



THE UNIVERSITY OF THE THIRD AGE

# Heybridge U3A

## News Sheet No.9/2019

October 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

October Coffee Discussion

November Creative Writing

December Croquet

January Eat the World

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

Last month's speaker was Gavin Sandercock, who gave a very energetic, informed and light hearted talk on Healthy body Healthy mind, which was well received by most. Regrettably, as he had not switched his mike on, many of the members were unable to hear properly. Speaking personally, I would like to have him back.

I would remind you all again that, if you are booking a holiday through Riviera Travel, tell them that you are members of HU3A as we get a commission from them and have just received in Sept. a cheque for £ 300.00, which will go to paying for refreshments. So, thank you Lesley and David Evans.

Now, another month has passed and still we have had no response to our invitation to attend committee meetings or to offer even a scintilla of help in any way shape or form. Am I disappointed? Yes, too sadly, I am - I can understand better than many just how you may feel about volunteering, and it takes a big swallow to put yourself out there. However, as odd as it may seem, it is peculiarly satisfying - so think on, please.

At present we have a committee of only 8 very friendly members, we could do with someone to work alongside our secretary until she ends her tenure, also we need a vice chair, either young or wrinkly it doesn't matter.

What you also need to consider are the questions: what do I get out of the U3A? What skills may I have that I could use to help others in our U3A? We all have skills, that often, because we have not exercised them for some time, have forgotten that we have them, would it not give you a nice warm feeling to know that you are using those skills again, and also that you are helping others to get the same enjoyment out of this remarkable association that you are?

I will ask you all again do you want your U3a to grow and continue to be here for you? If so, you must realise that you cannot and must not always rely on the few to carry the many. I am reminded of the U3A mantra 'By the members, for the members', we have a membership (excluding committee) of over 150 members. All we want is less than 1.5% of that number to join us - 2 people that would like to help - is that really too big an ask?

I look forward to next month in the hope that I can announce some progress – the committee would breathe a big sigh of relief and be left free to concentrate on all our other business.

**Committee meetings are held every first Friday of the month in the Claydon room 10.00am until noon you are more than welcome, and I look forward to seeing you there.**

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 16 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 October and November. Please send reports for the November news sheet by the 25<sup>th</sup> October.

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

### **From the Membership Secretary**

**M**embership has now grown to 161, encouraged by the reduced membership fee from 1st October until the end of March. As always, please be on the lookout for new faces at group and main meetings and make sure newcomers feel welcome. Remember also that, if there is space, our members can attend groups offered by our Associate U3As: Maldon, Blackwater, Limebrook, Dengie and Burnham. A list of all the groups available is on the noticeboard. Philippa Moody [membershipsecretary@heybridgeu3a.org.uk](mailto:membershipsecretary@heybridgeu3a.org.uk)

### **Interest Groups Coordinator**

**S**adly the COG of the Reading and Books Group Margaret Hurst has died suddenly. This leaves the group without someone willing to take on the role of COG so for the moment the group is on hold. Should anyone who was thinking of joining this group be willing to take on this role please contact me or any member of the Committee.

Angela Pleasance has decided to step down as COG for the Creative Writing Group from January 2020. However we are very pleased to hear that Stuart Condie has offered to take on the role. He will be joining the other COGs at our Annual Meeting in October.

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

### **Monthly Meeting Speaker Programme for Oct December 2019**

Fri Oct 11 <sup>th</sup>	'How I discovered my gift as a medium'	Judith Hood
Fri Nov 8 <sup>th</sup>	Essex Regiment in WW1	Peter Layzell
Fri Dec 13 <sup>th</sup>	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](mailto:speakersecretary@heybridgeu3a.org.uk)

## **GROUP REPORTS**

### **Art Group**

**W**e were missing our friend Barbara at the September 20<sup>th</sup> session thanks to a nasty late summer chest infection. Get well soon, Barbara. She tells me she's on the mend now, so hopefully she'll be back very soon.

Meanwhile, several of us are off on our travels, so all-in-all our Friday art sessions will be smaller than usual for a few weeks.

Hopefully we will be back to normal by mid-October, by which time we should all be rarin' to go and full of new ideas.

Thank you, Gloria, for your recent gift to the group of some superb art magazines.

For information about this group contact Tina Martin .....Gill Carpenter.

### **Bird Watching Group**

This month our birding group went on a visit to Wallasea Island, in theory to see Autumn migration. We were taken round by the RSPB Warden, Rachel Fancy, but even she could not still a howling gale. Although it stayed dry for us what the gale did was to make all the birds hide to keep out of the wind.

We still had a very interesting walk and learned a great deal about all the amazing landscaping work that has been carried out, much of it using the soil dug up to make "Cross Rail" in London. So although we saw some of the bigger birds, Grey Heron, Marsh Harrier, Little Egret we didn't get to see many Golden Plover, Corn Buntings or Linnets which winter on the areas specially planted to provide seeds for birds throughout the winter.

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 enjoyed playing this month and successfully made backgrounds for our cards with acetate, tissue paper, glitter and glue. We had fun because you can never tell how they will turn out and each one is quite unique! These will be suitable for all kinds of cards. Our next meeting is on 7<sup>th</sup> October. Linda Lesley Woonton

### **Creative Writing Group**

I am very pleased to say that Stuart Condie has agreed to take over as CoG from January. His enthusiasm, knowledge and fresh approach will be an asset to the group and I am delighted to have him as my successor.

This month we had some different endings to the story originally started by Audrey. Usually I wonder how the group can come up with such varied ideas but this month most of us seemed to be going down similar lines. Perhaps the story was writing itself!

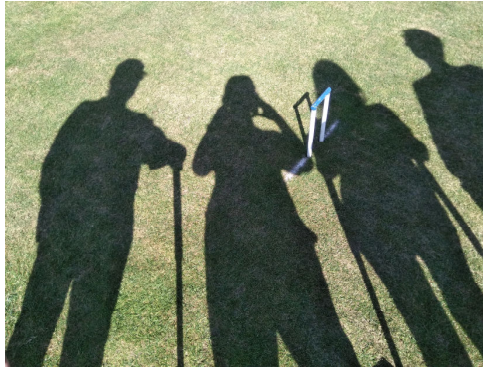
After we had heard the stories Stuart connected his laptop to my TV and showed us some software used by children in schools to help develop ideas and create the story. I find it amazing how IT-savvy young children are now and wish I could develop their skills.

The next meeting will be on 23<sup>rd</sup> October (the 4<sup>th</sup> Wednesday as usual) at my place. Now, where's my quill...

Angela.

### **Croquet Group**

This month we again managed to play on both Thursdays, and on both occasions we used all the lawns, including the third lawn, which has more slopes than the other lawns and causes much frustration. On the second Thursday we had three star players: Chris and Dave both hit a hoop-in-one shot and Roger did a fantastic jump-shot through the hoop, well done. We play on the first and third Thursdays of each summer month for gentle exercise, good company and fun.



Shadows over the Hoop

Anne Newson.

### **Discussion Coffee Morning Group**

I was away on holiday for the September 20<sup>th</sup> coffee morning which was held at Anne Newson's house. Refreshments and interesting topics of conversation led to an enjoyable morning.

The next meeting will be at 11.00am on Friday 18<sup>th</sup> October at Linda Etherton's house.

Margaret Brown

### **Eat the World**

Our travels this month took us to ITALY. We were a somewhat depleted group who dined at Intimo Fresco in Maldon but it didn't detract from the lovely food!

Italian cuisine has a great variety of different ingredients which are commonly used. In the North of Italy, fish (such as cod, or baccalà), potatoes, rice, corn, sausages, pork, and different types of cheeses are the most common ingredients while pasta dishes using tomatoes are found throughout Italy.

Traditional Central Italian cuisine uses ingredients such as tomatoes, all kinds of meat, fish, and pecorino cheese. In Tuscany, pasta is traditionally served with meat sauce (including game meat). In Southern Italy, tomatoes (fresh or cooked into tomato sauce), peppers, olives and olive oil, garlic, artichokes, ricotta cheese, aubergine and courgettes, certain types of fish (anchovies, sardines and tuna) and capers are important ingredients.

Our starters included Melanzana (aubergine with tomato sauce) and Formaggio Pecora (toasted goat's cheese on beetroot) both of which were full of flavour. Mains included Risotto in a white wine and herbed vegetable sauce, Lasagne Casareccia (a HUGE portion) and Ciabatta (which means 'little slipper' in Italian!) Mediterraneo with chicken, tomatoes, roasted vegetables and pesto. Add in a selection of salads and garlic bread and a fine meal was enjoyed by all!

Liz Cawdell

### **Family History Group**

Our first meeting after our summer break – and what a noise, sounded more like spectators at a football match. Forgivable, as we all had something to say.

We welcomed newcomer Geoffrey, a seasoned family historian of 40+ years, who is researching his French ancestors and has visited the villages in France where they originated from.

After applying for an ancestors war records tracing his military movements, Pat Smith found unless you understood the jargon, they were impossible to decipher.

Help was at hand as Gillian had previously come across this problem herself and (not living too far) trotted off home to collect the information.

Gillian also shared an incredible collection of letters and postcards from her father to her mother and herself; spanning the time he met her mother, to his time during the war. What an amazing heritage, from his first letter (aged 17) to her mother - to when Gill was born and throughout the war years. He was obviously a prolific writer.

Myself, I am finally applying for the death certificates of my grandmothers 'lost' children. I knew from stories as a teenager that my grandmother was rumored to have had 12 children with only 3 reaching adulthood. Years ago this would have been an impossible task, but now with the internet it's easily accessible. So far I have 5 certificates, (1903 to 1911) all died under 1 year old. Four girls and 1 boy individually recorded with diarrhea, convulsions, malnutrition and pneumonia.

I find it incomprehensible how mentally my grandmother coped with losing so many babies.



Pictured this month is: Elizabeth Carter (nee Thomas) 1888-1968.

Paternal grandmother of family history member Sue Colman.

Someone mention how they didn't launder their clothes as often as we do now – I'm not surprised, it's a beautiful dress, but can you imagine hanging that on the line.

See you all next month on 24<sup>th</sup> October.

Jean Rogers

### French Conversation

**D**ue to granny duties, holidays and needing to clean up after workmen, we were a select group of 5 who met in September. We talked (en français, bien sûr) about a variety of topics. Irene told us about her holiday in Morocco where she had visited an argan oil making co-operative which helped widowed and divorced women to regain their dignity and independence. By training them in the various techniques involved in making the oil, they were able to share responsibility for the operation of the co-operative and increase their self-esteem. Gloria told us about her "3<sup>rd</sup>" daughter – a French girl who had started school on the same day as one of her daughters. She is now an artist and Gloria showed us a photo of her at her latest exhibition. Pat talked about the Great Britain cycle race which had passed close by her daughter's home. Barbara talked about the bridge at Avignon, causing some debate about whether the song is 'sur' or 'sous' le pont' (on or under bridge). (It's 'sur').



Our next meeting is at 10 am on Wednesday 9<sup>th</sup> October at the Plantation Hall. I won't be there, so Linda has kindly agreed to lead the group.

*Jenny Parker*



## Local History Group

Wendy Howell of the Maldon Society came to our September meeting to tell us about the Society's Oral History Project. With support and funding from the Essex Records Office, the project has been gathering the stories of local people about their experiences growing up, living and working in this area. So far they have recorded interviews with 46 people, some providing more than one interview. This has resulted in various lengths of recordings from fifteen minutes to about an hour. Short extracts of these can be heard at the Maeldune Centre and also on the Society's website. They are aiming to change the extracts every two or three months and usually have about fifteen different ones available to be heard, so a lovely variety and range of anecdotes to be heard at any one time. Each interviewee receives a copy of their own full interview and copies are also lodged with the Records Office. The society is also working on producing written transcripts and CDs to be available to the public.

During our afternoon we were treated to hearing some of these stories, several told in the lovely 'real' Essex accent by 'proper' Maldonians but all so interesting, and sparking our own memories..

The Society is continuing with the project and would welcome suggestions for others to interview.

Kevin Bruce is coming in October, to tell us about Essex wartime airfields, focussing on the one at Bradwell. Please let me know if you would like to join us.

Elizabeth

Contact Carol for more information about the Group

## Music Appreciation Group

E is for Elgar, Einaudi and Elvis! And many more

Elton John welcomed us as we settled down to see what the letter E could provide. We heard two pieces by Elgar (*The Music Makers* and the *Violin Concerto*) and a piece by the ex-Roxy Music member Brian Eno (*An Ending*). Then we enjoyed Elvis singing *In the Ghetto* before hearing a piece by Schubert for Euphonium and piano. We saw some video of the end of an opera by Richard Strauss called *Elektra* in which a female character threw herself down a deep hole after a very dramatic aria. We did not bother to find out why!

I indulged myself by including a favourite piece by Finzi called *Eclogue* followed by pieces by George Enescu and Ludovico Einaudi. We heard a short talk on a female British composer named Rosalind Ellicott and then *Summertime* sung by Ella Fitzgerald and Louis Armstrong. We came across some unfamiliar names – composers Ernest Van Der Eycken, Danny Elfmann, Ilan Eshkeri and an electronic instrument called an Eigenharp Apha. Chabrier's *Espana* and the *Emperor Concerto* by Beethoven followed, before we finished with a short excerpt from an Early Russian All Night Vigil and the Adagio from Mozart's clarinet concerto played by Emma Johnson.

Philippa Moody

## Needlecraft

It was a very small group who met in September but we had one knitter and one un-picker. My landline was out of order and my mobile signal is very patchy, so I hope no-one was trying to reach me for directions. However, one advantage of a very small group is that we get to know each other better and we managed to pass a pleasant couple of hours. Unfortunately our normal meeting day coincides with the Annual COGs Meeting so we will not meet in October. Our next meeting will be on 18<sup>th</sup> November at Hilary's house

Angela Pleasance

## Painting 2

There were 8 of us at the September meeting and we were treated by a member to some muffins to have with our tea and they were delicious. Our master painter had decided to leave acrylic and do a landscape watercolour of some rocks and they were very colourful. Another person was doing sunsets and another, a beautiful garden with cottages and yet another gave us a blue horse's head.



Recently in the press there was an article about L.S Lowry or, as we call him," the matchstick man. After his death there was an RA exhibition of hundreds of his paintings and 150,000 people flocked to see it. But while alive they refused to acknowledge his work. Also his mother used to tell him she despised his paintings although his parents had sent him to an evening Art school for a while. He was born in 1887 and died in 1976 aged 88. After his mother's death they had an exhibition of 60 pictures and eventually in 2011 a picture of Piccadilly Circus fetched £5.6 million and a Cricket match £1.2 million two months ago.

A film about his life with Vanessa Redgrave as his mother is in cinemas now. Barbara Barbrook

## Patchwork Group

The next meeting is on October 14<sup>th</sup> 14.00  
For more information please contact Anne Thorpe.

## Petanque Group

Autumn has arrived! Raking the Terrain before play is now essential with all the trees surrounding the "pitch" there are plenty of leaves to rake up before the actual raking begins, many thanks to Norman, Roger and co for their efforts. As I write this report, there is still one more week of September to play, so fingers crossed it will be dry. We have dodged the rain a couple of Mondays, and still managed a good turnout, and plenty of enjoyable games. There were 18 of us today, 23<sup>rd</sup> of September, and one of the players was nick named "The One Arm Bandit" Peter Wells had recently had an operation on his hand, and still managed to play well with one arm in a Sling!! Very impressive Peter.

Just an early reminder to all Petanque Players that Winter Starting Time of 1 O'clock commences on October 28<sup>th</sup>, that's the first Monday after the clocks go back. I will remind you again nearer the time as well!

.....Dian

## Photography Group

We met at our usual venue to view and discuss the three photos that our members had submitted for the "Then and Now" assignment.

Each member had submitted 3 pairs of photos and then commented on these during the slideshow. This proved an interesting topic and there was a wide range of subjects from family members, local scenes and how gardens had evolved. Below are two of the photos submitted by Peter Thorpe.





We then watched a short video by Steve Hedges on Infrared photography.

After tea and biscuits we looked at Tripods, Monopods and different tripod heads plus a Miton LED View finder which helps to see the camera screen in bright sunshine. The subject for the October meeting is "Roofs or Rooves"

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

It is with great sadness that I have to report the sudden death of Margaret Hurst, our CoG. Margaret presided over many lively discussions about the books (and a variety of other subjects) in a very charming way and she will be sorely missed. Our condolences go to her family and other friends.

'Wolf Hall' by Hilary Mantel was the subject of our discussion this month. We wondered how much of this tale of Henry VIII's aide Thomas Cromwell was based on historical fact and how much was the author's interpretation of events and people.

As many of the remaining members of the group as possible met at Pat's to discuss the way forward without Margaret. In the absence of a CoG, or anyone prepared to take on that role, we see no alternative to putting the Reading and Books Group into abeyance but if anyone else wants to take over as CoG it can be resurrected.

Angela Pleasance

### Scrabble Group

A Scrabble board has 4 sides, so 2-4 people can play. However a game can take longer or shorter lengths of time depending on, mainly, the luck of the tiles drawn. There are often grumbles about only being able to play a low-scoring word, and occasional pauses where someone is trying to find *somewhere* they can play their tiles. However we are always pleased when a good score is achieved.

The next meeting will be on Tuesday 22<sup>nd</sup> October at 2.00 pm, again at Angela's. If you would like to join us please telephone or email me, details on the list of Cogs. Linda Etherton

## **Technical Computing Group**

A very successful meeting took place at Alex's house on the 12<sup>th</sup>. We started off by discussing a new camera one of our members had purchased (an Olympus). It was shown to all, with an explanation as to what features it had to connect to a computer, and we also saw photographs recently taken, including a reasonable new feature called 'Infra-Red' pictures.

We then went on to talk about another problem someone had happen involving a faulty hard drive, and the time it took to replace the drive and re-install the operating system and programs. Fortunately he had backed up all his files on a regular basis so all was not lost. When testing he had other problems, which were traced to an external hard drive plugged into a USB port, all now works fine. I thing a good lesson on ensuring you back up your computer about once a week, it can be set to only back up files that have been altered sine the last back-up, thereby saving time.

Any further the information, please feel free to email me, and I will try to help where I can.

Our next meeting is October the 10<sup>th</sup>, anyone interested in coming to the next meeting, please contact me in the first instance

Colin Mason.

## **Ten Pin Bowling**

After the 'summer' break and at the earlier time of 10.30am thirteen members attended our gathering with mixed success. We occupied three lanes between us but unfortunately the lane with five members only managed two and a bit frames while the other two played three.

The highest score (176) of the morning almost inevitably was achieved by Graham (I am sure he petrifies the pins to make them fall over). Roger, however, gave him a good contest in the first frame The highest ladies score (127) was Chris who scored above 100 in all frames.

Look forward to seeing you all at 10.30 on the 8<sup>th</sup> October.

Peter Harvey

## **Ukulele Group UKE3A**

The Uke strummers are currently enjoying a less busy spell for a change, without the pressure of upcoming concerts. This means, of course, that we have time to welcome a couple of recent recruits and to help them get started.

We also have time to brush up on a few neglected numbers and to introduce some new ones.

Thanks to new member Carolyn we now have several fresh songs, some of which she has brought with her from her other ukulele group in Colchester.

Thank you Carolyn. New ideas are always welcome.

Gill Carpenter.

### Walking Group

**T**wenty Walkers led by Geoff and Margaret Hadley, set off from Tesco's Car Park towards Beeleigh Falls at 2 o'clock, walking along the river bank. It was perfect weather for walking, dry and bright, so no muddy boots for us! As we passed along side Maldon Golf Club, we saw a family of nine Cygnets with Mum in strict control cruising down river, we also saw other small family swan groups as well.



Due to low tide the Falls were in quiet mode, but still made an interesting part of our walk. Then across a lovely old Bridge, we headed for Beeleigh Abbey, a beautiful Elizabethan House, which had recently been sold by the Foyle Family who had been there for many years.

We passed many attractive properties tucked away in the wooded area, one being Kingfisher Cottage, and as luck would have it, two bright blue Kingfishers were spotted flying off into the woods opposite the Cottage. Our hour and a half walk ended at the Sunny Sailor Pub down Market Hill, where we all enjoyed a cool drink and a chat in the sunshine. A lovely walk, thank you Geoff and Margaret.

Linda Wells.

### Weekday Lunch Group

**T**here were 7 of us who found our way to Woodham Mortimer. We had a very enjoyable meal at the Hurdlemakers Arms on 3rd September. We welcomed a new member to the group and we had time for a good chat while we waited for our food, but it was worth the wait. The meals were very satisfying as there was a wide choice of hot meals and salads available. The oak beams above gave the room a very cosy atmosphere.



We also made a list of possible future venues and we hope that our coordinator will be able to join us soon, as we are managing nicely but do miss her. Anyone interested in joining our monthly outing, please phone Maureen Lavender on a mobile and the number can be given by Barbara Barbrook, and her landline is in the list of groups.

Barbara Barbrook



## BURY ST. EDMUNDS CHRISTMAS MARKET

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

£20 per person

**FULLY BOOKED – I am holding a waiting list**

## Festive Dinner, Show & Overnight Event – Tilbury

### CRUISE & MARITIME VOYAGES

THURSDAY 19<sup>TH</sup> DECEMBER

Back by popular demand!

Due to the success of last year's event on board 'Magellan', here is another fantastic opportunity to step aboard her sister ship, 'Columbus'. Enjoy a delicious five-course dinner, evening show plus an overnight stay with breakfast the following morning. Included in the price are welcome cocktails and half a bottle of wine per person with the meal.



This visit makes a wonderful start to your Christmas celebrations!

Standard Twin Inner – £99.00

Standard Twin Ocean View – £109.00

Standard Single Inner – £129.00

Standard Single Ocean View – £139.00

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](mailto:rogerandann@waremail.net).

### **Weekenders Group**

**T**his month the Weekenders Group met once again for coffee at the busy Perrywood Garden Centre in Tiptree.

#### Dates and details of our next meetings

**.Saturday 19<sup>th</sup> October** – We meet at the White Elm Garden Centre, Bicknacre at 10.00.

**Saturday 16<sup>th</sup> November** – We meet at the Osea View Café, Goldhanger Road, at 10.00.

**Saturday 21<sup>st</sup> 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 meeting and contact me if you need more information or a lift.

Pat Smith

### **Yoga Group**

**B**ette and myself welcomed the return of our students for the Autumn session with the addition of a new member. We continue into October then break for half term.

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

The Essex Association of U3As is holding 4 individual study days over the next six months.

Music Workshop, Tree Study Day, Advanced Genealogy, Geology

### **1. Singing for Pleasure and Mental Wellbeing**

**Sunday 24th November 2019** at Broomfield Village Hall, 158 Main Road, Chelmsford CM1 7AH **Start Time 9.30 am.**

The cost of the day is £12.00 which includes lunch.

This is a day for everyone – if you can sing or not.

The workshop will include brain-training, work on breathing techniques, co-ordination and communicating with others but most of all singing!

You will leave with a sense of euphoria and achievement and hopefully, a willingness to carry on singing.

### **2. Geology**

**Sunday 1<sup>st</sup> March 2020** at Broomfield Village Hall, 158 Main Road, Chelmsford CM1 7AH

**Start time 10.00 am**

Cost of the day is £15.00 which includes lunch.

Prepare to have your mind stretched by geological time and take a tour of Britain through time-travel spectacles.

We shall look at rocks, fossils and minerals that help us to interpret the scenery and to work out what Britain was like in the past.

There will be illustrated talks and hands on activities.

### **3. Advanced Genealogy**

**Thursday 2<sup>nd</sup> April 2020** at St Cedds Hall,

**Start time 9.30 am**

The cost of the day will be £15.00 which includes lunch.

Toni Nobard is a genealogist with over 40 years' experience in the field. She has had two books published on the subject and until recently had a business researching other people's family history.

*Topics for the day:*

Getting the most from the Census

Breaking down 'brick walls'

Dating old family photographs

Introduction to DNA for family history

### **4. The Study of Trees at the Arboretum**

**Monday 11th May 2020** at Marks Hall, Coggeshall, Essex, CO6 1TG.

**Start time 10.30 am**

The cost of the day is £10.00. (Lunch NOT included - bring your own lunch)

Please note the Marks Hall will be closed to the public on this day.

The Arboretum forms an enviable collection of trees originating from every temperate area of the world and miles of leafy woodland walks to explore and enjoy.

The Senior Arborist will be taking you through the differing areas of the world's trees.

**Please note that this day will be on uneven ground, it will also involve steps and grassed areas which may not be suitable for those with reduced mobility or wheelchair use**

The above Study Days are open to U3A members of Essex Association of U3A's only.

Essex Association Website <https://u3asites.org.uk/essexassociationu3as>



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

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	8
7-Oct	7 Petanque 14.00 Cards & paper14.00 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	15
14-Oct	14 Painting 2 14.00 Patchwork 14.00 Petanque 14.0	15 Local History 14.00	16 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	22
21-Oct	21 Petanque 14.00 No Needlecraft 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	29
28-Oct	28 Petanque 13.00	29	30	31	1-Nov Committee meeting 10.00 Painting 14.00	2	3
4 Nov	4 Petanque 13.00 Cards & paper14.00	5 Weekday Lunch 12.30	6 Ukulele 14.00	7 Photography 14.00	8 Monthly Meeting 14.00	9	10
11 Nov	11 Petanque 13.00 Painting 2 14.00 Patchwork 14.00	12 Ten pin 10.30	13  French Conversation 10.00	14 Computing 14.00  Walking 14.00	15 Coffee Morning 11.00 Painting 14.00	16 Weekenders Osea Café 10.00	17
18 Nov	18 Petanque 13.00 Needlecraft 14.00	19	20  Music 14.00	21	22 Bird watching 10.00 Painting 14.00	23	24
25 Nov	25 Petanque 13.00	26 Eat the World 12.30 Scrabble 14.00	27 Creative Writing 14.30	28 Family History 10.0	29 Painting 14.00 Copy to Editor	30	1 Dec.