

May 2020

- Art
- Badminton
- Beer Appreciation
- Book Group
- Bridge
- Bus Pass
- Canasta
- Cookery
- Gardening (with Chelmsford U3A)
- Geology
- Handbells
- History
- Lacemaking
- Luncheon Club
- Meditation
- Natural History
- Needlework
- Photography
- Scrabble
- Sunday + Club
- Table Tennis
- Ten-pin Bowling
- Ukulele
- Walking

**WEBSITE –**

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

**EMAIL -**

[broomfieldanddistrictu3a@gmail.com](mailto:broomfieldanddistrictu3a@gmail.com)

## From The Chair

Hello everyone, welcome to your May Newsletter. I hope you are all well and not finding the lockdown too difficult.

U3A members are an enterprising and resourceful group in my experience, and I'm pretty sure most of us are not short of things to occupy and stimulate us even if our bins might be getting out more than we do!

For my part, I've managed to fill a skip with junk from the garage, mow and trim, practice my photography on the garden birds and insects and on a mad impulse, signed up to an introduction to Short Story writing course run on Zoom by Bishopsgate Institute. (£20.00 discount for oldies)

I'm also a fan of YouTube, which is a fantastic resource for virtually anything! I'm currently trawling through the Pathe News film archives, and following several photography tutorials, not to mention exploring the World music scene. I never knew there was such a thing as Mongolian Metal-Rap and such good Russian folk-rock music!

It would be good to know how you've been filling your time during this strange period, and what new and arcane interests you may have been pursuing! Do let our editor know if you'd like to share and we'll include your items in the next newsletter.

Back in 1991 I (literally) bumped into the then TV celeb Mr. Motivator, at Brisbane Airport Arrivals. I see he's now doing a keep-fit course on YouTube in conjunction with U3A, and he hardly looks a day older! A great advert for exercise. We've put the link to the daily home exercise routine on the next page for those of you who may be feeling the need to get more active.

Lastly, a plug for National U3A on-line newsletter. This is a useful, regular source of information and interesting items so if you haven't already, do subscribe!

<https://www.u3a.org.uk/newsletter>

Let's hope it won't be too long before we can resume our groups and begin to meet up again.

## Notes and Notices

### Re-enrolment and membership fees

About half of our membership have already renewed for 2020/21 and we would encourage everyone else to do so. The committee envisage that some of the groups will resume activities before our monthly meetings and by re-enrolling you will be covered by the U3A insurance. If you haven't had the forms by e-mail, please download them from our website and then, once completed, send them to Gill Sturman at Chatham Hall Lodge, Chatham Green, Chelmsford, CM3 3LB with your cheque.

If you want to receive your membership badge before our next monthly meeting (whenever that is), then please also enclose a self-addressed stamped envelope.

As all our activities are likely to be suspended for some months, the Committee recognise that no one should be expected to pay for the period of suspension. Thus, we will make proposals at the next AGM to address this.

### Printed Copies

We will also be issuing printed copies of the newsletter during the social isolation period to those members we know are off-line but we cannot guarantee exactly when these can be posted.

### Climate Change Group

It appears that there was very little interest in forming this group and it has been removed from the lists. If anyone is interested in getting it going, please contact one of the members of the committee.

### Mr Motivator

The link to the first of the exercises referred to in Glynn's introduction is:

<https://youtu.be/3fMq1bXCbMY>

### Sponsored Skydive

One of our members, Carol Rolfe is doing a Tandem Skydive for Farleigh Hospice, on Saturday 11<sup>th</sup> July at Beccles. She has set up a Just Giving page, and has collection sheets if anyone would prefer to give that way: <https://www.justgiving.com/fundraising/carol-rolfe2>

**May update:** as of last week, the organisers are hoping it is still on for the 11<sup>th</sup> July. They are waiting, like the rest of us, to be told when we can start doing things. If it's not done then, a new date will be arranged. Carol says she will definitely do it at some point.

## **Learning to be Retired Course (retiring with attitude)**

The full "Learning to be Retired" course will be held in abeyance until life returns to normal. We will announce details in this newsletter, when we have them.

Anyone who would like to register an interest, or to seek more information should contact: Lesley Wood ([lesleywood54@yahoo.com](mailto:lesleywood54@yahoo.com)) or Lindsay Whitehouse ([ljwhitehouse@mail.com](mailto:ljwhitehouse@mail.com)). In particular, Lindsay is running some online sessions; contact him for further details.

## **Essex Libraries**

Whilst we are living with corona virus family, historians can search FindmyPast from home for free. Go to the library website (see below), click on "Reference and courses online", then on "Reference materials", then on "Biographical, historical and family history", and finally on "Find my past".

<https://libraries.essex.gov.uk/>

(Thanks to Carol Greatrex for this information.)

## **Inland Waterways Association**

We've been contacted by the Inland Waterways Association who, through its subsidiary Essex Waterways, is responsible for running the Chelmer and Blackwater Navigation that terminates in Chelmsford. The IWA has arranged a number of webinars that may interest U3A members. Go to the IWA home page, [www.waterways.org.uk](http://www.waterways.org.uk), which has links to the webinars as they are coming up. More information can be found by clicking first on the "EVENTS" button and then on that for "Online Waterway Talks".

## **Fraud**

Fraud is an ongoing problem, especially with the "opportunities" provided by Covid 19! There's an informative article by the company, Hargreaves Lansdown, to be found at

[www.hl.co.uk/news/articles/investment-and-pension-scams-during-coronavirus-lockdown-how-to-stay-safe](http://www.hl.co.uk/news/articles/investment-and-pension-scams-during-coronavirus-lockdown-how-to-stay-safe)

There is some advertisement material included but the bulk of it is useful advice.

**MONTHLY MEETINGS - FUTURE SPEAKERS 2020**  
**(all meetings subject to confirmation)**

13 <sup>th</sup> May	<i>meeting cancelled *</i>	
10 <sup>th</sup> June	<i>meeting cancelled *</i>	
8 <sup>th</sup> July	Wildlife Photography	Tom Way
12 <sup>th</sup> August	to be decided	
9 <sup>th</sup> September	How to do Everything and be Happy	Peter Jones
14 <sup>th</sup> October	GOSH (Gt Ormond St. Hospital Charity)	Mark Stephenson
11 <sup>th</sup> November	British Humour in the forgotten Art of Picture Postcards 1840's-1960's	James Taylor

\* The talks originally scheduled for the 8<sup>th</sup> April, 13<sup>th</sup> May and 10<sup>th</sup> June 2020 should now be given on the 14<sup>th</sup> April, 12<sup>th</sup> May and 9<sup>th</sup> June 2021, respectively.

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## **BROOMFIELD & DISTRICT U3A – GROUP REPORTS**

### **ART GROUP**

This Group has only met on two occasions but it is promising to be a very successful Group. Now our members have a great opportunity to try out their skills during our 12-week isolation period! We will meet again as and when we can, in the meantime, happy painting!

Barbara Bartlett

### **BADMINTON**

This Group is suspended until further notice. Until we can meet up again may I wish you all a relaxing and stress-free self-isolation.

Barbara Bartlett

### **BEER APPRECIATION**

We had hoped to have a virtual meeting but unfortunately that was not to be, however members have been exchanging notes! One or two American IPAs plus a citrus based beer (not to everyone's taste). Wychwood (of which more later) & Badger beers seem to be popular.

The lockdown has encouraged all of us of undertake those tasks put to one side. As far as group members are concerned this has meant that previously unknown quantities of "fizzy" wine and 'ancient' beers have been discovered.



Into the latter category may be placed a stock of Belgian beers produced, originally, by monks of the Trappist & Carmelite orders. This led to an interesting on-line discussion of the varying strengths – Dubbel = 7% (Wychwood's King Goblin is 6.6%, whilst Morland's Old Crafty Hen is 6.5%), Trippel = 8.4% (the Carmelite, a beer better suited to summer!!) and Quadrupel = 10%. This probably makes them more akin to our barley "wines" such as Samuel Smith's Stingo (8/9%) which is why they are sold in smaller bottles. Having said that I do have fond memories of sitting in Brussels' Grand Place & Bruges Markt on a sunny afternoon with a large glass of something 'monastic'!

Our next meeting should be on Monday 18<sup>th</sup> May – if you are interested in trying for a virtual meeting again please let me know.

Malcolm Taylor

### **BOOK**

As we are suspended for the foreseeable future this is a great opportunity to catch up on those books you've got stashed away! If you have access to the internet, you can always get your books online from the library, if you need help with this please contact me. Until we can meet up again may I wish all Bookworms a relaxing and stress-free self-isolation.

Barbara Bartlett

## **BRIDGE**

I hope you're weathering this self-isolation tolerably well, and have found enough to occupy you. If anyone is interested in 'No Fear Bridge', please let me know and I will give you a link for joining. Take care of yourselves - keep safe and happy.

Melanie Pimm

## **BUS PASS**

Future plans for our group included a visit to Halstead on Wednesday 17<sup>th</sup> June to go to the museum, antiques centre or just to enjoy "Halstead in Bloom", followed by a trip to Mersea on Friday 17<sup>th</sup> July. We shall have to wait and see when it is safe to socialise again.

Carol Greatrex

## **CANASTA**

The Canasta Group normally meets on the first and third Mondays of each month at 2:00 pm.

Marie Mackie

## **COOKERY**

We shall miss our monthly gatherings as they have become sociable events. We look forward to meeting again, hopefully in the strawberry season!

Jacqui Barnaby

## **GARDENING**

The next gatherings of both the Chelmsford U3A Garden Group and the Little Waltham Gardening Club are likely to be visits but, as with everything else, they all depend on when we are released from lock-down. More definitive information will be given nearer the time.

Pat Radford

## **GEOLOGY**

A large number of the group managed to download the PowerPoint presentation on the Granite Controversy - well done! It did not seem to cause too much controversy as I did not have many questions or maybe you were just completely baffled - do let me know.

(Continued on next page)

## GEOLOGY (continued)

Now that members have mastered this form of technology, we anticipate that the forthcoming presentation will be delivered live via Zoom. Don't worry - as all teenagers say, "It's very easy Mum/Nan!" Well, you just have to click on the link and hey presto! We'll see. The subject will, we hope, fill in some background



to the last talk especially if you have not been a member of the group for long. The presentation is called "Molten Earth" and looks at the Earth from its beginning. Full details will be sent to members, but if others are interested in joining in, drop me an email.



Ros & Ian

## HANDBELLS

The Handbells Group is waiting to be able to resume its activities. We would still love to have new members join us. If you're interested in finding out any more details please contact me.

Judy Molyneux

## **HISTORY**

Our planned meetings for the three months from March to May have all been cancelled! Once things get back to something near normal, we will start planning further meetings.

Sylvia Hempstead  
Jan White

## **LACEMAKING**

Normally, the Lacemaking Group would meet every first, third (and fifth if there is one) Friday of the month, at 2:00 pm.

Wendy Talley

## **LUNCHEON CLUB**

The Luncheon Club meetings are cancelled until further notice.

Muriel Whiting

## **MEDITATION**

In these unprecedented times, there will be no mediation until further notice. I can be contacted by e-mail if you wish.

Barbara Thomas

## **NATURAL HISTORY**

Subject to the obvious caveats, forthcoming meetings will be:

June - Tuesday 30 <sup>th</sup>	TBA, awaiting confirmation re pond dipping at Hanningfield.
July - Tuesday 21 <sup>st</sup>	Meet at 8:30 am for Moth identification with Graham Ekins at his home. Details to be given nearer the time.
August	No meeting
September - Tuesday 15 <sup>th</sup>	10:00 am, Back Warden Reserve, Danbury. Identify plants from their seed heads.

Sue Browning

## NEEDLEWORK



Even if we can't get together, I'm sure that your projects are being worked on. I have finished the Kingfisher cross stitch - it got quite compulsive towards the end watching the pattern gradually emerge on the blank canvas!

My next project is one I have had in the cupboard for years - a companion embroidery to the Chinese flower and bird I have on my wall - that was my Christmas embroidery for years - 12 I think - before I finally finished it when my second son was born. If this

one takes as long then it is unlikely to be finished ever!!

On impulse I looked online for some Florentine canvas work - I've always been fascinated by this flame effect in graded colours - and, guess what, it has just arrived in the post. Now I am torn as to what to work on and I have some knitting on the go too for the next little bump. Good job we are in lockdown perhaps, but I do miss our friendly chats. The world certainly does need to be put to rights now. Please send photos of your project progress to share.

Ros Mercer



## PHOTOGRAPHY

The group meets monthly, on the third Thursday of the month, at Little Waltham United Reform Church from 10:00 to 12:00.

Sessions normally fall into two halves: in the first, members share photos taken on a set theme (or ones they simply wish to share for comment) whilst after a coffee break, we have input on technical or composition issues and discussion.

The group's focus is on getting the best out of our cameras, extending our skills and our appreciation of the art of photography, and enjoying ourselves in the process.

Sessions are suspended during lockdown, but material is still shared via email and on our Flickr site, and advice is available to members via email and phone.

If you've just rediscovered your digital camera, or begun to do more with your phone camera during this last month and would like to join the group, give me a ring or drop me an email, there's no need to wait till lockdown ends!

Glynn Wadeson

## SCRABBLE

I have been keeping in contact with all my scrabble players by email or phone to see if they are well. It's great having replies to emails telling me how they are coping. Good things happening. A very few are managing to have a game but others are playing online. I've still got to get myself organised to play on my pad. Some are playing other word games together. Many are missing keeping the brain active, having an afternoon out, or, for me, an afternoon with a house full.

Heather Steed

## SUNDAY + CLUB

The Sunday + Group meetings are cancelled until further notice.

Muriel Whiting

## TABLE TENNIS

When things restart, please feel free to come and try table tennis with our sociable group at Chelmsford Sports and Athletics Stadium, Melbourne. It costs £1.50 for an hour with bats to borrow to give it a go.

Jean Lock

## TEN-PIN BOWLING

As soon as we are all allowed out again, I will let everyone know date and time for a resumption of ten-pin bowling. Details will also go into the Newsletter. Try to keep in touch by phone or e-mail, as lot of our bowlers are expressing concern regarding being isolated. Stay safe everybody!

Lorna Stuart

## BROOMFIELD UKULELE GROUP (BUGS)



The Broomfield U3A ukulele group normally meets on the first and third Thursdays of the month at the URC church in Little Waltham but we too are in lock-down. There is a good car park but lifts can be arranged if you do not have your own transport. We welcome new members and are looking for singers or people who play other instruments. We are also happy to support anyone who is new to the ukulele.

John Williams

## WALKING

The last month has been ideal walking weather and as I look out of the window it is pouring down – not ideal walking weather! To a degree that is immaterial as at this time, to varying degrees, we are in lockdown. We are thus able to plan for when we can meet again.

(Continued on the next page)

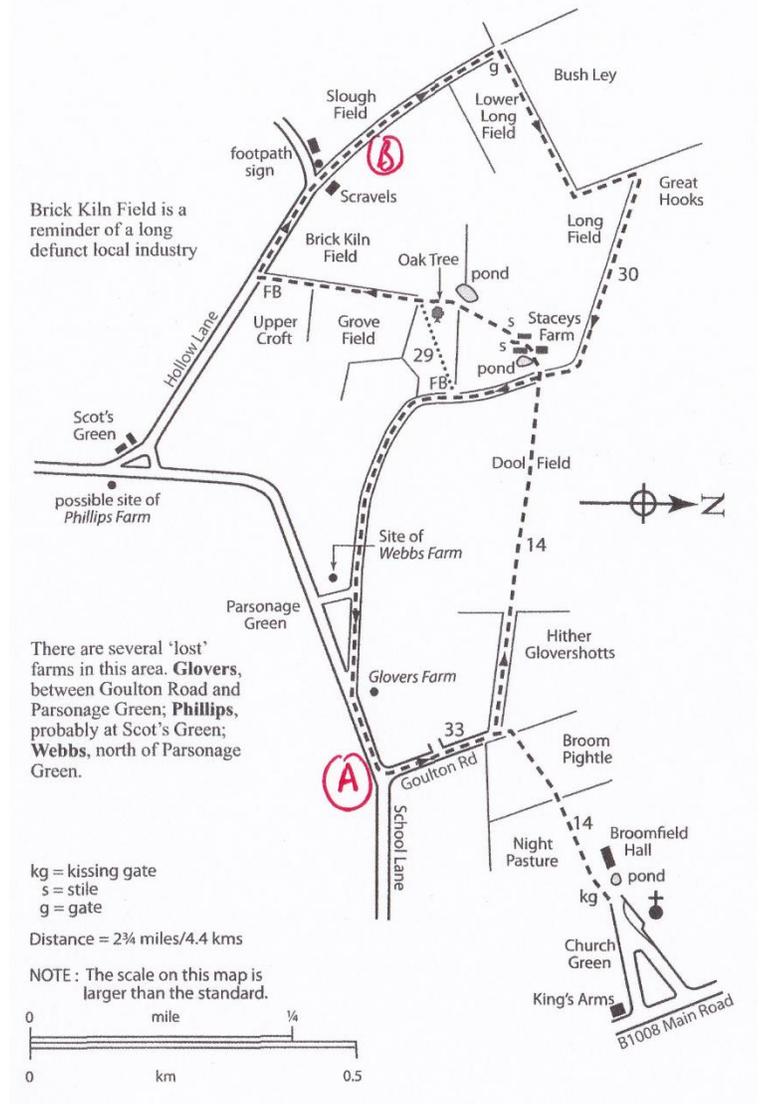
## WALKING (continued)

And plan I have been able to do, finding a variety of walks around the county – the difficulty has been finding a suitable venue for refreshment afterwards and to us walkers that socialising over the obligatory 'pint' is as important as the walk.

Within our permitted one hour's exercise I have taken advantage of the fields immediately behind me and have wandered – it is possible to do four miles in that time but I have found a local walk that all might be able to manage within the permitted one hour. The total length of this walk is just under 3 miles but as you will see from the attached 'map' (courtesy of Country Stile by Broomfield Parish Council) instead of starting at Broomfield Church it is possible to start at point A at the junction of Goulton Road & School Lane, at the end of Goulton Road (on entry to the field) turn immediately left and follow path behind the houses, across the field to Stacey's. B is another start point – passing Scravels turn immediately right down the lane which follows the western boundary of Scravels and then right to follow the map route.

Happy walking & keep safe

Malcolm Taylor



## BROOMFIELD BUDDIES

Climate Change – Efforts to establish this group appear to have failed. If anyone wants to try again please contact one of the committee.

There has been no further progress on the Genealogy Group proposal. The Essex Association were to hold a study day on 2nd April and, when it is eventually held we hope it will attempt to come up with some ideas on how to move forward on starting up a Group in Broomfield.

There is nothing further to report on the play reading idea.

Please let us know if there are any other Groups that you may be interested in running or helping to run.

Barbara Thomas and Barbara Bartlett

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## TRAVEL CLUB

**Skipton in the Yorkshire Dales - Monday 6<sup>th</sup> July 2020** - 5 days, 4 nights. Prices are on a half-board basis (breakfast & dinner) and include 2 excursions £349.00 per person in a twin/double room (single rooms sold out). This promises to be an outstanding holiday, so do join us. We will be staying at the lovely market town of Skipton, East Yorkshire. The hotel, The Rendevous, is situated on the outskirts, however there is a bus stop outside the hotel direct into the town centre and a tow path behind the hotel for those who wish to walk there. At Grand Fitness, next to the hotel, there is a swimming pool with sauna, steam room and jacuzzi. They also have 2 spacious gyms and changing rooms with showers, lockers and hair driers. Bookings must be received by 31<sup>st</sup> January, 2020. Four members have stayed at this hotel previously and have given their recommendations. Deposit just £20.00 per person, made payable to Dunwood Travel, should be sent to Chris Evans – please call me for address details and/or any queries.

This remains on our program in the hope that things improve as does Potters.

**Potters on Tuesday 1<sup>st</sup> September** – 3-night full board break - prices start from £279 in a twin standard room (no singles) and includes coach transfers to and from the resort plus an excursion. Full entertainment program from Potters and sporting facilities plus swimming pool. Potters is situated on the beach at Hopton on Sea.

Chris Evans

*Please note that the Travel Club is completely independent of the U3A.*

**GEOLOGY (poster for future meetings)**

These meetings will now be held remotely – entry above

# Broomfield U3A GEOLOGY GROUP

**Minerals Fossils Rocks  
Volcanoes Gems**

*Trips & Chats led by experts*  
Tuesday afternoons 2pm monthly  
2019/2020

- |            |  |
|------------|--|
| 22nd Oct   | Moving Continents                          |
| 26th Nov   | The Rock Cycle                             |
| 28th Jan   | Sedimentary Rocks                          |
| 25th Feb   | Limestones                                 |
| 24th March | Volcanoes & Volcanic rocks                 |
| 28th April | The Granite Controversy                    |
| 23rd June  | Hot, Squashed Rocks                        |
| 28th July  | Field visit to<br>Cherry Hinton Chalk Pits |



*plus Summer Field Visits*

There is no useful information on this page!

## GROUP LEADERS

Art	Barbara Bartlett
Badminton	Barbara Bartlett
Beer Appreciation	Malcolm Taylor
Book Group	Barbara Bartlett
Bridge	Melanie Pimm
Bus Pass	Carol Greatrex
Canasta	Marie Mackie
Cookery	Jacqui Barnaby
Gardening	Pat Radford
Geology	Ros Mercer
Handbells	Judy Molyneux
History	Sylvia Hempstead
Lacemaking	Wendy Talley
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Table Tennis	Jean Lock
Ten-pin Bowling	Lorna Stuart
Ukulele	John Williams
Walking	Malcolm Taylor

## THE COMMITTEE

Chair	Glynn Wadeson	-
		-
Vice Chair	Faith Marchal	-
		-
Treasurer	Barbara Thomas	-
		-
Co-Secretary	Ann Corbey	-
		-
Co-Secretary	Judy Keily	-
		-
Speaker Coordinator	Ursula Randall	-
		-
Membership Secretary	Gill Sturman	-
		-
Group Coordinator	Pat Radford	-
		-
Committee Member	Peter Radford	-
		-

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