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Registered Charity number 1160360

Next Main Meeting – Plantation Hall

Friday 11th November at 2.00 pm (Armistice Day)

Speaker Neil Richardson

- *The Work and History of the War Graves Commission*

Next Committee Meeting – Plantation Hall in




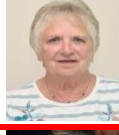




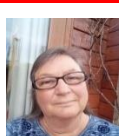


The Claydon Room

Friday 2nd December at 10.00 am

Main Meeting Refreshments Rota

November – Eat The World

December – Heybridge u3a Committee

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From the Editors

Hello and welcome to the November News Sheet.

Autumn is here, the clocks have gone back, the nights are drawing in and some shops already have their Christmas goods on display. Happy Days!

If you are keeping abreast of the news, you will know that times are hard for many, so we need to be grateful for what we have. For example, Moira (amongst others) is arranging the Heybridge u3a Christmas Party! Please see details under Other News below, and let her know if you plan to attend. It promises to be an enjoyable afternoon.

Lorraine & Brian editor@heybridgeu3a.org.uk

News from the Committee

From the Chairman

As well as all the interests and activities we enjoy each month, did you know that there is a wide range of opportunities through u3a Online Learning events. You can access a six week course on Tai Chi as well as Yoga at Home series 1. This is a small example of things available. There is also a wealth of information that can be shared with group leaders on a wide range of subjects to enhance their knowledge and pass on tips to others, which would prove useful to someone thinking about a new subject to explore. For more information check out www.u3a.org.uk/events

Jackie Jones chairman@heybridgeu3a.org.uk

From the Membership Secretary

Forty six members plus one visitor attended the October main meeting. One person came at the very beginning of the meeting and took away a membership form could not stay to hear the speaker. Membership now stands at 122.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

From the Speaker Secretary

Our speaker at the main meeting in October was Ray Clark, who started his talk by taking us back to the 1960s and listening to pop music being broadcast by pirate Radio Caroline via a portable

radio. Many of us will be familiar with some of the names of the presenters from those early days such as Tony Blackburn, Simon Dee and Keith Skues. Ray's fascination with pop music and radio led him to becoming a broadcaster himself and many of us are familiar with his voice on BBC Essex radio, so it was good to find he is just the same in person. He has had a lifelong interest in Radio Caroline and indeed was one of their presenters in the 1980s. After the pirate stations were forced to close down he worked for 'mainstream' radio including Invicta Radio in Kent, North Norfolk Radio and Radio Cambridge before joining BBC Essex. Meantime some may have come across him driving a coach, which was his full time job before entering the world of radio.

Radio Caroline can now be heard broadcasting (legally) 24/7 on 648 kHz AM (the old medium wave) and on DAB in some areas, and Caroline Community Radio broadcasts locally on 94.7 FM. Both stations also broadcast on the internet. For old time's sake, Radio Caroline also broadcasts live from its ship, the Ross Revenge, which is currently moored in the River Blackwater, once a month. You can find out more in Ray's book, 'Radio Caroline. The True Story of the Boat that Rocked' and Ray can be heard on Sundays at 6 o'clock in the evening on BBC Essex, putting his spin on the world.

As our next meeting is on Friday 11th November (Armistice Day) we have Neil Richardson telling us about the work and history of the War Graves Commission. I am sure you have noticed the information on the wall in the hall telling you about local men who died in the war.

In December we have a local ukulele band UK3A helping us to celebrate Christmas.

Hope to see you at our next meeting.

Jan Brown speakersecretary@heybridgeu3a.org.uk

From the Interest Groups Co-ordinator

I would like to say thank you to all CoGs for all coming to the meeting on the 11th October, I thought it was very productive and helpful. I really hope it helped a lot of you as well for future reference, and gave you all ideas which can be used to talk about in your groups.

I have to say what a lovely turnout we had at the last meeting with Ray Clark from BBC Essex, Such that we run out of biscuits and milk, we have never done that before! I really am hoping that we have the same for next month on the 11th November, which of course is a special day for many of our veterans and our talk is about the War Graves Commission.

I have a few names down for the new interest group that I introduced at the last meeting, and I have a couple of people who will be CoGs. The local Theatre group I have decided really doesn't need a CoG, as we will take it in turns to organise this between us.

If CoGs have any problems, or need assistance, just let me know.

Moir Penhallow groupsco-ordinator@heybridgeu3a.org.uk

News from around the Groups

Art

Friday afternoon painters, please take note.

Numbers attending have dropped so low that we might have to consider closing the group altogether if we don't make enough to pay for the room hire. Just two painters made it to the late October session, which must be the lowest attendance ever. People will always have reasons for not coming, late holidays and sickness being the usual at this time of year. But please, please, if you are not doing anything else, come along and support your friendly neighbourhood u3a painting group that others work so hard to provide for you.

The next three sessions are on 4th and 18th November 4 and 18, and 2nd December. Please make a note of these dates in your diaries.

As well as your paints, brushes etc please bring your cheque books to the 4th November meeting as our rent is due.

Looking forward to seeing a few more of you on the day!

New members are always welcome. Please ring Tina on 01621 858646 if you fancy giving it a try.

Gill Carpenter

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Bird Watching

What a strange time it is for the birds this year. The long dry summer has caused problems and the birds are confused because it is still 'silly warm' for the end of October. Their normal scrapes and lakes have dried up and they have gone from a glut of easy to catch fish to dry lakes and no fish.

The group went to Tollesbury Wick this month and we all agreed we had never seen the scrape so short of water. Not only that, but the shortage of birds was amazing. Even the gulls seemed few and far between. Avian flu is rife in the area but not sufficient to empty the Wick. Please can we see some rain soon!!!

If you would like to come out with the group then please contact jill.mcgregor@btinternet.com and I will send you all the details of our next outing in November.



Dry scrape

Jill McGregor

Croquet

We had our last croquet session of the season this month. A very mixed season all together, like everyone we suffered with the heat and drought which kept the numbers down this year. We then went into October and various family commitments reduced the numbers again! Fifteen played on the first session this month then only four of us on the last session, we still managed to enjoy ourselves, with varying degrees of skill! Unfortunately, as reported last month Maldon Croquet Club are still looking for a new home since the new owner of Forresters does not want us anymore. The Club are hopeful they may find a new home, be it temporary or hopefully permanent soon, until then we will not be able to play next season we are keeping our fingers crossed. In the meantime we have hung up our mallets and fingers crossed, look forward hopefully to next season.

Anne Newson

Discussion Coffee Morning

On Friday 21st October we met at Leslie's house in Tiptree. We were fed very well with lovely sandwiches, tomatoes and pickles, none of us would want more to eat until a late dinner in the evening! Oh yes I nearly forgot, there was also CAKE!!

We managed to fit in what the meeting was actually about, a general discussion on topical or general matters of interest.

A fair amount of lighthearted talk about who might be the next Prime Minister, and our various views on their merits, or otherwise. Medical matters nearly always creep in at some stage whether it's our personal experiences or general views on the current faults with the system.

Chris was about to go on holiday to Uzbekistan so it will be interesting to hear all about that next time around.

The next meeting will be at 11am on Friday 18 November at Jean Murray's house in Heybridge.

Margaret Brown

Eat the World

We had a full house for our monthly Eat the World get-together in October.

Our venue was the Queen Victoria in Spital Road, Maldon. Agreed, it's not exactly international cuisine but the food is always jolly good, as is the service.

Our table was originally booked for the average sized Eat the World party of six people – but in the event we had to expand that to ten!

Wisely, the staff had put enough tables together to make a large square so we could all see and speak to each other without having to shout.

Their thoughtfulness also extended to taking each diner's name as we ordered our drinks, and remembering them as they delivered our meals. We really were made to feel very welcome.

Glasses were raised to our CoG Lizzie who had hoped to join us, but was unable to come as she was awaiting surgery.

Good luck Lizzie, get well soon and we look forward to your company next time!

Gill Carpenter

French

Our leader Jenny was *en vacances* so a small group met at my house this month. We spoke about our wedding days, our favourite films, our former working lives and our other interests outside of the u3a. Clearly we all have fascinating back stories that we don't often explain.

We had to make frequent recourse to our dictionaries (which we realised become out of date very quickly) but were surprised when an unbidden extra member piped up. My Google Speaker decided to join in so we opted to use her expertise and asked her for translations. Sometimes this worked but at other times her reply was 'I don't understand' – we all know that feeling when trying to speak a foreign language!

Philippa Moody (for Jenny Parker)

Needlecraft

This month we met at Pam's house in Maldon. Pam made us very welcome and even made a lemon drizzle cake to have with our tea and coffee! We were a little hive of activity with some crochet, knitting, hand sewing and patchwork mixed of course with the obligatory constant chatting.

Our next meeting is at my house on Tuesday 15th November at 2.00 pm.

Hilary Furniaux

Patchwork

The group met in October and were pleased to welcome a new member to the group.

It was interesting to see the variety of practice squares/blocks made in preparation for the charity quilt. Anne had been busy preparing fabric packs for all members. It is hoped that we will all make two blocks with the fabric supplied – one to be brought along to our next meeting. A perfect project for a rainy afternoon!

The next meeting will be on Monday 14th November.

Jackie Voyez

Petanque

Well we have been so lucky the last few months, as the weather has been so good for us. Today 24th October was another beautiful day but it was a bit of a sad one for many of us. We have lost another one of our long standing petanque members who started the game up many years ago with Barbara, Alf Bell. He was a lovely man who was in the RAF, and writing about his time in the service while we had the shutdown. Unfortunately, he was ill and not able to play with us anymore and we shall miss him.

On a happy note, we have all been enjoying ourselves and playing 12 of us as some are away, once every one is back it normally 18.

Our Norman has come out of hospital at last after the most traumatic experience, and he is on the mend. Even though it is going to take a while, he is home. I think it got too much for the nurses, what with all the bed baths. It will be Betty's turn now, chasing him around doing his exercises with his zimmer frame.

I am also hoping it will not be long before our Clive will be back with us again next year too.

We do miss you guys.

If anyone would like to join us we are at the Maldon prom 10.00 am Monday Mornings

Moir Penhallow

Photography Group

Our last meeting was held on October 6th using Zoom facilities. (Next meeting will also be using Zoom).

We displayed and discussed, a wide, miscellaneous display of 24 images from our members, based on the 'September Events' topic, using recent images.

The next meeting will be held on Thursday 3rd November, via Zoom, at 2.00 pm, with a loose title subject, relating to "October Events". (ie. taken during the last month wherever possible).

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

Alex Lees (for Norman Grove)

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Reading & Books

Crime and Thriller is the subject of October's book "Death of an Elgin Marble" by David Dickinson. A marble caryatid, part of Lord Elgin's collection in the British Museum, has been stolen and replaced with a fake copy. Before an employee of the museum can be questioned, he is pushed under a rush-hour train. Follow the plot through London's Greek community..... You will have to read it to find out what happens next.

Jackie Jones

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Scrabble

It was very nice to have Carol and Manon back with us for October's meeting, as well as being treated to a delicious cheese board snack between games. Angela managed to beat me hollow with a huge score of 369, her best ever she thought. Although it's nice to win, the enjoyment of the game often comes from the unpredictability of the outcome, and we discussed how some people just have that ability to see anagrams of random sets of letters, citing Countdown contestants as an example. We like to look words up in various Scrabble dictionaries, often finding an alternative meaning for a fairly common word or indeed an alternative spelling. An example is STIMY, STYMY and STIMIE that are all acceptable Scrabble spellings of a word that has links with golf where a player is blocked by another ball lying in their line of play and in more general usage means to block or hinder progress.

Last month's puzzle was to make five seven-letter words using the tiles below that include a blank: unless you know different?

A	P		O	R	T	Y
1	3		1	1	1	4

PARROTY, TOPIARY, PORTRAY, ATROPHY, OUTPRAY

The Scrabble meetings take place at a member's house and are on the 4th Tuesday of the month at 2.00 pm. The next meeting is on the 22nd November at Angela's. If you are interested in joining us please contact me: details are in the list of groups towards the end of the news sheet.

Linda Etherton

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Ten Pin Bowling

Good to see group numbers back on the 20th October. Some really good scores achieved all round. Special note for Chris in the ladies lane with her first frame score of 141. Highest score for the gents was myself at 181 but that may have due in part to the lane malfunctioning requiring us to change lanes part way through the 2nd frame.

We are now booked in to play on Thursdays 10th and 24th November, dates for your diaries.

I will make enquiries about a Christmas lunch probably at the bowling venue for ease after a game in December.

Peter Harvey

Walking

In the absence of Linda, who was away, Philippa led a small group on a flat three mile circular walk around Great Waltham on a beautiful sunny and warm autumn afternoon.

We admired some of the very pretty old houses in the village as we passed the church and pub on our way over fields to part of the Saffron Way. Later we found ourselves on a section of the Essex Way as we walked through the grounds of Langleys House, admiring the remains of the water mill and pet cemetery. We returned to our starting point and refreshed ourselves with tea or cold drinks at the village Stores and Tea Room.

Philippa Moody (for Linda Wells)

Weekenders

A convivial meeting was held at Peartree Pantry in October with the usual lively conversations round the table. Just a reminder that the meetings take place on the third Saturday of the month at 10.00 am but it's always good to check the news sheet for more information. I try to send out an email to confirm arrangements but it seems in the lap of the gods as to whether I get round to it, but at least the Covid and Flu vaccinations are out of the way and more or less got over everything else.

Future meeting venues will be at White Elms Nursery on 19th November and after a discussion we decided on Perrywood's on the 17th December, both venues giving an opportunity for a bit of festive retail therapy.

If you are interested in joining the group please contact Linda Etherton, details in the list of CoGs.

Linda Etherton

Other News

In Memoriam: a tribute to Alf Bell who sadly died in October aged 94

Born in Stepney, Alf completed his National Service with the RAF in Italy and wrote a memoir of his time in the RAF. He and his wife were champion Ballroom dancers and even started their own school of dance. Alf joined Heybridge u3a, quickly established himself as a keen player of Petanque and Ten Pin Bowling as well as starting up a Ballroom Dancing group. Sadly ill health

took its toll on him and he had not been an active u3a member for a while, but many will remember him.

If anyone would like to go to the funeral, it is on Friday 18th November at 2.00 pm in Herongate Wood Cemetery, Brentwood. Please contact Linda Etherton or Moira Penhallow for more information and we will let his family know how many are likely to attend.

Linda Etherton

Norman Cumming, our former Chair, sent the following message to Heybridge u3a members. Norman recently underwent a serious operation, and is now on the mend. We wish Norman all the best for a speedy recovery.

I would like to express my heartfelt thanks to all those who sent, by card and WhatsApp, get well messages whilst I was in hospital.

Those messages gave me comfort and the impetus to push to get walking, and all other faculties working properly again.

It will be sometime before I am able to join you all and try thanking you personally, so please accept again my very grateful thanks for all your help.

Plans are under way for the Heybridge u3a Christmas Party, to be held at Plantation Hall on 9th December. We will have a ukulele band to entertain us, and requests have already gone out for cakes and mince pies! It would be good to see everyone there, please let Moira know if you would like to attend, together with any special dietary requirements. Her contact details are on the front page under Groups Coordinator.

Do you like Traditional Jazz? Wickham Bishops Jazz Club has been established for over 25 years, and is still widely recognised as being one of the top venues for Traditional Jazz in the country, featuring top musicians from home and abroad. For bookings and more information please visit wickhambishopsjazzclub@gmail.com or phone Pete Hughes on 07548 775777.

Caroline Community Radio is the volunteer-run local radio station for the Maldon District. Why not give them a listen on 94.7 FM or online at carolinecommunityradio.co.uk? You will hear music from the last five decades together with local news. Evening programmes are presented by local people

who have an interest in radio and communicating, and want to improve their skills. If you want to get involved please contact the station via their website.

Did you know that Essex County Fire & Rescue Service offer personalised Safe and Well visits? Safe & Well officers can fit smoke detectors and specialised sensory alarms if required. They risk assess each home ensuring that the right alarms are fitted in the most appropriate places. On each visit they will discuss fire safety, home security and can also offer help with mobility and health and wellbeing issues if necessary. Please call 0300 303 0088, email home.safety@essex-fire.gov.uk or visit their website at www.essex-fire.gov.uk/Book

If you already have a fire alarm fitted, remember it should be tested at least once a month.

A copy of the Heybridge u3a diary is attached. This gives details of which events are being held, where and when. If you are interesting in joining any group do not hesitate to contact the relevant CoG. Details are on the last page of this News Sheet. You will be made very welcome!

Also attached you will find the latest News from the East newsletter, plus a short report from our trustee, Barbara, which we hope will be of interest.

Remember that Heybridge u3a are part of a "Cluster Group". This is a group of eight local u3a organisations, Maldon, Limebrook, Blackwater, Burnham, Dengie, Crouch Valley and South Woodham Ferrers, plus ourselves. Members of these u3a groups can join in the activities of the others, subject to space availability. 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.

Covid 19 Reminder

- *Consider wearing a face covering indoors in crowded, enclosed spaces*
- *Let fresh air in, if meeting indoors*
- *Get tested if you have Covid 19 symptoms and stay home if positive*
- *Be prepared for any venues to be well ventilated, and wear warm clothing*