	D	O	V	E	R	C	O	R	D	I	A	L	S

When playing Scrabble and doing crosswords it really helps if you can solve anagrams. You either get it straight away or have to puzzle it out with a pencil and paper! Here is one for you: what common word is an anagram of this more unusual word?

R	I	F	F	A	G	E
---	---	---	---	---	---	---

(Definition: Jazz or Rock music, playing a series of chords, as in 'riff')

Linda Etherton

## Do you know these dates?

1. 14<sup>th</sup> October 1066
2. 15<sup>th</sup> June 1215
3. 25<sup>th</sup> October 1415 (think Henry V)
4. 29<sup>TH</sup> July 1588
5. 2<sup>nd</sup> – 6<sup>th</sup> September 1666
6. 16<sup>th</sup> December 1773 (think cup of tea)
7. 21<sup>st</sup> October 1805
8. 18<sup>th</sup> June 1815
9. 24<sup>th</sup> May 1819
10. 20<sup>th</sup> November 1886 (Elementary my dear Watson)
11. 31<sup>st</sup> March 1889 (think Paris)
12. 1<sup>st</sup> March 1894 (think Paris .... but smaller)
13. 6<sup>th</sup> – 15<sup>th</sup> April 1896 (think Athens)
14. 25<sup>th</sup> July 1909 (think Dover to Calais)
15. 11<sup>th</sup> November 1918
16. 5<sup>th</sup> December 1936
17. 21<sup>st</sup> December 1937 (Heigh Ho, Heigh Ho, it's off to work we go)
18. 2<sup>nd</sup> June 1953
19. 30<sup>th</sup> July 1966
20. 20<sup>th</sup> - 21<sup>st</sup> July 1969

Jan Brown

## Ukulele Group UKE3A

**N**ow 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**

**W**ell 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 did 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**

**A**s an antidote to all the recent depressing news about Covid 19 and how it has affected our lives, we have been able to enjoy a few things provided by someone, not sure who, but going out to lunch on a Monday, Tuesday or Wednesday the cost has been halved for the month of August. Also we found that by going to the car park after eleven a.m. the car park was free. That was a surprise, and the High Street in Maldon was buzzing so that had done the trick to get people going out, even wearing masks in shops made it bearable as that was not possible in the cafe where one had to eat. So I hope that you took advantage of this offer and with someone in your family or a friend you were able to remember what it was like to go out for lunch, and I hope that is what we shall be doing in the not too distant future, going out to lunch together. Contact Barbara Barbrook for Maureen Lavender

### **Weekenders Group**

**H**ello to all the Weekenders group. Do hope that things have improved for you all in a social way. We still seem to be taking two steps forward and one back at the moment as far as the virus is concerned!

I am still making progress with my family tree but have decided to have a rest for the time being and delay further research until the winter months.

Life in the garden continues to be busy. I had a bumper crop of tomatoes (all varieties, shapes and sizes). I ended up freezing a lot so I can use them in cooking. I have also been very pleased with my courgettes and squash. Autumn feels here already and the garden is beginning to reflect this.

I will be in touch via e mail to offer a few suggestions for meeting up for those who feel they would like to.

I bought myself a Nespresso coffee maker because I am missing meeting up for a really tasty coffee. Keep in touch with each other and stay safe.

June Rawlings



## Answers

1.Battle of Hastings 2.Signing of Magna Carta 3.Battle of Agincourt 4.Defeat of Spanish Armada 5.Great Fire of London 6.Boston Tea Party 7.Battle of Trafalgar 8.Battle of Waterloo 9.Queen Victoria born 10.First appearance of Sherlock Holmes in Study in Scarlet 11.Opening of Eiffel Tower 12.Opening of Blackpool Tower 13.First modern Olympic Games 14.Louis Bleriot's first flight across English Channel 15.Signing of the Armistice 16.Abdication of Edward VIII 17.Walt Disney's Snow White first shown 18.Coronation of Elizabeth II 19.England wins World Cup 20' First moon landing

Jan Brown.

## National Newsletter

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

## Third Age Trust Online Forum

This is now to be found at <https://forum.u3abeacon.org.uk> there are 3 forums:

Learning, Our U3A Community, Beacon

## Essex Fraud Alert

If you or someone you know is vulnerable and has been a victim of fraud, please call Essex Police on 101.

Report fraud or attempted fraud by contacting Action Fraud at [www.actionfraud.police.uk](http://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