

Heybridge u3a

October 2023 News Sheet

Your Committee

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Archive

www.heybridgeu3a.org.uk/archive/news.html

Registered Charity number 1160360

Next Main Meeting – Plantation Hall

Friday 13th October at 2.00 pm

Speaker – Marion Pettet

- “Ballet – A Peek Behind the Scenes”

Next Committee Meeting – Plantation Hall

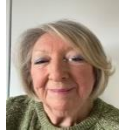


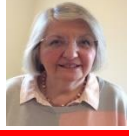



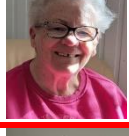
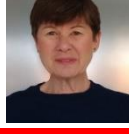

In the Claydon Room

Friday 3rd November at 10.00 am

Main Meeting Refreshments Rota

October – Scrabble

November – Ten Pin Bowling

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From the Editors

Hello and welcome to the October News Sheet.

We are now in October, and well into autumn. We notice the nights are beginning to draw in, and the clocks go back on 29th of this month, which is when we all really see the difference in daylight hours. We are waiting for our last tomatoes to ripen (will they ever?), and our courgette plants are on their last legs. Soon they will all be consigned to the "Green Bin". However it is not all doom and gloom. Where, in our local fields, a few weeks ago wheat and barley was being harvested there are already green shoots of another variety of vegetable. Who knows what it is? The farmer, presumably.... Talking of crops, did anyone notice the many fields locally that contained a plant with a blue flower? It was borage, apparently, grown commercially mainly for use as an oilseed. You live and learn.

Lorraine & Brian editor@heybridgeu3a.org.uk

**** Special Note ****

Due to the on-going construction work at Plantation Hall, car parking is slightly reduced. If you are coming to the Main Meeting, please car share where possible. Also please note that the entrance to the hall is still via the fire doors opposite the children's play area.

Christmas Party

Although summer and our holidays are still fresh in the memory, it is time to start thinking ahead, particularly to Christmas. This year the theme of our Christmas Party will be "Christmas Past", and we would like our members to get involved. We need ideas, suggestions, help with planning and assistance on the day. The afternoon will cover three decades, 1950s, 1960s and 1970s, and the music, fashions and entertainment of the time.

Are you willing to assist? Such as helping with planning some events or games, sourcing and supplying music of our "youth", deciding on the type of food and drink for the day, arranging for it to be supplied and served, plus setting up tables and seating on the day itself.

If you want to be part of a small team to help organise the various activities please contact any of the committee on the front page.

News Sheet Deadline

Please remember all CoG reports, and anything else for inclusion in the news sheet, must be submitted to the Editors by the last weekend of the month. Unfortunately anything submitted after the deadline will not be included as it takes time to put the news sheet together.

News from the Committee

From the Chairman

As the days get shorter and the long winter nights approach, it becomes more important to get out and about during the daylight whilst we can. If you have a spare morning or afternoon why not think about joining one or more new groups in your u3a. The Art Group is a small friendly group that meets on the first and third Friday afternoon of the month in the Claydon Room of Plantation Hall. Or for a more active morning outing, there is Ten Pin Bowling on the 2nd and 4th Thursday of the month, starting at 10.00 am in the bowling alley at Madison Heights.

Jackie Jones chairman@heybridgeu3a.org.uk

From the Speaker Secretary

I hope all members enjoyed last month's speaker, Helen Beard with "Pets as Therapy". Based on the comments I received it seemed to be a success, and everyone could feel the loving care the dogs gave to us, making us all feel relaxed in their company.

Next month's speaker will be Mike Fogg, who will be talking about the Moot Hall in Maldon and the history of this Grade 1 listed building, which dates back to the 15th century.

We have speakers booked through until February 2024, and are working on finding some more. I hope you will come along to hear what they have to say.



Lesley Woonton speakersecretary@heybridgeu3a.org.uk

From the Interest Groups' Co-ordinator

I apologise if I have not managed to see some of the groups yet. I am going on holiday now, but I will see you when I get back. I have enjoyed my visits so far - thank you!

Unfortunately, there is no more Bird Watching Group. Jill McGregor is unable to carry on as CoG, and there is no one to take this role on. If anyone would like to become a CoG for the Bird Watching Group then please see me when I return.

If anyone has any ideas about setting up a new interest group, then please let me know. I did try some new ideas when I became Groups' Coordinator, but for various reasons only a couple of them were successful.

I am always open to new ideas, if it helps us to keep Heybridge u3a afloat. Please speak to me or anyone on the committee.

Moirá Penhallow groupsco-ordinator@heybridgeu3a.org.uk

News from around the Groups

Board Games

We all had a lovely afternoon at Hazel's house playing Upwords and Mexican Trains. Our little group is growing fast and we are now looking at the possibility of hiring the Claydon Room as it is becoming increasingly difficult to find a host with enough room to accommodate 10-12 of us. Wherever we go, we car share as much as possible. Thank-you to Hazel for making us so welcome and for baking a lovely fruit cake! Our next gathering will be at Chris's house on 3rd October. If anyone would like to join our lively growing group please contact Jean or Hilary.

Hilary Furniaux and Jean Rogers

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Cards & Paper Craft

We have been busy making cards, some of which will end up on the sale table to earn some extra pennies for our u3a. We have been talking about making some bits and pieces for Halloween, so we will give it a go.

And as always we enjoy the inevitable cuppa and of course some chat!

Lesley Woonton

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Croquet

The weather has again this month been kind to us; we had six members on the first session and eight members on the second session which made it more interesting. We are generally getting used to the new lawns. However some of us i.e. me are still managing to miss hoops or send the ball too far. It is however lovely to play on flat lawns as opposed to the somewhat rough lawns at Forresters! We play on the second and fourth Wednesday afternoons of each summer month, we play for good company, gentle exercise and fun.

Anne Newson

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Discussion Coffee Morning

The numbers were depleted at our meeting in September and we were particularly missing Margaret, our CoG, who has injured her wrist in a fall. This led to the discovery that another member had also taken a tumble and hurt herself so we had a discussion about trying to keep ourselves safe and doing exercises to improve balance.

One member used to swim at a pool in London and we discovered that we all had issues around swimming originating in childhood, such as one of us had been put off by other swimmers jumping in carelessly, one can't stand the sensation of water pouring over their head and face after an accident while sailing and another had been rescued after hitting her head on the bottom of a pool. There's usually something topical under discussion and the essential refreshments, where would we be without a cup of tea or coffee and a snack?

We hope that everyone will be recovered enough to come to the next month's meeting which will be at Lesley's on Friday 20th October at 11.00 am.

Linda Etherton

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Family History

Numbers were a bit thin on the ground this month, just four of us, but as always still interesting and still with something else to learn.

You may remember the saga of William Jones and the chicken shed. Last month the death certificate was finally located.

The poor lad (I feel I personally knew him after all this time) died of T.B. of the spine in a specialised hospital for children managed by nuns, in Clewer Windsor.

He was one week short of his 5th birthday. Possibly with today's advanced medical treatment, he may have recovered.

I think the chicken shed story has gone out the window! A story I think told to his siblings and maybe neighbours to protect the family from the scourge of T.B.

Jean Rogers

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Needlecraft

Due to illness and other commitments only three of us met at my house in August. We still managed to chat away for over 2 hours! Linda spent the time adjusting the length of sleeve for her Grandson for a very special occasion in October. Lesley was knitting a dolls blanket in a beautiful pink. I continued with my eagle cross stitch which is coming along nicely. Our next meeting is on 11th October, venue to be decided nearer the time. If anyone would like to join a little group please contact me.

Hilary Furniaux

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Patchwork

With a few members away on holiday, there were less people attending the September meeting. We spent an enjoyable afternoon working on a variety of projects. The group will meet again on Monday 9th October, and no doubt our thoughts will soon be turning to Christmas projects and gifts.

Visitors to the group are always welcome.

Jackie Voyez

Petanque

We are still enjoying our games of Petanque on a Monday Morning on the Prom at Maldon.

There are a few more playing now as all holidays have mostly finished. I do hope the weather keeps on being as nice as it is at the moment, although we do like to carry on playing through the winter months. I am going on holiday myself now, but I have left the team in the good hands of our friend Chris Norris who is taking care of events for me.

If anyone would like to join us on Monday morning at 10am, then please do as you would be more than welcome.

Moira Penhallow

Photography Group

Our September meeting was held on Thursday 7th September via Zoom.

Ten members were in attendance, with apologies from one member who was unable to attend. We again had 30 photos covering a wide range of subjects to view and discuss all taken during the previous month. The subject being "Fill the Frame".

Each month we load the photos on to Flickr for all to view.



Framed by Chris Smith



Over we go by Jill McGregor

The next meeting will be held on 5th October 2023 meeting at 2.00 pm by Zoom. The subject this time is "Black and White".

If anyone is interested in joining our meetings to see what the group is about please contact me and I will forward a link to our next meeting. All members of the u3a are welcome.

Norman Grove

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Scrabble

We were back in our usual haunt in September but with reduced numbers, however the games were thoroughly enjoyed. We all found ourselves a bit stumped by the first board and it's strange how difficult a randomly drawn set of letters can prove to be. Sometimes it feels as though it would be great to devise a new word from the letters you're landed with, or else you find yourself doubting whether you are spelling a word correctly so we allow ourselves the luxury of checking in the Scrabble dictionary and also look up meanings of words. The second board saw Angela with a run-away score including playing a seven-letter word that adds an extra 50 points to what is most likely a big score anyway. But it doesn't matter if you can only play one letter or a short word, it's the enjoyment of the game and the company that are important.

In October we expect to be back at Angela's, on the 24th at 2.00 pm. If you would like to join us please contact Linda Etherton, details in the list of groups.

Linda Etherton

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Ten Pin Bowling

After our summer break avoiding the children out of school, six of us attended the bowling alley on the 7th September. As a result of my delayed operation I was able to play and turned out some reasonable scores. Unfortunately John was feeling a little unwell and unable to play but came to watch. Mine and the highest for the day were 151 scored in game 2. The ladies enjoyed varied success with Jenny topping the ladies lane with a score of 125 in the third frame. Hilary, while inconsistent, did manage some amazing clearances which lifted her spirits.

Thanks to Graham for taking over the reins for the next meeting on the 21st September. In his own words his games were quite average except for a score of 164 in game 2 which was highest for the day. He said that Jackie deserved a mention for her first game score of 121.

Look forward to seeing you all on the 5th October for our next meeting but also please note the following dates for your diary/calendar:-

19th Oct, 2nd Nov, 16th Nov, 30th Nov.

Peter Harvey

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Theatre & Cinema Group

We had a lovely meeting at Diane Cox's house on 26th September.

We managed to pick two shows that we are going to see. Barbra Streisand on the 5th November at the Mercury Theatre Colchester and Queen on the 1st December at Witham.

There are quite a few members on the theatre group that felt these shows were not for them, and some who also who did not make the meeting. Within the group there will always be a difference in taste, this is inevitable. But this group is for everyone to enjoy and to put forward new ideas for others to perhaps try as a new experience. Now winter is creeping up on us there are more shows to choose from.

Moira Penhallow

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Walking

Our walk in September was led by a guest starting from Forresters Golf Centre car park, Libby, led us around the fields and paths for three miles. The weather was kind to us, warm with a gentle breeze. Sadly, it became apparent that the group was split into two sections as not everyone can walk at the same speed which means the joy of walking in a group becomes fractured and less enjoyable for all. As a result I am considering creating a Strollers Group if enough people would benefit, please see below for details. Our next regular walk is scheduled for Thursday 12th October at 2.00 pm.

Possible New Strollers Group

Given that walking is such a good exercise both for the body and the mind I would encourage anyone to continue to walk, albeit at a lesser pace and not as far, as often as possible. So, I am considering starting a Strollers group, if there is sufficient interest, possibly on the 3rd Thursday afternoon of each month. Each stroll would be around 2 miles at the most and would likely take about an hour or less. I shall be happy to start the group off until it is established but would like members to share the duty of finding and leading a walk. If there is enough interest the new group could begin in March when the weather should be kinder. Please register your interest at any monthly meeting or email me directly. My details are under CoGs on the last page.

Linda Wells

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Weekenders

It's always worthwhile going to the Weekenders meeting at Perrywoods (or indeed most of the venues we use) as you can guarantee there will be more than one of us going home with a plant or as in my case this time, some bulbs. Apart from that we enjoy a good chat and catch up over the refreshments. We try to plan ahead and arranged to go to Tiptree Jam Tearooms in Tiptree for the October meeting at the usual time of 10.00 am on the 21st, the third Saturday of the month. Oh, and yes there's a nice shop there too!

If you would like to know more, my contact details are on the list of groups.

Linda Etherton

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For your info....

Please remember to bring any unwanted gifts, secondhand books (in good condition) or plants to our Market Place, which is held at each Main Meeting. It is an opportunity for members to donate items others for "sale" in exchange for a donation to Heybridge u3a funds. Please note that we cannot accept electrical goods.

We have been notified by the East of England Region of the following Zoom presentation regarding Electricity Generation and Distribution - a very current subject for all of us.

'An Overview of the UK Electricity Grid including the Great Grid Upgrade in East Anglia'

If you are interested in taking part, here is a link to the booking form:

https://docs.google.com/forms/d/e/1FAIpQLSdeR9Ry0-Acx5Jji5am1HD9FEXb-hz9AkLfLdnsLddYREgdDg/viewform?usp=pp_url

Remember in 2024, a u3a festival is being held at the University of York between 17th and 19th July. More information can be found on the u3a website. To register interest or make enquiries email festival@u3a.org.uk

If you are a Facebook user, then you may like to know that Heybridge u3a has its own Facebook page which we would like to develop. Just search for Heybridge u3a on Facebook, then apply for membership. You'll be able to submit posts and read about what is going on in the group.

Maldon Nub News is the local online newspaper; their website is maldon.nub.news Alternatively the Maldon & Burnham Standard is available in newsagents and at maldonandburnhamstandard.co.uk. Both have plenty of information about what is happening in the local area.

A reminder about our local football clubs, who are Heybridge Swifts FC who play at Scraley Road, Heybridge and Maldon & Tiptree FC who play at Park Drive, Maldon. Admission per game is £5 for concessions.

To book a space at one of our local recycling centres visit www.loveessex.org.uk . This is mandatory for everyone except those visiting by foot or Blue Badge holders.

Caroline Community Radio is our local community radio station broadcasting on 94.7FM and 104.7FM, and on the internet. They play music from the 60s through to the present day, and have regular local news updates.

Have a look at the attached diary, which shows all of the interest groups run by Heybridge u3a . together with the location and time. Contact the relevant CoG (on the last page of the News Sheet) if you are interesting in joining any group.

Members of Heybridge u3a can join in the activities of any other u3a in our local “cluster group”, which comprises Maldon, Limebrook, Blackwater, Burnham, Dengie, Crouch Valley and South Woodham Ferrers and ourselves. Further details can be found at:

[ClusterGroupActivitySchedule.pdf \(maldonu3a.co.uk\)](#)

If you have any articles you would like included in the next Heybridge u3a News Sheet please send them to editor@heybridgeu3a.org.uk.