

# Heybridge U3A

## News Sheet No.9/2020

**October 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.

Find us on Facebook

See page 2

Stop Press

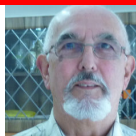

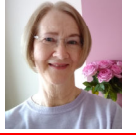
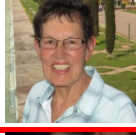

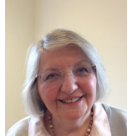


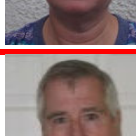
We are trying to set up a Zoom November Monthly Meeting with a Virtual Speaker.

Details will follow by e-mail before the meeting.

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.

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## NEWS FROM THE COMMITTEE

### 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 Secretary

I wonder how many of you have signed up for the U3A National Newsletter? On the website [www.u3a.org.uk](http://www.u3a.org.uk) in the Quick Links list at the bottom of the page click on Newsletter sign-up, just put in your email address, your name, and Eastern Region then click subscribe. There are reports on some of the interesting activities taking place across the country and general updates. In addition on the home page of the website there are other sections you can look at and maybe it will give you some ideas about what we could be doing. Let us know if there are!

The latest edition included a link to the new U3A Radio podcast on YouTube, including interviews with Sam Mauger, Chief Executive and Ian McCannah the National Chairman talking about the U3A and the future of the movement.

Closer to home the committee of this U3A continue to work away at trying to get some activities started whether it be face to face in an outdoor setting or via Zoom. It is quite demanding trying to ensure we are up-to-date with all the latest Government advice and how it affects us not only as individuals but also as Trustees of a Charity and our U3A as a whole. We get frequent updates from the Third Age Trust and it seems that as soon as we make a decision then something changes and we have to change what we were intending to do. It can be quite a minefield making sure that we interpret things correctly and advise you our members appropriately. The main concern is that we all keep as safe as possible, following the guidelines.

I would like to ask everyone to bear with us if we appear to be rather cautious but we would be failing in our duty if we did it any other way. Oh, and if you have any ideas or think you can do better then you could join us at the committee's next Zoom meeting!

Linda Etherton

### 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. Information about the Committee Members and their reports can be found in the first few pages. Please send contributions for the November news sheet by 23<sup>rd</sup> October. 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

**A**t the time of writing we are hoping that the Petanque Group can recommence playing with a reduced number of players at any time due to the Covid restrictions. To date this appears to be the only outdoor group wanting to resume. Please contact me should any group change their mind. Hopefully some of you have been enjoying the company of family and friends over the last few weeks and even a meal or two out somewhere. But please don't forget to keep in touch with your U3A friends, especially those who live alone and/or may be in the very vulnerable category as they will have been shielding still. Take care everyone and stay safe.

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 9 and answers on page 11.

Jan Brown

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

### Interview with Peter Radford Vice Chairman

Q. What led you to join the U3A, Peter?

A. I have known a man for 50 plus years. He is clever but has only two topics of conversation: himself and his family and he's a bore. Basically he's never mixed with society. When he passes (pity St. Peter) the world would miss him, if the world ever knew he existed! I was determined not to follow that route. The interaction between folk can be interesting, educational and downright pleasant. It's give and take, talk to and importantly, listen to others.

Q So how did you hear about us?

A. Via a farmer in Norfolk. I investigated, and landed at a Heybridge meeting, found the talk (Harrods) and the members friendly, interesting and chatty. Now you're lumbered with me

Q. What do you think about the groups?

A. Acquaintances are better forged within activity groups of which there are many and diverse. Not being artistic, linguistic or musical, I could immediately discount many. Walking? Prefer a single companion or solo. Bird watching, again, not for me a group activity. I also have other interests gardening, reading, 30days last season watching Essex playing cricket at Chelmsford and importantly meeting and getting to know more new people. Anyway I picked a couple of groups, have enjoyed myself and the company of the others. I can always join others in future.

Q. Good to hear that you've found something you enjoy. And now you're on the committee. How did that happen?

A. One absolute, definite "No No" was to be on the committee: wrong!

45 plus years with a foreman's responsibilities, I was done with responsibility: WRONG!

Why? I suppose I took pity on Norman, noticed his beard was getting thinner; he was pulling it out over the apathy of members to show interest or join the committee. He also wanted more men so as to get more rational thinking.

Q. Be careful there Peter, that's an inflammatory remark.

A. Now don't misunderstand, the ladies are the backbone of the U3A, they truly do a wonderful job. The committee are a varied group of people with a variety of interactions and it's another activity for me. I see myself as someone who will firmly plant his size 10 where Angels fear to tread.

Linda Etherton

## GROUP REPORTS

### Art Group

**S**taying 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

**A**nother month has passed and most of our summer visitors have left or are leaving and the winter birds are beginning to arrive back. Avocets and Godwits are massing around the Basin and the Swallows and House martins etc. are heading to warmer climates. If you keep your eyes peeled you may be lucky enough to see Ospreys stopping to feed as they head down from their northern breeding grounds.

It won't be long now before the Brent geese start to arrive. Essex wouldn't be Essex without its thousands of geese on the fields in winter.



Kestrel Hunting

Curlew on the Colne

We are hoping to have our first Bird Watching Group meeting on the 23<sup>rd</sup> of October. We hope to meet at Abberton reservoir visitor's centre which is now open from Thursday to Monday. If you wish to join us please let Maureen Lenoir know so we arrange it to meet all government guidelines.

Maureen Lenoir - [symockturtle@yahoo.co.uk](mailto:symockturtle@yahoo.co.uk)

### Cards and Paper Crafts

**O**ne member has been learning to use a new(ish) machine called a Scan n Cut which actually cuts some amazing things with paper, card and even construction card! Quite a few dimensional cards including rocker cards have been cut and decorated. So at least one good thing has come out of the lockdown!! Another member has made a couple of Birthday cards. We continue to share photos of each other's makes and keep in touch.

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

There was a surprise, and very good, offering from Linda Etherton this month titled "Are Your Days Like This?" Keep them coming Linda; it's lonely up here!

As well as Linda's piece, I've posted 3 stories on the group's blog: "My Ride's Here", "Days Like This" and "Making Whoopee!" The last one has a YouTube clip to watch **after** reading the story.

The stories can be read using this link: <https://heybridgeu3ascribblers.blogspot.com/>

Suggestions for October are: "Dad", "Secrets", "There and Back Again"

If you would like to become a member of the group you can contact me on: [scondie@gmail.com](mailto:scondie@gmail.com)  
Stuart.

## Croquet Group

The croquet season is now coming to an end and like everyone else we have not been able to play at all this season, due to COVID. However, hopefully we will be able to play next year. We play in the summer on the first and third Thursday of each summer month; the aim is gentle exercise, good company and fun.

Anne Newson.

## Discussion Coffee Morning Group

Well I know there is not a lot of joy around at the moment. I felt at one point we were almost seeing slight improvements in the way we were heading then wham, Covid is on the way up again and a little bit of optimism is crushed. So it's a continuation of being very cautious and hopeful and keeping our spirits up, not the alcoholic kind of course! Touch wood our little part of the world is better than some others!!

I managed a few days away to Devon in August, (can I hear tutting), it was all extremely well managed by all, kept safe and felt secure. Obviously some resorts were crammed full and strictly avoided. Not a "normal" break away by any means.

Stay well and happy Best wishes, Margaret Brown.

## French Conversation



One of the pitfalls for English speakers learning French are what the French call **<faux amis>** (false friends) - words which sound the same as English words but which have a different meaning.

For example, **une carte** can be translated as a card - e.g.

*une carte d'anniversaire* (birthday card), *une carte de credit* (credit card), *une carte routière* (road map), *une carte des vins* (wine list) – but not as a cart which, in French, is **un chariot**

Jenny Parker



This was another month where there were so many options about what to list that, inevitably, things had to be left out. So, no sitar, steel drum or synthesizer but we did include the saxophone, sonatas and symphonies.

There are dozens of composers whose names begin with S and the list of tracks sent to Music Group members this month became one of the longest ever! We included everyone from Striggio to Stravinsky by way of Sjogren, Sinding, Schubert, Schumann, Sullivan, Strauss (Johann and Richard) and many others. The most modern was probably Schoenberg, whose music I cannot admit to liking, but it does us good to expand our horizons sometimes. For the most part the music chosen is glorious, uplifting and joyful. If you would like to know more just get in touch with me.

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

Philippa Moody

### **Needlecraft**

One member has almost finished a cross stitch of a French Balcony with plants which looks beautiful. Just 2 plant pots to go! Another member has completed about half of a hand sewn quilt. A few crochet projects are on the go and a pair of jeans has been cut down. With Autumn making its presence known I am sure we will be sitting in the warmth of our front rooms with needles of some kind in hand more often in the next few weeks..

Hilary Furniaux

### **Painting 2**

I feel as if I am writing about an invisible group that exists but you cannot see. In reality I do hope that this nasty pandemic will soon be over and we can meet once a month. I hope that you are all painting pictures that we will all be admiring and making encouraging comments when we see them at some point in the future hopefully before the end of the year. I can assure you that my thoughts are with you and I am doing my best to produce a portfolio of celebrity portraits which I do at least once or twice a week. Please keep us in your thoughts and give us some wonderful things to see when we next meet.

Barbara Barbrook

### **Patchwork Group**

We were unable to meet in September as a restriction of six only could meet outside. I was able to have a chat with most members of the group who understood the situation. The charity quilt is now being sewn together and hopefully there will be a photo in the next news sheet. Please continue to enjoy your sewing especially now the evenings are drawing in.

Stay safe and well.

For more information contact Anne. Happy sewing

### Photography Group

Once again we held another successful Zoom meeting on 3<sup>rd</sup> September our fifth so far with 9 members participating.

We were able to watch a slide show of photos taken by our members during the month as normal. The subject being "Wildlife".

The subject for the next meeting is "Birds".

The group also watched another video by Steve Hedges.

We will continue to hold Zoom meetings on the first Thursday of each month until we are able to meet again as a group.

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.

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

Norman Grove

### Reading and Books Group

This month the library supplied us with a poignant tale of the lives of the Japanese photograph brides that travelled to America in the 1920's to marry unknown husbands. Disappointment and hard work faced them, together with racial prejudice, so it took some time to think of themselves and their subsequent children as Americans, which was shattered after the Japanese attacked Pearl Harbour. The author is Julie Otsuka and the title of the novel is "the Buddha in the Attic"

For more info contact Jackie Jones

### Scrabble Group

I play Words with Friends online with someone I went to school with. Recently she wrote to me (yes, an actual letter!) and told me she also plays with her sister and son, plus anyone online who invites her to play and can have anything up to a dozen games on the go at any one time! I play with about four people and there are extra games you can play along with. Warning: it can be addictive.

Answers to last month's puzzle: did you get this one?

R I F F A G E = G I R A F F E



Adding on letters to make a different word can be really handy, just when you think you can't make a move. Here is an example of three words that can have a letter hooked onto them to make a valid four-letter word. The trick is to work out which of the letters on your rack will be left over.

Here are your 4 letters:

D	M	S	W
---	---	---	---

Try to add onto these words:

	I	S	H
--	---	---	---

M	E	N	
---	---	---	--

W	H	O	
---	---	---	--

Which letter is left over?

Linda Etherton

## The Answer is a Colour!

1. Surname of actor who played Robin Hood in the 1950's?
2. King of England 1688-1702 was William of?
3. The flag of Libya up to 2011?
4. Pugwash was the Captain of The .....Pig.
5. A plan or template?
6. Percy Blakeney's pseudonym?
7. U.S. city, also Spanish for yellow?
8. Zero on a roulette wheel?
9. Euston Road on a standard Monopoly board?
- 10 Light beige colour of unbleached linen or silk?
- 11.Alice Walker's prize winning novel, The Color.....,?
- 12 Author of the children's novel 'The Once and Future King'?
- 13 Colour of Morse's Jag?
- 14 Flare?
- 15 The Misses Beauregarde and Bott?
- 16 Mick Hucknall's band?
- 17 Common name for the flowering shrub 'Syringa Vulgaris'?
- 18 Twin coloured chocolate brand?
- 19 Eric Clapton, Ginger Baker and Jack Bruce?
- 20 Wine and Jug?

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**e are all living through such strange times, with ever changing permissions and restrictions. Nobody really knowing what we will be allowed to do from one week to the next. Outside group activities were told that they would be allowed to start providing all the necessary safety criteria and specified rules could be adhered to. After emailing all walking group members for their views and investigating alternatives I have decided that the walking group will not be walking again until March at the earliest. Complying with all the differing requirements and given the weather at this time of the year, it is just not feasible, or likely to be a pleasurable activity.

So, as it stands today, the first organised walk will not take place until Thursday March 11<sup>th</sup>. Obviously, as that is so far ahead, there is no certainty but it is on the wish/hope to list. Stay safe and keep walking as best you can as everyone seems to have managed to do throughout. If/when anything changes I'll be in touch with everyone on my list. Good luck to us all and stay safe Linda Wells

### **Weekday Lunch Group**

**T**he half price meals have now finished but it is possible to meet for lunches individually or with a friend as in this area we are now allowed to do. Although we cannot do this at present as part of the U3A it is possible privately if you so desire.

I have been experimenting with one pot recipes which help with the washing up and have produced some tasty meals as there are books with this method in mind. It is a long time coming when we meet again but we must all be patient and I look forward to our next meeting.

Contact Barbara Barbrook for Maureen Lavender

### **Weekenders Group**

**H**ello Weekenders! I just cannot believe how quickly this year is flying by. Here we are into October already - help! I hope you have all been able to see family and friends recently and have experienced some slight feeling of normality. I think we have to prepare ourselves that this might have to change.

I know this year has been very difficult for us all but some parts of the world are having even more problems. My friends in Santa Cruz, California have their bags packed ready to flee should the fires get any closer. At the moment they are just about ok. The forests in the hills above them have been ablaze but this has been contained for the time being. However, the air quality is so poor it's a real cause for concern. I just can't imagine how very vulnerable they must be feeling.

Closer to home - it was so cold over the weekend I decided to light my woodburner. Both the warmth and the glow were very uplifting. I am preparing the garden ready for winter. The autumn flowering plants like nerines and asters are coming into their own. The trees are shedding their leaves quickly now - it's quite satisfying to gather them off the lawn with the lawnmower! Enjoy your gardens - there's always something new to discover.

Hope this finds you all well. Keep in touch with each other and stay safe. June Rawlings

### Answers

1.Richard Greene 2.Orange 3.Green 4.Black 5.Blue print 6.Scarlet Pimpernel 7.Amarillo 8.Green 9.Blue 10.Ecru 11.Purple 12.T.H.White 13.Burgundy 14.Maroon 15.Violet 16.Simply Red 17.Lilac 18.Green & Black 19.Cream 20.Claret

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