

ASHINGDON & ROCHFORD

Newsletter



Charity No: 1180576

JANUARY 2024

The deadline for contributions to the next Newsletter is Wednesday 27 January 2024

Please send items for publication to the Newsletter Editor

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Hello fellow u3a members.

Last report of the year and what a year it has been, it is our tenth anniversary, and the social committee delivered ten events, from little things to the huge Coronation, and u3a afternoon tea, what a success that was, the hall was decorated, red white, blue, cardboard cut of King Charles 111. Thanks to social committee for pulling of a major achievement.



The Christmas lunch at Saxon Hall was again fantastic, food, service, ambience etc was first class, a yes for next year, if that's what you want. Over 83 were booked, lost few to sickness sadly.

Summer picnic was again great fun, games to play, dancing, food, ice cream, glass of wine, all good stuff.

Quiz booked for March; details will follow - always popular.

The social committee would like input from members, what do you want, anyone could run a one-off event, coach trip, etc. thinking caps on.

The holiday to Harrogate in April, personally I am so looking forward to that, don't forget to pay January.

I was a little disappointed when I asked members if they read newsletter, and was astonished by reaction. If you want to know what's going on you really do need to read this, lots of effort goes in to the publication. If you can't receive emails, a stamped addressed envelope will make sure you get newsletter.

Thanks so much to everyone who knitted or made decorations for our Christmas tree up at St Andrews Church, I was so pleased how so many of you made a real effort to help, Carol made a great sign, Christmas past, and to those you helped put tree up and decorated it and then took down, you never cease me amaze me how talented, and willing you are. Thanks so much.

We have some short 6-week courses starting in new year, so please anyone who has an idea, let us know, it's your u3a, take part. Message for Committee meeting after January meeting.

Happy Christmas, Healthy and Happy New Year.

Lady Chair Beryl

NEXT MEETING

4 January

**Doors open at 1:15 pm
Meeting starts at 1:45 pm**

Doors open at 1:15 pm

FORTHCOMING SPEAKERS

04 January 2024
Barry Linton
Staying Safe Online

01 February 2024
Mark Smith
TBA
(Antiques road show expert)

07 March 2024
Simon Waterfield
An Audience with Mr Dickens

Noticeboard

Proposed short courses depending upon interest and obtaining leaders.

Please sign up at the Co ordinator's desk if interested.

- 1) 4-6 booked drop-in sessions to help use lap top, smart phone or tablet.
- 2) 3 sessions - learn to make Easter cross stitch cards, tea, coffee, cake - Starts Tuesday January 9th 10:30 until noon - *Places available, sign up at the desk if interested. or contact Anne Hill*
- 3) 6 weekly course of learning to crochet. Shelagh Nicholas. Currently fully booked.
- 4) 6 weekly sessions of learning to play guitar.
- 5) 6 weekly sessions of creative writing.
- 6) 6 weekly sessions of singing for pleasure.
- 7) 6 weekly Summer Sessions of Ladder Golf. Anne/Rae Hill
- 8) 6 weekly Summer sessions of Croquet. Anne /Rae Hill

These are ideas taken from U3A groups, other ideas welcome.

The Committee

Flower Arranging Demonstration

There will be a **Flower Arranging demonstration** with **Linda Kingott** the local NAFAS flower arranger and demonstrator on

Friday 22nd March 2.30pm to 4.00pm
at **Stambridge Memorial Hall.**

Linda will demonstrate a number designs which will then be raffled for the winners to take home.

Tickets will be on sale at the January monthly meeting - members **£7.00** (guests £8.00)

This event is open to all members and guests



May meeting change of date

Because of forthcoming local elections in May we have had to reschedule the May 2nd u3a meeting to May 9th - *Roger Blight*

Reminder - Nidd Hall Holiday April 2024

All those booked with Kirby's, please remember to pay your invoice in January.

Thank you.
Organising Group

Dates for your diary

Walks with Phil

All members able to walk for up to two hours are very welcome to join us on any of these walks. Just turn up with sturdy footwear. Any concerns please ring or text me.

Friday 29 December 2023 - A reminder that we will be meeting at Ashingdon and East Hawkwell hall by 9.45 to car share to Marsh Farm in South Woodham Ferres for a three miles level walk eastward along the Crouch estuary.

See attached photo of this group on the same walk on 31 December 2021.



Friday 5 January 2024 - Let's meet ready to walk by 9.45 at Hockley Woods car park. Fees are 50p for 2 hours or 70p for 3 hours. We will walk down and up gentle slopes through the woods, down to New England Woods and across to Gusted Hall Lane and then back up to Hockley woods returning on a different path back to our cars. Perhaps just over 4 miles of gentle ups and downs through woods and low intensity farm and park land.

Friday 19 January 2024 - Let's meet at Paglesham Churchend as near to the church as possible ready to walk by 9.45. We will walk east along footpaths along field boundaries and then a very quiet dead end road towards Paglesham Eastend. This time we will circle anticlockwise with the sea wall on our right before rejoining the same quiet road and footpath to return to our cars. A very level walk of about 4 miles with pleasant and varied terrain.

Friday 2 February 2024 - Let's meet at Magnolia Park car park (free) ready to walk by 9.45. We will walk clockwise towards Greensward Clinic and then across the main road and follow paths leading up to Beckney Woods. We will swing eastwards and back to the main road before following paths along to Rouncefall Farm and back down to Magnolia Park. Perhaps just over 4 miles of varied terrain with some ups and downs and some decent views over the Crouch valley.

Hoping that you can join us on one or more of these walks.
Phil Kelly

Monday Health Walks

Rae, Anne and Richard invite any of our u3a members to join us on our weekly, Monday walks from Magnolia Park. We start walking at 10.am so meet at 9.45.am to allow time to put on boots etc., to enable a prompt departure at 10 am. Walk distance is about 2 to 3 miles at a pace to suit the ability of the slowest walker. Please use suitable foot wear for unmade sometimes muddy footpaths and bring suitable rainwear etc for our changeable weather

Richard Paternoster

Serendipity

I am planning to arrange another guided tour/trip to the Royal Opera House on 21 March 2024. If any members are interested, please add your name/membership no to the form. I will be in situ at the rear of the hall as usual. The price is £17 per member.

Shelagh Nicholas
Visiting Coordinator

Group News Roundup



All the members of the A&R U3A Photo Group hope you had a fantastic Christmas 2023 with your friends and family. As we welcome 2024, we wish you a year filled with new opportunities, good health, and happiness. May this year bring you closer to your dreams and wishes, may you find the courage to take on new challenges and the strength to overcome any obstacles that come your way. We hope that 2024 is good to you and that you find joy in even the little things.

Here's to a wonderful year ahead! **Happy New Year 2024!**

Roger Young

Snooker Group 1

Golden CUE winner for December - Keith Baker

See you all on January 11

Happy New year of Snooker.

Dave Lazell



Line Dance Group

Our Line Dance Group enjoyed a festive lunch at the Cock Inn and continued the festive spirit at the last line dance before Christmas.

All welcome to our classes.



Jill Nettleship



Calligraphy Group

Things are going quite well although the numbers have dropped and I currently have a few places available for those who would like to come along.

I'm sure that most people would be interested in learning a skill that will enhance their writing and looks lovely on invitations and cards.

The group is very social and I think most of my students enjoy an hour and a half of banter and writing and seem to be doing well

Perhaps you can spread the word

Barbara Baker

Bird Watchers

We had a bit of a change this month and went to Wallasea in the afternoon hoping to see the Short Eared Owls. Although several were seen over the weekend, we managed one, and this was as we were preparing to leave. Earlier on we watched a Hen Harrier hunting along one of the creeks, again, three were seen on the Friday. Colin told me later that they had seen several Owls by the exit gate as they were leaving.

Paul Nice

Are you curious

Returns on 22 January.
Topic Games and pastimes.
See you

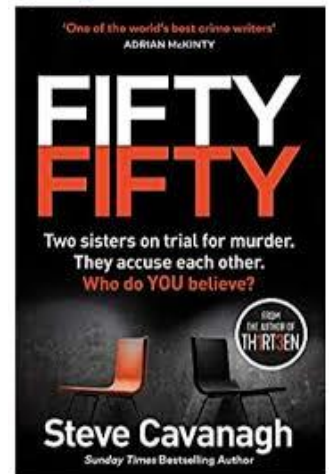
Dave Lazell

The Tuesday book group met on 19th December at the Book Hub at the Faith Hope and Charity shop at Golden Cross.

We discussed *Fifty Fifty* by Steve Cavanagh which tells the story of two sisters both on trial for the murder of their father. One sister is telling the truth and is innocent, the other is lying and is a killer.

Opinions were mixed with some members loving it and looking for other books by the same author and others unable to connect with the characters. So in all the result was *Fifty Fifty*!!

We also looked back at the books we have read over the past year and discussed what we would like to read during 2024.



Maureen Pointer

U3a Christmas Tree



u3a Christmas tree at St Andrews. Decorations by our crafty u3a members, thanks for your willingness to give. X

Beryl Horrex

GROUP MEETINGS CALENDAR			
MONDAYS			
Walking	Weekly	9.45	Richard Paternoster, Anne and Ray Hill
Are you Curious	4 th Monday of month	2:00 - 4:00	Dave Lazell & Graham Collins
Beer Appreciation	2 nd Monday of month	2:00 - 4:00	Terry Lake
Bird Watching	2 nd Monday of the month	TBA	Paul Nice
Calligraphy Group	2 nd Monday of the month	10:30 am	Barbara Baker
Card and Paper Craft	3 rd Monday of month	1:30 pm	Wendy Paternoster
Discussion	3 rd Monday of month	2:30 - 4:30	David & Barbara Hine
Knit and Chat	4 th Monday of month	2:30 - 4:30	Barbara Hine
Petanque (Boules)	2 nd and 4 th Monday of month	10:00	Linda Deadman
Rummikub	Weekly	2:00 – 4:00	Pam Leys
Supper Club	1st Monday of month	6:00 pm	Val Stenson
TUESDAYS			
Book Club (2)	3 rd Tuesday of month	10:30	Maureen Pointer
French Conversation	1 st & 3 rd Tuesday of month	2:30 - 4:00	Sue Horncastle
Local History (2)	2nd Tuesday of the month	2:00	Graham Collins & Carol Collins
Petanque (Boules)	1 st & 3 rd Tuesday of month	2:00 – 4:00	Beryl Horrex/Janet Toms
Short Mat Bowls	Every other Tuesday	2:00 – 4:00	John Stenson
Ten Pin Bowling	Fortnightly	11:00	Jacqui & Keith Baker
WEDNESDAYS			
Knitting & Sewing	4th Wednesday of month	2:00 - 4:00	Katherine Lake
Line Dancing	2 nd and 4 th Wed of the	2:00 - 3:00	Jill Nettleship
Local History (1)	2 nd Wednesday of month	p.m.	Sandra Dawson
Table Tennis	Weekly	7:30	John Owen
THURSDAYS			
Cribbage (cards)	4 th Thursday in month	10:00 - 12:00	Keith Baker
Gardening Group	2nd Thursday of month	2:00 - 4:00	Paul Nice & Marion Cain
Knitting (2)	Fortnightly	2:00 - 4:00	Sue Dodkin
Serendipity	Monthly (Normally a	All day	Various
Snooker	2nd Thursday of month	11:00 - 1:00	David Lazell
Snooker (2)	3rd Thursday of the month	11:00 – 1:00	Peter Saville
FRIDAYS			
Canasta	2nd Friday of the month	2:30 - 4:30	Ian Foster
Book Club (1)	2 nd Friday of month	1:30	Wendy Paternoster
Flower Arranging	4 th Friday of month	2:00 - 3:30	Maureen Pointer
I.T.	4 th Friday of month	2:00 - 4:00	Dave Pointer
Local History (3)	1 st Friday of month	10:00	Sue Morris. Sue Mitchell & Karen Hunter
Photography	2 nd Friday of month Inside Outside	2:30 - 4:30 2:00 - 4:00	Roger Young
Solo/canasta	4 th Friday of the month	7:00 - 9:00	Ian Foster
Walking	2 Fridays per month	Mid	Phil Kelly
SATURDAY			
Petanque (Boules)	2 nd & 4 th Saturday of month	10:00 - 12:00	Rosemarie Barrows
SUNDAY			
Sunday Lunch Club	Monthly, various dates	1:00 - 3:00	Carol Collins
Other Various Dates			
Garden Visits			Janet Arrowsmith
Theatre Trips			Claire Ham

Committee Members Contact Details

Lady Chair	Beryl Horrex
Vice Chairman	Marion Cain
Business Secretary	Carol Collins
Hon. Treasurer	Noreen Bishop
Joint Membership Sec.	Val Stenson
Joint Membership Sec./Beacon Admin	Pam Foster
Joint Group Coordinator	Carole Edwards
Joint Group Coordinator	Rae Hill
Committee member	Phil Kelly
Committee member	Anne Hill
Committee member	Roger Blight
Committee member	Ann O'Brien
Committee member	Wendy Paternoster
ExOfficio/Minutes Sec	Janet Berry