

Baddow & Galleywood u3a

NEWSLETTER



Spring 2023

U3A COMMITTEE

Chairman	Roy Brackley
Vice Chairman & Webmaster	Alan Cullen
Membership Secretary	Tony Nelson
Treasurer	Ted Dyer
Treasurer No 2 a/c	Wendy Burns
Speaker Secretary	Sue Nelson
Interest Groups' Co-ordinator	Loretta Riddel
Business & Minutes Secretary	Sue Nelson
Welfare Secretary	Tony Nelson
Committee members	David Massey
	TBA
Newsletter Editor (n/c)	Maggie Nutt
Tea Monitor	Liz Curley
Logistics (n/c)	Roger North

Grateful thanks to those Committee members who have stepped down this year.
(Debbie, Di, Tony, Mary)

Your Committee Needs You!

Please consider joining the Committee and contributing to YOUR u3a
(just speak to someone listed above or to one of the Roving Reporters)

There are no strangers here; Only friends you haven't yet met.
William Butler Yeats



CHAIRMAN's REPORT

A year ago, we held our first AGM live, here at Keene Hall, after Zooming here, there, and everywhere but staying in the safety of our own homes. We have continued month by month here at Keene Hall with a growing attendance here and less on Zoom but we continue Zoom as a service to those who cannot attend here.

This year has also seen the reintroduction of speakers live here at Keene Hall (I initially wrote 'live speakers' but realised we don't have any of the other type!). It certainly feels more real than zooming did. However, it has shown up a few problems for those who watch on Zoom as our camera doesn't cope well with the moving target of a speaker.

We will all have memories of 2022, some will be happy, some will be sad. Some are personal to us, some relate to family and some, such as our involvement with Baddow and Galleywood u3a, that have given us new experiences and new friendships. I just want to remind us of a couple of activities that reflect our cross-group nature - and that's not the group that is cross!

In August 2022 we began the month with a very successful Garden Party at the Galleywood Heritage Centre. I believe I can say "a good time was had by all". Later in August, a coach load of us went over the river to visit the lovely town of Rochester and the majority went to visit the Medway Queen, called up in 1940 as part of the armada going to the beaches of Dunkirk to help with the mass troop evacuation. It was one of the first to reach the Dunkirk beaches and one of the last to leave after 7 return trips. My thanks to the organisers of these events. I can also say that a trip is being organised for later this year to the De Havilland Aircraft Museum and Waltham Abbey. More details to follow.

I'm sure I don't need to tell you that Baddow and Galleywood u3a cannot function without the efforts of many people. Some are known to you, some aren't. I don't want to embarrass anyone but as I have a pen I will.

I want to thank the Interest Group Co-ordinators. There are too many to name. Without you, your assistants and deputies we would not function, attract new members, or develop. Thanks go also to those who, on Sue Wells retirement from the role, have taken up the organisation and provision of refreshments here each month.

As I have begun this year as Chair of our brilliant Committee and organisation, I offer another big thankyou to you all for your support over the last two years or so. Your committee has met month by month and discussed and carried out a lot of work. I mention them all now.

I begin with **Mike Whalley** who took over the reins of Business Secretary when Debbie stepped down but who died in post.

Alan Cullen – our Vice chair who is a great sounding board and hard worker in so many ways.

Ted Dyer – our Treasurer – I know this is a major task.

Debbie Collins – ex-Business Secretary – who stepped down because of other commitments then stepped up again to produce the Minutes and is still irreplaceable but does want to go.

Mary Cordeiro – Membership Secretary – who expected a job share which didn't materialise. A very intense job.

Loretta Riddell – now our Interest Groups Co=Ordinator. As the number of groups increase in number the work just keeps on growing.

Wendy Burns - is our treasurer of the No.2 or Interest Groups account. A job that takes time and concentration.

Sue Wells – our now retired Social and Welfare Secretary, giving support to those who need. She also returned to her furloughed role of ensuring we are fed and watered at main meetings and other events. We are trying to replace her.

Di Angel – a founder member of our u3a in 1999 and our Speaker Secretary. A job that needs discernment to fit a number of available speakers into 12 speaking slots a year that will satisfy most of us most of the time.

Tony Hollingsworth is our Committee member without portfolio but no less appreciated for the wisdom he gives to the Committee.

A mainstay outside the committee is **Maggie Nutt** - our ever-present Newsletter Editor. Without her there wouldn't be a quality Newsletter but she can't do that without you, our members, supporting her by giving her articles or even letters to the Editor, so she doesn't have to chase as much. We have introduced two roving reporters who may be approaching you at any time!! (See Editor's note – p5) Lastly thanks to you, every member, as without you we wouldn't be here today.

This has been a difficult year for the Committee in one respect and that is that some Committee members wanted to step down to take a rest and do other things.

Many of you remember that in the time of pandemic we asked, and you agreed, to allowing longer periods of service. Some Committee members did this and needed a break. Numerous appeals for committee members drew a blank and we considered what we could do, even if we would need to close. However, the good news is that have some new nominations for the Committee that allow us to function in 2023-2024 BUT we still need more. Talk to your Committee, ask to visit a Committee meeting and put your name forward, please.

Finally, I remember saying last year, on behalf of the Committee: "If we please you, tell others, if we don't, tell us". This still very much applies although I think telling others that you have been pleased by them is an encouragement people deserve. Thank you for reading this. *Roy Brackley*

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u3a AGM – (plus!)

3 April 2023

Once the business part of the AGM finished (three new members were elected onto the Committee: David Massey, Sue and Tony Nelson), we were entertained by two very active members of our organisation: Allen Buckroyd and Jeff. If you weren't there because you couldn't be bothered or thought it would be boring, you missed a real treat!

Allen told us of his busy life attending seven Interest groups each month, wearing a different hat he'd made for each of the groups he described – see photos, below. His premise of 'How can you have more fun?' was answered by the varied activities he undertakes in the groups and 'By joining more groups!' He has not only learned a lot, but also has fun in Photography, IT and Computing, Quizzes and Puzzles, Table Tennis, Painting and Sketching, Gardening and Art Appreciation.



Photography



IT & Computing-



Quizzes & Puzzles



Painting & Sketching



Art Appreciation

Allen in Post Impressionist pose!

Jeff runs the Quizzes and Puzzles group as well as the Early Popular Music group, both on Zoom, and explained that the Popular Music group gives us an insight into a person's 'take' on the music they listen to and enjoy. Different genres are chosen each month and members send Jeff their choices on the subject, which he plays on Spotify and we give a brief outline of our decision. I have learned a lot in this group, had some fun and like to think I have made new friends. New members are welcome to join – check the u3a Year Book for details of any the groups. Thanks to Allen and to Jeff for their presentations, and for making the afternoon extra enjoyable.

Maggie - Editor

Interest Groups Co-ordinator's Report

After the AGM we were treated to two interesting and fun talks given by two of our members. The intention was to show us all what happens in each group and what we were missing by not attending.

Allen Buckroyd delighted us with his numerous hats, one for each of the seven groups to which he belongs. He gave us an insight into what happens at each of the groups he attends.

Jeff followed, describing the Early Popular Music group (EPMIG) and Puzzles and Quizzes group, leaving us with puzzles to solve by the end of his talk.

I hope they whet the appetite of those members who were either in the hall or watching on Zoom. Not all groups meet in person, either in halls or people's homes, as a few still meet on Zoom.

We have over 400 members but according to the current attendance figures from groups we still have 88 full members and 5 associated members who have not joined any groups.

If this is you or if we did whet your appetite last Monday can I encourage you to 'bite the bullet'. Information about each group can be found on the 'u3a Baddow & Galleywood' website. Click on the Bluebird to get further information or, if you are already a member, look in the orange Yearbook and phone or email the group co-ordinator. You will find groups welcoming and full of friendly people – all having fun!

Loretta Riddel

A note from the Editor:

Welcome to the Spring (& Summer too!) Newsletter. Due to rising costs we will only be able to publish two issues each year. The next one will be in the Autumn – so please start writing!

Thank you to all contributors and to Allen B for his continuing support, (**Read all about him on p 4**) and to Ron for his photographs. Extra thanks are due also to our two **Roving Reporters**: Maurice Crockard and Allen Buckroyd, who are keen to visit interest groups or to hear from members who would like them to 'ghost -write' something for the Newsletter next time. (See pp 7 & 13) We also need a few more people to join the Committee — could this be you ? Is this a way you can support our organisation?

Interest Group reports begin on p6; I'd be pleased to receive articles from any u3a member, particularly if you are new to our organisation. (or if you are shy, contact the Roving Reporters.) A suggestion for a new group is on p 14 , and you'll find an easy recipe on p 12. Information on a proposed trip is on p14 and the men in our organisation might be intrigued by the Men's Shed – p15. Our 'Featured' group is on p 13 – could your group be next?

Ideas for future articles include: 'Why I joined the u3a'/ 'What I enjoy most about my group'/ 'Letters to the Editor'/ easy budget recipes/interesting info about your group(s).

Responses from the Questionnaire we sent out said that most readers enjoy the N/L and would miss it if it wasn't published, but it relies on your support and contributions to work! So..... start preparing for the Autumn/Winter edition; I can receive articles at any time via email. margaret.nutt@btinternet.com. Thanks.
Maggie



The Roving Reporters: Maurice Crockard - mauricecrockard@yahoo.co.uk
Allen Buckroyd - allenbuckroydpop@gmail.com

INTEREST GROUP REPORTS

Local History

On a sunny Wednesday afternoon, a small group from Local History ventured out to The Bulmer Brick & Tile Company near Sudbury.

We enjoyed tea and biscuits, then were given a guided tour with owner Peter Minter and his grandson Bart. Bulmer bricks are made from the finest London Clays which are dug right there, continually since Tudor Times, and is a small family business with traditional methods dating back to the Middle Ages.

We saw them making individual bricks in their workshops, ready for firing in the traditional woodfired kilns.

They work on large projects for the National Trust, English Heritage and Historical Palaces and even produce bricks for repairs to our own St Mary's church in Great Baddow. Hand-made clay brick flooring from Bulmer has been used in St. Paul's Cathedral Crypt, St George's Chapel and Windsor Castle.

What a treat we all had; it was most interesting.

Chris

NEW VENUE - SAME HIGH STANDARDS - SAME ENJOYMENT!

Music Performing

February the 18th saw our first meeting of 2023 - at All Saints, Springfield. The new venue seemed to fit like a glove!

Musically, it was quite a treat, featuring the "usual suspects"- and much, much more. We began in the Baroque era with a recorder solo, swiftly moving through French romantic, newly composed minimalist, tango and jazz, played on flutes, violin, cello, saxophone and piano.

The singing group (a quartet this time) rounded off the first half with three songs, accompanied by piano, then guitar duet.

The second half featured some brave souls who played duets without the "safety net" of piano accompaniment. Two violins - then two saxes and finally two guitars. A beautiful concert was brought to a strong and melodic end by "Ladies in Lavender", played as a violin solo, and three pieces by Paul Reade and local composer Christopher Weston, played by two of our multitalented members who took it in turns to play the solo, and to accompany.

Apart from crediting two composers, and a third, Eric Withams, who composed the minimalist piece, I've mentioned no individual names. It was all so good that to mention one would have necessitated mentioning all. We all have differing degrees of ability and experience, and everybody performed to their utmost, while having a really good time in doing so.

And, of course, thanks to Pam and Debbie for making it all possible.

Ken

Weekenders



Our group continues to grow; its number is now in the mid -60s but there is always room for more.

So, if you are on your own and would like to make more friends, you will be made most welcome. We meet on the first and third Saturday for coffee, and a lunch on the first Sunday of every Month.

A regular programme is published 3 or 4 times a year showing the up and coming events and activities. A new one will be distributed to our group at the end of this month.

One major event is our annual group holiday, which took place on the 6th March: 4 nights in Eastbourne.

Denis - Co-ordinator



© Can Stock Photo

Painting and Sketching

We meet weekly to explore our favourite painting medium (watercolour, oils or acrylic) and periodically we all take part in an exercise such as still life, where we all try to sketch the same subject then paint it in one of the styles. Capturing the colour and subtleties of tone invariably leads to some lively discussion.

In February members of the group each drew this still life, then painted it as accurately as possible using their choice of acrylic, watercolour or oils. Leader Ron advised us how to maintain proportions and capture the graduations of tone in this simple scene. It made a change from doing our own thing, such as copying a van Gogh masterpiece.

As told to our Roving Reporter : Allen Buckroyd



Scams

At a recent meeting of the **IT Group** we discussed the fact that every day we are subject to some form of a scam or other.

Action Fraud has shared advice about how to detect the scams:

Never click on the links or attachments in suspicious emails or respond to unsolicited messages asking for personal or financial details - even if they are in the name of a charity

To donate online, type in the address of the charity website rather than clicking on a link

Be cautious when donating to an online fundraising page - fake ones are often badly written or contain spelling mistakes

To avoid falling for a scam, internet users should follow the **Stop, Think, Call** method.

Stop: Take time before you respond. Make sure your two-step verification is switched on to protect your account and that you are happy with your privacy settings.

Think: Does this request make sense? Are they asking for money? Remember that scammers prey on people's kindness, trust and willingness to help.

Call: Verify that the person ringing is who they say are by calling them directly on another phone. Only when you are 100% sure the request is from someone you know and/or trust, should you consider it. If it turns out to be untrue, report it to Action Fraud.

The advice is that if you have been subject to a scam then you should report it.

Action Fraud is the fraud and cybercrime reporting centre for England, Wales and Northern Ireland. It gathers intelligence on scams and passes it onto the National Fraud Intelligence Bureau for analysis by the police.

You can report any attempt to steal your money or personal information to Action Fraud by calling 0300 123 2040 or report it online.

If you need support as a result of a scam:

Mind has a confidential information and support line, Mind Infoline, available on [0300 123 3393](tel:03001233393) (lines open 9am - 6pm, Monday - Friday).

Victim Support has a free helpline where you can speak to someone confidentially available on [0808 16 89 111](tel:08081689111) (lines open 24/7).

Ron

**Our prime purpose in this life is to help others.
And if you can't help them, at least don't hurt them.**

Dalai Lama

Arts and Crafts

The ARTS & CRAFTS group met via emails during Lockdown and managed to focus enough to produce some attractive results in that quiet, restricted time. Afterwards we went back to normal, meeting monthly in our own homes. Sadly, last autumn cancer claimed Judy Robinson, a lovely lady, who was kind and talented, a sharing member of our group.

Here are a few photos of our efforts over the last few months. Every January we recreate from recycled Christmas cards, and from a die-cut jigsaw puzzle we made a novel greeting card. Painting pebbles was great fun, and the 'gonks' were made to hang on our Christmas trees. *Yvonne*



Ramblers – a Walk in the Woods

We met at 9.20am at the Millennium Centre, all dressed for rain. There were eight of us and we divided the group into two cars: 3 gentlemen and 5 ladies.

We drove towards Danbury, turning left at Riffhams Lane, proceeding slowly, as it is a narrow road. We turned into the National Trust car park at Blakes Wood, and strode off down the road, passing a sign saying: 'Caution Cats Crossing!' We followed a path past fields and it was lovely to see lambs jumping about. We entered the woods, and ascended a hill, but came to a halt as John told us it was 11 o'clock, so we stood in silence for two minutes, thinking of Ukraine. It was peaceful, the birds sang happily and we'd seen no deer nor bears, and had not a drop of rain.

We were grateful to John, our intrepid leader, and we returned to Chelmsford, tired but happy.

Sue

When it comes to housework the one thing no book of household management can ever tell you is how to begin. Or maybe I mean why.

Katharine Whitehorn

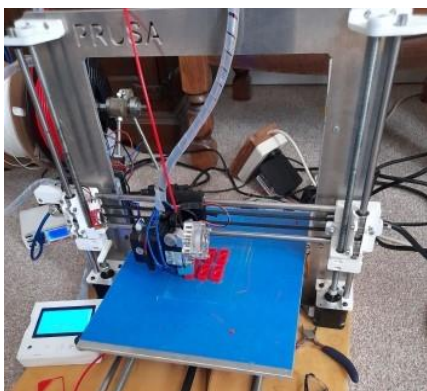
Art Appreciation

Each month members of the group choose paintings or artworks from any era and any part of the world on a suggested theme. These are displayed on a screen and the person who chose each picture talks briefly about it - either giving some historical context, talking about techniques or just explaining

why they do or do not like it. This then opens up interesting discussions. Sometimes everyone contributes a picture and sometimes just two or three people. Themes have included 'earth', 'water', 'blue', 'passion', and we get a wide variety of pictures and a wide variety of opinions. Some of us 'just know what we like' and some are well travelled and knowledgeable, but everyone learns from each other and we often find things to smile about. Meadgate Church Centre has a lovely cafe where we meet beforehand and then sometimes have a bite to eat afterwards so we really are meeting the u3a mission of learning, laughing and living. *Debbie*



IT and Computing



We are a friendly and welcoming group who meet once a month, still mostly on Zoom, to discuss a subject which one of us has researched, often knowing very little about the subject before the research. As we are currently on Zoom then we currently have no limit on numbers.

Subjects we have recently covered are heat pumps and solar panels, pros and cons, costs and how they work. We have discussed WhatsApp, Facebook, Messenger etc. We have had outings to member's gardens where we have tried out 6-seater tricycles and a mobility scooter. Another

time we looked at electric cars owned by members and friends. More recently we have looked at scams and what to do if affected by one.

Another meeting was when we unusually had a guest speaker along to demonstrate his various 3D printers. That was great fun as we saw a small item being built and could try out the pieces that the guest speaker had brought along.



As you can see, we look at a variety of subjects. Future subjects will cover Rare Earth Elements

(REE) and ChatGPT.

You are welcome to join our Zoom meetings to see what happens in a session. Just contact me and I can send you the link.

Loretta Riddell - Loretta647@hotmail.co.uk

If you never change your mind, why have one?

Edward de Bono

Gardening

Our last Garden group meeting had a theme that was guided by the season: Apples

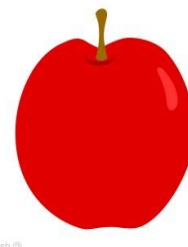
However, it was not focused on any ordinary apples. The afternoon centred around 20 historic varieties of apples which were mainly supplied by the Mount Holly Orchard. The bulk of these apples had hung on trees that are over 100 years old. It had taken years of detective work to establish each variety's name.

Here is a list of the varieties that were put in front of our members:

Adam's Pearmain	D'Arcy Spice	Herring's Pippin
Bismarck	Dumelow's seedling	King of the Pippins
Blenheim Orange	Ecklinville Seedling	Parker's Pippin
Bramley's Seedling	Emneth Early	Queen
Claygate Pearmain	Golden Winter Pearmain	Norfolk Beefing
Cox Orange Pippin	Gravenstein	Warner's King
Cox Pomona	Worcester Pearmain	

There followed a crash course in apple identification.

The first step was to sort them. As experienced gardeners, the groups had soon cleared the scrambled mess of apples and put all apples of one variety in each of their respective baskets.



The next step was to name the beauties. Members only had a truncated form of written information on which pomologists rely for their identification endeavours. The groups worked with a systematic joint effort and soon every basket had its correct name tag. The next part of the afternoon was dedicated to selecting the best tasting apples.

The first round produced the following list of winners:

Adam's Pearmain, Cox Pomona, Golden Winter Pearmain, Gravenstein, King of the Pippins

Any of these historic apple varieties are nowadays easily available through nurseries that send out grafted trees on any sort of rootstock you like. There is one exception though – it was the Golden Winter Pearmain and this was the overall winner for tasting properties.

Members chose the Golden Winter Pearmain over the King of the Pippins due to the tannin content of the latter. However, in the world of pomological experts the Golden Winter Pearmain and the King of the Pippins are considered to be identical varieties (along with the Reine de Reinettes of France).

While the King of the Pippin apple specimens came from the original Mount Holly Orchard, the Golden Winter Pearmain came from a small nursery in Bedfordshire called Apple Revival. Unfortunately, they seem to have ceased trading. So, if you would like to mark the birth of a grandchild or another special occasion with this particular tree, you might have to send somebody with grafting skills to the Mount Holly Orchard.

Overall, a lot of doctors seem to have been kept away on this particular afternoon! *Maïke*

I'm an optimist, but an optimist who carries a raincoat.

Harold Wilson

VARIETY, VITALITY, VERSATILITY, VICTORY! Music Performing

From the opening item- "Ashokan Farewell", played on Flute and piano by Val and Jane, to the closing one, "He had to get under, get out and get under (!) - Alto Sax and piano- John and Ken, this programme displayed the usual variety of musical styles and genres.

Every item was a highlight in its own way, and, as comparisons are odious, I'll just list a few!

VARIETY- A beautiful combination of chromatic harmonica and guitar to produce some Klezmer music, a Latin-American Tango on violin and piano, followed by a saxophone duet (featuring Davina, Gerry, Bruce, Lynley and John)

The first half closed with a lovely rendition of "An English Trio" by a very underrated composer, Alec Rowley, given by Sam, Lynley and Pam.

After a quiet and reflective start to the second half (Mozart played by Ken), we had variety in the form of Sam, who had already played the violin, showed her versatility by playing a cello duet with Lynley.

There was no singing group this time, alas! Instead we were entertained by John's light baritone voice in a selection of songs. After a much- awaited duo of Lynn and Jane (Sax and piano), the performance closed in a lively, jazzy fashion!

A rather depleted meeting this time- but a most enjoyable one! *Ken*



To be or not to be. That's not really a question.

Jean —Luc Godard

Creating Cards

This group started last year for people who wanted to venture into the intricacies of modern card making.

We have been meeting for several months and here are photos of some of our work. We are a group of 5 ladies meeting in our own homes once a month; it's been enjoyable and productive. Sadly, one of our group Judy Robinson (who was also a member of arts and crafts group) passed away in the autumn. She had all the best human qualities in abundance and is greatly missed by us all. *Yvonne*



Family History

The family history group still thrives and has so many helpful members! This year we have had two films about Essex past – the first one starting with film clips from 1912 [some very early films] and to WW2, and the second one from the 1940s to the 1960s, so we saw how Essex had changed from a mostly rural area, a bit like Suffolk, to one where some places were becoming built up. The 1912 film even this clip of the film of this wedding in Widford. <https://eafa.org.uk/work/?id=1868>

But, why oh why, does the sun shine – no matter what time of year - when we want to use the projector?? Thanks to Lesley who brings along her projector, Pauline who has loaned us a DVD player, and to Rodger who brought along a projector stand.

We have a programme for the rest of the year - in March we welcomed Lieutenant Joseph Taylor Clark of the 28th (North Gloucestershire Regiment of Foot) with a talk called 'from Cumberland to Waterloo'. He comes in role as his ancestor and dressed in uniform. We shall need to keep fingers crossed that nothing happens to prevent him coming this time – he had to cancel at the last minute as he had emergency dental surgery!!

In April we have a change of title after Shirley was given the idea from someone who had found it very successful – “Was your ancestor naughty?” [I believe my great-great grandmother was – there is no other explanation for what I have found!]. In May there is a return visit from Toni Neobard from Hawkwell u3a; in June – a visit to the Combined Service Museum in Maldon; in July a research session at Galleywood Heritage Centre; in September a zoom talk from the National Memorial Arboretum [too expensive to have a speaker travel to Essex!]; in October, Paul Nixon from Find My Past with a talk about the 1921 census; in November – “The great war in colour – catastrophe” and then in December our planning meeting, a swap shop, refreshments and “Do you remember?”. So, a busy year! If you would like to come along to any of our meetings to see if you like us, please do! *Linda*

Life's most persistent and urgent question is, 'What are you doing for others?'

Martin Luther King, Jr.

Sketching and Painting

Here are just a few examples of our recent work:



At last there are signs of Spring, although the winds on this side of country still manage to blow bitterly cold but those little snowdrops and spring bulbs are certainly making us all smile and feel there is a hope of lighter nights and warmer days!

The group has had good attendance throughout the winter months despite the usual colds and flu, and I'm pleased to say we have welcomed two new members to the group who have brought their own ideas, styles and enthusiasm to share with us.

We were very saddened to lose our dear friend Terry Bailey who recently passed away. Apart from his many attributes, Terry was a very talented artist whom we all admired and looked up to - we will miss him so much.



The group enjoyed an 'Away Day' to Wallasea Island in August last year where we were free to sketch the beautiful landscapes across the River Crouch, The Marina and Essex countryside with a break to enjoy a very tasty lunch at the Marina Cafe - enjoying the view across to Burnham on Crouch

We hope to arrange another similar day this year within Essex where we can make the most of this beautiful county for some work outdoors.

We all contribute something to the group in the way of ideas, topics, styles, and preferred mediums, but more than anything we offer enthusiasm and a friendly atmosphere. *Jacquie - Co-ordinator*

Low-cost easy lentil soup

Lentils are cheap and packed with goodness. The soup can be frozen in small batches. It serves about six – eight people. Lots of chopping I'm afraid!

- 1 tablespoon olive or vegetable oil
- large onion – finely chopped
- cloves of garlic – chopped
- 4 sticks of celery – finely chopped
- 3 large carrots – peeled and finely chopped
- 150g (5 and a half oz) red lentils
- Salt and pepper
- 3 and a half pints of vegetable stock
- Crusty bread and butter to serve (optional)

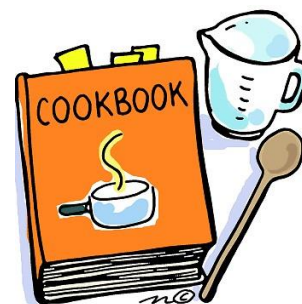
Method

Heat the oil in a large pan over a medium heat. Add the onions, garlic, celery and carrots. Cook stirring until starting to soften.

Stir in lentils and season with salt and pepper.

Pour in stock and bring to the boil then reduce to a simmer and cook loosely covered for about 45 minutes or until the lentils are tender.

Remove the pan from the heat. If you like a smooth soup, use a stick blender to blend until smooth. Enjoy hot with crusty bread and butter, if liked. *Helena*





Q—In which hobby /pastime would you encounter the following 4 terms—slip, pattern, gauge, skein? (Answer at the end of this article)

This is one of the questions posed at a recent quiz by our main quiz inquisitor and group co-ordinator, Jeff. A few days earlier we had received our “homework” marathon to try to do before the next group meeting. This homework contained a list of cryptic clues where the last word of one answer formed the first part of the next answer. An example being a 7 word phrase/title answering the clue: Hit by Clarence Frogman Henry.

Hopefully this gives you a flavour of what the Puzzles and Quizzes Group gets up to help keep our brains ticking over. Quizzes and puzzles have ranged far and wide and often require reference to the magic of Google to try to discover an obscure picture of a remote location that few of us will ever have visited. In doing so, it's easy to go off on various tangents and discover things that we never thought we wanted to know but are nonetheless fascinating. We've also been traumatised by Dingbats, Ditloids, Capital Cities, Essex places, ceaseless cryptic clues (sometimes even in crossword format). Even when we can't find answers to the marathon questions, we enjoy joining the zoom sessions to hear the explanations of what we've done wrong and just how warped the quiz-setter's brain is.

P&Q is one of the groups started during lockdown using Zoom to allow virtual meetings. This way of working has proven so popular that we decided to stay with the same format even when physical meetings became possible. It shares the distinction, with Early Popular Music, of being one of only 2 groups where you've never had to leave your own house to join in. This makes it accessible to anyone who would have difficulty attending a physical meeting and also means that it reliably finishes in less than one hour.

Each meeting starts with Jeff giving us answers to our homework. Part of the fun comes from the occasional (?) disagreements over the answers provided and individuals defending their own answers. A recent example involved deciding which of this group of numbers was the odd one out

1286 2371 3560 4686 5786

Jeff's answer was 4686 – can you spot why? However it was pointed out by more than one person that 2371 was the only odd number and also that 2371 was the only prime number. As Jeff is the final judge and does occasionally admit alternatives (usually depending on the strength of the protest!), there were three acceptable answers allowed – but nobody got Jeff's. Having marked our homework, we then move on to a verbal quiz, which usually continues the theme of the marathon, but with no time to use anything other than the ageing grey matter. At the end, all marks are totted up and an overall winner accepts virtual plaudits from the others. All good clean fun without having to move from the comfort of your own home. Why not try it and enjoy the mental challenge?

A final word of thanks to Jeff for his devious puzzles and quizzes and good-humoured responses to all the banter.

Maurice Crockard - Roving Reporter

Comments from group members :-

“The quiz has a different theme every month, some subjects you think you know nothing much about, but seem to manage a reasonable guess at the answer, other times you think it's a subject you think you know a bit about, but find out that you don't know as much as you thought you did! Whatever, it doesn't matter, it's a very enjoyable hour.”

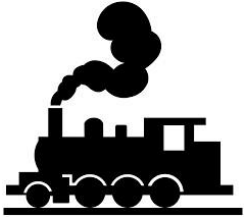
[Answer to the initial question: knitting. Reasoning behind Jeff's number exception – multiplying the 2 inner numbers together will give the outer.]

Life is really simple, but we insist on making it complicated.

Confucius

A New Group?

How much interest is there amongst B&G members in forming a **new transport group**? I envisage meeting monthly with one or maybe a few members talking about any aspect(s) of transport that they choose. We could go on occasional visits, perhaps to museums but definitely not sitting on a bridge watching traffic on the A12 unless there is a clear purpose!



Transport is a broad subject so there is a lot that could be discussed: land/air/water (even space?), past/present/future, cattle class/luxury, human/animal/wind/steam/ internal combustion/jet/electric, carrying people/goods/military, emergency services, famous accidents, safety, training, careers, manual/automated, stories, environmental aspects, accessibility, integration of different transport modes/networks, famous companies, and maybe even potholes.



In order to start this group, I need some spare time, and I hope to find this by stepping down from the B&G committee later in 2023, by which time the new committee will have wind in its sails and be firing on all cylinders.

Please get in touch with me if you are interested in joining this group, and feel free to say what your interests are. If there are only a few responses, not enough to sustain a group, then it may be possible to form a joint group with other local u3as.

Alan Cullen, alan.cullen@talk21.com, keen on maritime and generally interested in transport.

DAY TRIP TO The De Havilland Aircraft Museum (near St Albans) and Waltham Abbey
Wednesday 23 August 2023 (all day)

We are organising another u3a coach trip this year, on Wednesday 23 August, as follows:

Dedicated 2 hour guided tour of the Museum, conducted by one of their team of experts, after Tea/coffee and biscuits.

You can see 20 military and civilian aircraft, including the iconic Mosquito and the world's first commercial jet airliner, the Comet.

As well as artefacts and materials to handle, there are equipment demonstrations and rare film clips and newsreels. Volunteer guides will be pleased to assist.



- Lunch break (at own cost or bring a packed lunch)
- Travel to Waltham Abbey, with a guided tour of the Abbey Church
- Leaving at 9am from the carpark of the Millennium Centre in Great Baddow
- Second pick up in Galleywood at 9.15am (possibly from the Skinners Road carpark)
- Return to Chelmsford (Galleywood and Great Baddow) around 5pm
- Cost, including the 2 guided tours: £40 per person

Please let Martine Compton or Trevor Hannington know of your interest as soon as possible.

Do your little bit of good where you are; it's those little bits of good
put together that overwhelm the world.

Desmond Tutu

MAIN MEETINGS: SUBJECTS / SPEAKERS

5th June	A History of Early Films	Howard Slater
3rd July	The Poetry of Philip Larkin	Dr Charles Lee
7th August	Hearing Help Essex	Sophie Ede
4th Sept	The Bronte Connection in Essex	Margaret Mills

All meetings will be held at Keene Hall, and also shown on Zoom

Speaker Report

Now that all Covid restrictions have been lifted we are pleased to hold our meetings at Keene Hall again with live speakers and with the speaker's permission we are able to zoom the talk to members who are not able to attend for various reasons. My thanks go to Alan and Roy who organise the technical link with the speakers.

Perhaps some interest group organisers may be able to offer lifts to their members who need transport to the main meetings. We now have about 50 to 60 members attending the meetings who enjoy the live presentations and the social interaction afterwards. Because of the coronation, there is no meeting in May.

Liz Curley has taken over responsibility for organising the refreshments and would like to receive any volunteers who are available to make the teas and coffees each month.

The meeting on **5th June** has a title change. It will now be '**History of early Films**' Perhaps we can have a London Tours talk next year followed by a visit to London?

On **July 3rd** Dr Charles Lee will tell us about '**The Poetry of Philip Larkin**' and on **August 7th**, Sophie Ede from '**Hearing help Essex**' will tell us about the support they give to local people with hearing difficulties. My thanks go to Sue Nelson who has volunteered to take on the Speaker Secretary position from me on the new committee.

Di Angel

GALLEYWOOD MEN'S SHED NEEDS YOU

A GROUP OF GALLEYWOOD RESIDENTS IS TRYING TO SET UP THIS VALUABLE GROUP FOR OUR COMMUNITY BUT WE NEED MORE SUPPORT

Why a Men's Shed?

It's been well publicised that men are in a greater risk of loneliness than women.

At a local level it has been identified that men simply aren't as well engaged when it comes to (non- sporting) clubs, groups and other social/community initiatives when compared to women. Nationally, 1 in 5 men die before the age of 65 and this statistic has been unchanged for almost a decade.

This is why The Galleywood Men's Shed is focused on improving the health and wellbeing of men.

Increase Relationship Skills

Along with getting valuable practical skills you will add some connections with other volunteers.

Learn More Valuable Skills

You can learn new valuable skills. Sheds are about social connections and friendship building sharing skills and knowledge, and of course a lot of laughter.

You Can Meet New Friends

You will meet friends who have one common goal. Try to share the experience.

Find out more information

Admin@galleywoodparishcouncil.gov.uk 01245 348756 Join our facebook page

This information has been copied from that published in the winter edition of The Grapevine.

INTEREST GROUP PROGRAMME

DAY		1ST	2ND	3RD	4TH
Monday	a.m.				
	p.m.	General Meeting	Photography German Conversation	I.T. & Computing	Poetry Appreciation
Tuesday	p.m.	Table Tennis Scrabble	Canasta Table Tennis	Table Tennis	Table Tennis Canasta
Wednesday	a.m.	Italian Language & Culture Walking 1 Painting & Sketching	Italian Language & Culture Painting & Sketching	Italian Language & Culture Strollers Painting & Sketching	Italian Language & Culture Painting & Sketching
	p.m.	French Conversation Mah-jong	Early Popular Music	Mah-jong	Spanish Local History
Thursday	a.m.				
	p.m.	Bridge Gardening	Bridge	Bridge Discussion	Bridge
Friday	a.m.		Arts & Crafts Art Appreciation	Walking 2	Rambling
	p.m.	Music Performing Book Group Creative Writing	Family History Cribbage	Creating Cards	
Saturday				Weekenders	
Sunday		Weekenders			

Published April 2023

Music Performing: July 15th, Sept 30th, Dec 9th

