



Broomfield & District

Newsletter May 2023

GROUPS:

- Badminton
- Beer Appreciation
- Book Group
- Bus Pass
- Canasta
- Cookery
- Gardening (with Chelmsford U3A)
- Geology
- Health Matters
- History
- Jazz Appreciation
- Lacemaking
- Natural History
- Needlework
- Photography
- Scrabble
- Table Tennis
- Ten-pin Bowling
- Ukulele
- Walking

WEBSITE

<https://u3asites.org.uk/broomfield>

EMAIL - broomfieldanddistrictu3a@gmail.com

From the Chair

Welcome to our May newsletter.

Now the weather is improving its time to do battle with the weeds – why do they grow so much better than the bedding plants?

Last month we had a very interesting talk from Malcolm Taylor on walking the Camino, my feet are still sore from the thought of it.

At our May meeting our very own Faith Marchal is going to talk to us about slavery & its abolition 'Abolition! When freeing slaves was illegal'

Don't forget Sunday 7th May 12.00-16.00 Broomfield fayre, we will be having a stand if you would like to help out, please speak to one of the committee, or just pop along & say hello.

Please remember to let Peter Radford know if you are coming to the meeting, this helps us when we are setting up the tables and if you could sign in on the forms on the tables this allows us to keep a track on numbers.

Don't forget your mugs and badges.

Remember it is your u3a branch & we want you to have your say on what goes on.

Best wishes Jim Jenkins

MONTHLY MEETINGS

Please note: the Meeting is open and refreshments are available from 1.45pm. The speaker is scheduled to start at 2.15pm.

Please ensure you have confirmed to Peter Radford (peterradford799@btinternet.com) that you wish to attend, no later than midday on Tuesday 9th May.

The revised arrangements we have made over the last meetings seem to have worked well. Seating at well separated tables with lots of circulation space, rather than in close rows, besides reducing risk, has contributed to a more convivial atmosphere.

Raffle proceeds have been a great help towards covering (increased) hall hire charges.

Meeting Schedule - 2023

10 th May	Abolition! When freeing the slaves was illegal	Faith Marchal
14 th June	Bazalgette and the Great Stink	Jef Page
12 th July	Dr. Livingston, I presume	Fran Sandham
	<i>There is no meeting in August</i>	
13 th September	Fun with English	Tim Moorey
11 th October	Thomas Becket and Henry II	Dennis Eraut
8 th November	Don't Eat the Cabin Boy	Toni Neobard
13 th December	50 Years in Rock and Roll	Alan Goldsmith

Calendar for May and June

(Times, locations and contact details can be found in the individual Group reports.)

		1	2	3	4	5	6	7		
May		Canasta		LWGC	Ukulele	Lacemaking			May	
		8	9	10	11	12	13	14		
			Walking	u3a Meeting	Table Tennis					
		15	16	17	18	19	20	21		
		Badminton Canasta	Health Matters Natural History		Ukulele	Lacemaking				
		22	23	24	25	26	27	28		
		Badminton Book Group	Geology		Garden Group Scrabble Table Tennis	Bus Pass				
		29	30	31	1	2	3	4		
				Ukulele	Lacemaking			June		
June		5	6	7	8	9	10			11
		Badminton Canasta			Table Tennis					
		12	13	14	15	16	17			18
		Badminton	Walking	u3a Meeting	Photography Ukulele	Lacemaking				
		19	20	21	22	23	24			25
		Badminton Beer Appreciation Canasta	Health Matters Natural History		Scrabble Table Tennis					
		26	27	28	29	30	1			2
		Badminton Book Group				Lacemaking			July	

Notes and Notices, May 2023

Introduction

I hope you don't need it but a member of our committee spotted that there is an organization called Circle Adult Bereavement Support, which meets from 10:30 12 noon on the second and fourth Tuesdays at the Sweet Pea Café, 74 Springfield Road, CM2 6JY. (If anyone knows more about them or has experience of them, please let me know.)

Talks and Events

In May, Gresham College is celebrating the Coronation with a lecture on the history of British coronations by Dr Alice Hunt. Also this month, Professor Victoria Baines will address human issues in the IT sector in "Cybersecurity for Humans and the representations of cyber threats". Professor Raghavendra Rau will look at the hot topic of "AI in Business". In "Do We Need the Police?", Professor Leslie Thomas KC will weigh up the state of and alternatives to a police force. Delving into more Unexpected Mathematical Lives Professor Sarah Hart looks at "The Mathematical Life of Florence Nightingale" by exploring the importance and legacy of her work. Finally for this summary, continuing her fascinating A Cultural History of Disease, Professor Joanna Bourke will deliver two lectures on "Dementia: A Cultural History", and on "AIDS: A Cultural History". Full details can be found at: <https://www.gresham.ac.uk/whats-on?see-all>

The final talk of the Historical Association's Essex Branch's 2022/2023 season is entitled "From Soviet to Independent Ukraine" and be given by Dr Felix Schnell, of University of Essex. It is at 2:30pm on Saturday 13th May. As ever this will be held in Trinity Methodist Church, Rainsford Road, Chelmsford CM1 2XB and will also be available live on Zoom <https://us02web.zoom.us/j/89012164046> the meeting ID is: 890 1216 4046.

Fraud

Beware of ads in search results, as they could lead to phishing websites

<https://www.which.co.uk/news/article/scammers-are-buying-up-adverts-on-google-to-trick-next-tk-maxx-and-zara-customers-aOrT06X41k3V>

If you use Microsoft, you might notice alerts on your Hotmail account tell you that you're over your storage limit – but be careful, fraudsters are sending fake 'storage full' emails to try to scam you.

<https://www.which.co.uk/news/article/scammers-are-targeting-microsoft-users-with-storage-full-emails-arQB50f2afx4>

Money Matters

In case you are planning a continental holiday, Radio Times reports that iconic attractions like the Eiffel Tower in Paris and the Trevi Fountain in Rome are particularly popular with pickpockets as they can move more inconspicuously amongst larger crowds.

<https://www.radiotimesmoney.com/news/european-destinations-you-are-most-likely-to-get-pickpocketed/>

Closer to home, it's bad enough being in a car accident but finding out you've been hit by an uninsured driver can make the situation even worse - especially if you need to claim for damages. Sadly, with around one million uninsured drivers on the road, it's an all-too-common scenario. Here's what to do if it happens to you.

<https://www.mustard.co.uk/car-insurance/guides/what-to-do-if-youre-hit-by-an-uninsured-driver/>

and finally ...

Are you planning a bank holiday barbecue? Which? has a simple step-by-step video showing how to easily clean your barbecue grills using just two cheap everyday products.

<https://www.which.co.uk/news/article/watch-how-to-clean-your-barbecue-a2nG77t49AsY>

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

BADMINTON

The next session will be on Monday, 15th May between 12 - 1 pm at the Chelmsford Sports Centre. Further dates for May and June are as follows: Monday, 22nd May, 5th, 12th, 19th and 26th June.

Barbara Bartlett

BEER APPRECIATION

We had an excellent meeting at The Orange Tree in April, with an almost full house. As anticipated, there was an excellent choice of ales from near & far (well Chelmsford/Colchester, Manchester & Cornwall). There was an excellent beer that several of us tried (Supernova) unfortunately, as we were spending time appreciating it, we failed to take a note of the brewery responsible (there are at least five that produce a beer of that name!!).

Whilst we are on the subject – a recent study of beer drinkers by the University of Murcia found that of the 33,000 individuals they studied ninety per cent rated their mental health as “good” compared to 80 per cent of non-drinkers. And 80 per cent said their physical health was good, versus half of abstainers. In fairness they identified moderate drinking as one pint of five per cent beer per day for men, equivalent to three units, and half a pint for women or 1.5 units (all the beers we sampled were less than 5%!!).

Unfortunately, due to an overwhelming conflict of dates we will not meet as a group in May but since it is good for you – keep up the good work!

Malcolm Taylor

BOOK GROUP

We met on Monday, 24th April in Broomfield Library to review ‘Snap’ by Belinda Bauer. A woman being menaced by a knife wielding home invader is connected to a string of burglaries in a quiet bedroom community and the brutal murder that left three children motherless three years before. Once again members were divided in their opinion of the book and the average score was 6/10.

Our next meeting will be on Monday, 22nd May at 2.30 pm in Broomfield Library where we will be reviewing ‘Into the Blue’ by Robert Goddard.

Our June meeting will be on Monday, 26th.

Barbara Bartlett

BUS PASS

Thirteen of us enjoyed a visit to Hanningfield reservoir at the end of April. The cold weather meant the bluebells in the nature reserve were still coming out but they were looking good nonetheless. We were fortunate with the weather and all had pleasant if somewhat muddy walks through the woodland with good food along the way or in the Old Windmill pub before catching the bus home.



On Friday 26th May we'll visit White Elms Garden Centre where there should be lots of summer bedding to tempt us, though it's not easy to carry when travelling by bus so don't buy too much! There is a large tearoom as well as various independent businesses.

We'll follow this up in June with a visit to the RHS gardens at Hyde Hall to see how the experts do it. There is always so much to see and the roses will be at their best. There is a reduced admission charge for non-members arriving by bus. Put the date in your diary, Friday 30th June.

Details of both trips to follow nearer the time to those on the mailing list. Please get in touch if you wish to be added to the list - please note my new email address.

Carol Greatrex

CANASTA

The Canasta Group has restarted, meeting on the 1st and 3rd Mondays as before shut down. This is for information only as we are full and I cannot accept anyone else into the group.

Marie Mackie

COOKERY

Things are still on hold.

Pat Radford

GARDENING

The Chelmsford U3A Gardening Group is going to Ulting Wick for their outing on Thursday 25th May. The price is £12 to include entrance and tea and cake. The postcode is CM9 6QX. Meet there at 2:00. If there is anyone who would like to join them, I can give contact details.

Little Waltham Gardening Club has a talk and demonstration on Hanging Basket and Container Planting for Summer on Wednesday May 3rd. They meet in the Memorial Hall, Little Waltham at 7:30pm.

GARDENING (continued)

The LWGC programme of summer outings begins on Wednesday June 7th with a trip to Sandy Lodge in Halstead. It is a ¼ acre garden and is the winner of Ideal Home Best Reader Garden. The address is Sandy Lodge, Howe Drive, Hedingham Road, Halstead, CO9 2QL. Contact me if you would like Maggie Williams number for further details.

Pat Radford

GEOLOGY

We all got stuck in the London Clay at our last session, to be relieved when more sandy material came in to cap it as the deltas advanced from the west. We learnt that the shrink - swell nature of the Clay is due to the large amount of volcanic ash, spread through it, that very easily takes water in and swells and then dries out and shrinks.



Next comes a big time gap in the sedimentary record of Essex - and almost all of the British Isles. Africa was converging from the south and crumpling up the rocks to bring them above sea level. We just have a few enigmatic concretions called boxstones, that sometimes contain fossils and some coprolites that were once thought to be fossil poo. And also those rather large sharks swimming where the North Sea is now! They are found at the base of the much later Red Crag deposits. We shall look at and discuss these at our

session on Tuesday 23rd May, 2:00pm. We look forward to seeing you there - new members are welcome and do bring any mystery rocks too.



Ros & Ian

HEALTH MATTERS

At last month's meeting, we talked about how to reduce the possibility of us *Falling Over* with lots of practical tips given. We practised walking with trekking poles and tried the best ways for sitting down and getting up' as well as checking our blood pressure to see if we might have postural hypotension!

For our next HM group meeting (16th May [the third Tuesday of the month] at 2.30 pm at the Pavilion, Great Waltham CM3 1DF), we will hear about the work undertaken by 'Age Well East'. This Colchester-based charity advises and provides practical information to people of our age so that we can overcome some of the problems of loneliness and to improve our quality of life.



New members are always welcome but please contact me first.

Gill Sturman

HISTORY

In April, 35 members of Broomfield U3A visited Sudbury and were met by two Blue Badge Guides who proved both engaging and informative. Currently, Sudbury is the leading silk manufacturing town in the UK, producing 95% of the country's silk, much of which is exported.



In the 15th century, Sudbury, like many market towns in East Anglia, was made rich by the wool trade, as is reflected in the number of fine timbered houses that belonged to the wool merchants. In the 17th century, across the Channel in France and Flanders, laws of religious tolerance were changed which led to the persecution of Protestants, many of whom fled to England. These refugees brought with them many skills, including silk weaving. Many settled in the Spitalfields area to continue their trade. Later, together with the limitation on wages, taxes and the import of cheap silk from abroad, many silk

workers moved out into East Anglia where there were trading connections already in place from the now declining woollen industry. Thus towns like Sudbury, Halstead and Braintree became hubs of silk manufacture. By the mid-19th century, records show that in Sudbury there were 4 silk manufacturing companies and 600 looms.

Silk weaving began as a cottage industry, involving the whole family. Our guides pointed out the three-storey high houses with large windows where this took place. As the trade flourished, larger 'manufactories' were built, again with large windows, and to accommodate the increased number of workers. Sadly, we were unable to visit a silk factory due to health and safety regulations. When this trip was first booked in 2019, it was then possible to visit just one silk retail outlet, but that closed due to Covid. However, our guide produced several samples of beautiful silk for us to inspect. The silk from Sudbury was used in the renovation of Windsor Castle after the fire and also in Brighton Pavilion. Princesses Anne and Diana's wedding dresses included Sudbury silk and National Trust properties use it when appropriate.

Of course, a visit to Sudbury would be incomplete without reference to its most famous son - the artist Thomas Gainsborough, whose statue stands in pride of place on Market Hill in the town. The museum and art gallery situated at Gainsborough's birthplace has undergone a transformational refurbishment, also displaying many examples of Sudbury silk - but that is a visit for another day.

Proposed Visit to Waltham Abbey Royal Gunpowder Mills: We are considering a visit to the above in September, if there's enough interest. If you'd like to visit the Mills please let Glynn Wadeson know via e-mail or speak to Glynn or Maggie Williams at the next monthly meeting.

Glynn Wadeson

JAZZ APPRECIATION

Because of a reduction in attendees, we have decided to put the group on hold until the Autumn. Please contact me if you are interested in joining then.

Mick Fryer

LACEMAKING

Lacemaking takes place on the 1st and 3rd (and sometimes 5th) Fridays of each month from 2pm to 4pm. New members are always welcome and we have equipment available to get you going. Contact me first on 01245 440740 as parking can be a problem.

Wendy Talley

NATURAL HISTORY

A number of us set out in the teeth of a biting easterly wind to Newland Grove Nature Reserve. After the recent floods the ground was 'claggy', but on entering the Reserve, we were sheltered by the trees and bushes. We had a fleeting glimpse of a Muntjac deer and saw and heard some goldfinches cheerily singing. Making our way through the small woodland area, we were pleased to still find the usual spring flowers thriving: primroses, violets, bluebells, green alkanet, wood spurge and dog's mercury. The latter plant is an indicator that the tiny scrap of woodland we visited was once part of an ancient forest. The photographers among us found plenty of opportunities to capture Spring through their lenses.



Wandering around the reserve, we found that a great deal of work had been done by volunteers. By cutting down some of the invasive blackthorn and together with other branches, brush barriers had been made to both protect small saplings from the ravages of muntjac and rabbits, but also to form a habitat for small mammals and invertebrates. It was pleasing to find that a colony of cowslips had spread and were obviously not on the rabbits' menu.

The next meeting will be on Tuesday 16th May, 10.00 am at Phyllis Currie Nature Reserve, Great Leighs, CM3 1PE

Future meetings:

- June 20th Mini beast hunt at 13 Hearsall Avenue.
- July 18th Phyllis Curry Reserve.
- August No meeting.
- September 19th TBA.
- October 17th Hyde Hall, identify trees by leaf shape.
- November 21st Walk to Writtle from Admirals Park.
- December 19th Christmas meeting, Oaklands Park.

If you would like to join our friendly and knowledgeable group please get in touch with your email and contact telephone number.

Sue Browning

PHOTOGRAPHY



Last session's 'challenge' was 'The Mundane' The 'challenge in question being to create images of everyday life, thinking about composition and lighting. We had a number of excellent submissions, of which Carol Greatrex's entry was one.

There will be no session in May due to Glynn being away on holiday .Next session will be June 15th, 10:00am-12:00noon, at Little Waltham United Reformed Church.

New members welcome. If you'd like to find out more, please contact Glynn Wadeson, group leader.
Glynn Wadeson

SCRABBLE

Scrabble games will take place on Thursday May 25th at 2:00 pm at Broomfield Methodist Church. Please do come to join us. New members always welcome.

Cost £2.50 to cover the cost of the hire of the room.

Heather Steed

TABLE TENNIS

Table tennis is held at Chelmsford Sports and Athletics Centre, Melbourne, at £2, Thursday, 11th May and Thursday, 25th May at 11:00am. Also in June on Thursday, 8th and Thursday, 22nd at 11:00am. Please come along for to enjoy a few games together.

Jean Lock

TEN-PIN BOWLING

We hope to have positive news next month – keep your fingers crossed for now!

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group is meeting at Pat's house on 4th May at 2pm and at Jan's house on 18th May also at 2pm. If anyone wishes to join us and doesn't know the addresses, please contact me for directions. We will meet on the first and third Thursdays of June but the venues are still to be decided.

Pat Platt

WALKING

April was our first longer walk. A gentle six mile amble across the fields of Goldhanger before turning towards the coast and walking the last three miles along the newly opened England Coast Path – the latest English National Trail. The weather & company were excellent, a minor map reading error took us a few hundred yards past a turning – but we recovered! **Tip** – never tell a fellow walker about the time you missed a waymarker on the Camino, and then pass the one you should not have missed!! Ending, again, at an excellent hostelry with good menu choices.

Our May walk will be a little shorter – 4 miles – alongside (in the main) the Cripsey Brook at Moreton. A few stiles, including a “crush”, sheep, a pet cemetery and some horses before returning to the pub for lunch. We will meet in the car park of the Broomfield Royal British Legion, Saxon Way, Broomfield at 9.15am on Tuesday 9th May 2023. We shall be car-sharing, as usual, cost £2.50 each. As usual please let me know if you are coming and if you are willing to drive. Mobile 07375 604506 operative on the day.

Malcolm Taylor

GROUP LEADERS

Badminton	Barbara Bartlett
Beer Appreciation	Malcolm Taylor
Book Group	Barbara Bartlett
Bus Pass	Carol Greatrex
Canasta	Marie Mackie
Cookery	Pat Radford
Gardening	Pat Radford
Geology	Ros Mercer
Health Matters	Gill Sturman
Jazz Appreciation	Mick Fryer
Lacemaking	Wendy Talley
Natural History	Sue Browning
Photography	Glynn Wadeson
Scrabble	Heather Steed
Table Tennis	Jean Lock
Ten-pin Bowling	Lorna Stuart
Ukulele	Pat Platt
Walking	Malcolm Taylor

New Group Leaders needed!

Any proposals for new groups?

Contact the editor for inclusion in next month's newsletter *or* if you'd like to talk it over first, please contact Pat Radford, our Group Co-Ordinator.

THE COMMITTEE

Chair	Jim Jenkins	-
		-
Vice Chair & Speaker Coordinator	Glynn Wadeson	-
		-
Treasurer	Gill Sturman	-
		-
+		
Secretary	Roger Warner	-
		-
Membership Secretary	Peter Radford	-
		-
Group Coordinator	Pat Radford	-
		-
	Dick Chapman	-
		-
	Roy Perry	-
		-

Many thanks to Malcolm Taylor for continuing to act as Website Editor