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- Ten-pin Bowling
- Ukulele
- Walking

WEBSITE

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

EMAIL - broomfieldanddistrictu3a@gmail.com

From the Chair



Spring Sprung !

It was unfortunate that our speaker was obliged to cancel too late for us to arrange a substitute last month, but we had a good turn-out nonetheless and an enjoyable 'social' gathering

attended by some new and potential members.

Thanks to the takings from the raffles we are able to offset the extra hall hire charges we incur from hiring the maximum floor space.

I'm happy to report that we have now received three expressions of interest from members willing to be nominated for the Organising Group (aka Committee) from October. This is really encouraging, but we still need two or three more volunteers to keep the branch afloat beyond this year. Contact me, (Glynn), or Faith, if you'd like to find out more about the various roles, responsibilities and time commitments and we'll be happy to advise and offer an opportunity to attend one of our Organising Group meetings, but please, don't leave it too late, 'tempus fugit!'

Lastly, after a vote at the last monthly meeting we

undertook to book a stall at the Village Hall's Jubilee celebrations on Saturday June 4th where we can promote u3a and hopefully enthuse more people to join. Volunteers are needed to staff the stall on a rota basis. We don't have a lot of time to organise, so if you can give an hour or two on the day, please email our branch secretaries, Ann Corbey or Judy Keily to let us know, **by** our April meeting.

Glynn Wadson
Chair

Notes and Notices, April 2022

This month's "Notes and Notices" draws rather heavily on "Which?" but if the advice is good, it's worth repeating.

Talks etc

Hot news: it has just been announced that the talk by Tim Wander on the "The Centenary of British Radio Broadcasting", which was postponed from February, been rescheduled for Tuesday 17th May.

It will be given in the Northumberland Lecture Theatre at Writtle College starting at 7.30pm (doors open from 6.45pm). Tickets are £5.00 (including refreshments) and to avoid queueing at the venue **MUST BE PURCHASED IN ADVANCE** from www.eventbrite.co.uk/e/2mt-writtle-1922-2022-the-centenary-of-british-broadcasting-tickets-259542276937.

There will also be Displays and there is for sale at £10 a limited-edition Centenary book. The book can

be pre-ordered by going to www.2mtwrittle100.co.uk, which should be live at the end of March.

If you have any problems with this, please contact Gordon Ingram of Heritage Writtle; his e-mail address is gorho@supanet.com.

Gresham College's April highlights include "Villains in the Novel" by Professor John Mullan which will look at examples in Dickens, Thomas Hardy, Wilkie Collins and Hilary Mantel among others; a lecture

on the law around "Freezing Eggs and Delaying Fertility" by Professor Imogen Goold, a guest lecture

on "Social Media and Covid" by Professor Philip Howard, and a lecture on "The Beginnings of Protestantism in Asia by Professor Alec Ryrie". See <https://www.gresham.ac.uk/lectures-and-events>, for more details.

The remaining two talks in the Essex Branch of the Historical Association's 2021-2022 season will still be on Zoom. They hope to resume face-to-face meetings in the Autumn.

On Saturday, April 2nd Professor Adam Smith, Edward Orsborn Professor of US Politics and US Political History at Oxford University, will talk about The Trump Legacy. He is an expert on the American Civil War and its consequences. His website

<https://www.univ.ox.ac.uk/academics/adam-smith/> gives fascinating detail about his research and publications. His expertise has frequently

been called on by Radio 3 and Radio 4 programme makers.

On Saturday, May 7th Dr Michael Rowe, Reader in European History at King's College, London, will talk about The Napoleonic Empire. Michael is an expert on the history of France and Germany and on the theme of the growth of the state and nationalism in Europe. You can read all about his

research and publications on his website <https://www.kcl.ac.uk/people/michael-rowe>.

All talks start at 2.30 p.m. with Zoom access from 2.15 p.m. at <https://us02web.zoom.us/j/89012164046>, meeting ID: 890 1216 4046.

Back in February I enjoyed an interesting talk by a member of the Metropolitan Police's Cyber Crime

Team entitled "Seniors: Are you Safe Online?". The talk is now available on YouTube; the link to the recording is <https://youtu.be/rGR31xkZIsI>

Fraud

Action Fraud is warning people to watch out for fake text messages pretending to be from the NHS. What you need to look out for: requests for personal information in messages claiming to be from the NHS and to be alert to links or attachments in unexpected messages claiming to be from the NHS. Do not respond to requests for money, bank details or passwords. The NHS will NEVER ask for payment or any financial details. If you are suspicious about an email, forward it to report@phishing.gov.uk. If you are suspicious about a text message, forward it to the number 7726 (it's free of charge).

At the end of a "Which?" article about firms being fined for making 'predatory marketing calls' for appliance cover, there are some useful tips on how to beat cold callers. See:

<https://www.which.co.uk/news/2022/03/five-firms-selling-appliance-cover-fined-for-making-predatory-marketing-calls/>.

Finally. I thought it had been a quiet month on the phishing front but I have just received an e-mail purporting to be from McAfee, whose security software I use. Looking at the sender's address, however, it would appear that someone from the National Archives had had their e-mail hacked and

the links in the e-mail looked definitely dodgy! Always check the sender's address! (Ask me if you have problems with doing this.)

Money Matters

Which?" has analysed a number of home insurance policies and revealed a number of gaps. For full

detail see <https://www.which.co.uk/news/2022/03/revealed-the-disasters-your-home-insurance-policy-might-not-cover/>

As COVID-related restrictions relax (maybe too quickly), more people are going on holiday trips. "Radio Times" warns you to make sure you have travel insurance before you do. More details are at <https://www.radiotimesmoney.com/news/planning-a-holiday-dont-travel-without-cover/>

U3a Conference - OPEN TO ALL MEMBERS

We are edging closer to our big conference on 19th May in Chelmsford, and the team are looking forward to seeing as many of you there as possible. The time has come to meet together again, renew friendships and meet new colleagues. We have been isolated for too long!

If you have not yet booked, please do so on the following link: https://docs.google.com/forms/d/e/1FAIpQLSebr7__u9uzFZNWBiLasKmm7SCGz9qBCmR-nS4A4XPOTrHG3g/viewform?usp=sf_link

How about sending this newsletter to all your members so that everyone is aware of this opportunity. A free lunch, excellent speakers and a chance to be part of the larger U3A community. Car sharing would be a good idea.

See you there!!!

Barbara Cordina – Trustee, East of England

Other u3a Newsletters

There are two Newsletters in which you might be interested.

U3A Headquarters produces a monthly National Newsletter, which contains a whole range of information. You can subscribe to it by going to <https://www.u3a.org.uk/newsletter>. All you then need do is enter your name, e-mail address and select the region ("East of England").

There's also "News from the East", a much shorter Newsletter covering the East of England specifically. We have not (yet) found a way of subscribing

See also the ad on the next page regarding the new u3a podcast

Printed Copies

We will be issuing printed copies of the gist 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.



The u3a radio podcast has now launched on podcast platforms, including Apple, [Spotify](#) and [Google Podcasts](#). The episode can also still be listened to on our [u3a YouTube channel](#), with captions.

In the January episode, the team discuss the Kindertransport learning initiative, talk to a member of u3a in Australia and hear about the milestone of 5,000 trees being planted in the u3a 40th anniversary wood.

Please do share this with your members and, if you or a member of your u3a has a story to share with u3a radio, please [get in touch](#).

Check Your Spam Folder

Are you or any members of your u3a missing out on u3a emails? It may be that they are going into junk or spam; you can avoid this happening by reporting them as not spam or by adding our email address into your contacts. Please also regularly check your spam folder.

MONTHLY MEETINGS

The revised arrangements we have made over the last few 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.

We will, as a courtesy to others be requesting. that face masks be worn whilst entering and moving around the meeting'

We will be resuming the charge for refreshments at the meeting but to minimise queuing please put the money in the cup left on the tables.

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

13 th April	In the Footsteps of.....others	Malcolm Taylor
11 th May	Women's Lives and Work in 18 th -19 th century Essex	Dr Jane Pearson
8 th June	The Great American Songbook	Jim Stebbing
13 th July	Wildlife Photography	Tom Way

The usual calendar has been omitted from this edition of the Newsletter

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART GROUP

In order for this Group to continue we need more members to join us and, if possible, a leader to take us forward with ideas and inspiration. So is there anyone out there who would like to take up this challenge and members who would like to try out their artistic potential. Please contact me if you would like to help take this Group forward.

Barbara Bartlett

BADMINTON

After a break for Easter the next session will be on Monday, 25th April between 12 - 1 pm at the Chelmsford Sports Centre, Melbourne.

Barbara Bartlett

BEER APPRECIATION

The attendance at our March meeting was somewhat limited due to prior engagements & urgent commitments. It did however enable us to discover that there is a Beer Festival in Chelmsford this spring!!



We will thus be attending the Wetherspoons Real Ale Festival on Monday 4th April 2022. Meet at the Ivory Peg (behind M&S) at 2.00pm. Please **note change of date** and let me know if you are coming. Cheers!

Malcolm Taylor

BOOK GROUP

We met on Saturday, 26th March in Broomfield Library where we discussed One Enchanted Evening, the debut novel of Anton du Beke. This book is set in 1936 and focuses on some of the people in the Buckingham Hotel and follows their trials and tribulations. Once again there were mixed reviews from the members, a real 'marmite' book, some really loved it others really hated it! For those who loved it there are now four books in this series which may be of interest. Our next meeting will be on Saturday, 30th April at 2pm in Broomfield Library where we will be reviewing Milkman by Anna Burns.

Barbara Bartlett

BUS PASS



The weather couldn't have been better for our visit to Warley Place. We were too late for the crocus and snowdrops but the daffodils were at their best and from the bird hides some of us had good views of robins, tits including a long-tailed, a nuthatch, blackbirds and squirrels. Some of you will know we planned to go to Hanningfield this month to see the bluebells in the Essex Wildlife Trust woodland. However, the walk from the bus stop (albeit short) is along a bendy road with no pavement and I worry it could be dangerous for our group. It is with regret I have decided to change our destination to Southend for some bracing sea air. The date is Friday 22nd April and we shall meet at Stand 1 at the bus station at 9.45am. Please let me know if you are coming so that I can keep a check on numbers.

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

GARDENING

I have no news of visits for Chelmsford U3A Garden Group for April.

Little Waltham Gardening Club have their Spring Show (and plant sale) on Saturday April 9th. It takes place in the Little Waltham Memorial Hall from 2-4pm. If there is anyone who would like to exhibit flowers, crafts, photographs contact Maggie Williams. You do not have to be a member of the club.

Their next talk will be on Wednesday 4th May. It is on "Vegetable Self Sufficiency in a Changing

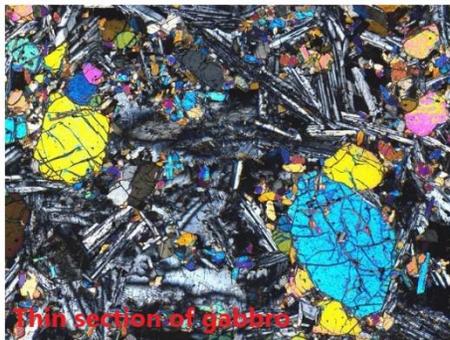
Climate". The talk starts at 7:30.

Pat Radford

GEOLOGY



We have been looking at the rock forming minerals and the rocks they form. Fortunately, out of the more than 2500 mineral species, only eight are important rock-formers - feldspar, quartz, augite, hornblende, olivine, mica, garnet, and calcite, the only non-silicate. We looked at samples of the minerals and then tried our hand at spotting them in rock samples, with the naked eye, a hand lens and in thin-section under the microscope. The interference colours seen in thin-section between crossed polarisers caused some 'wows'!



Our next meeting will be on Tuesday 26th April when we will have a bring and share session. Bring a rock or two or a photo and share a story. We also have a couple of field visits in May to some churches and Walton-on-the-Naze that members of the group may wish to join. Details will be sent in the group mailing.

Looking forward to seeing past, present and new members.

Ros & Ian

HEALTH MATTERS

Last month we had a very informative talk on Exercise from Ros Gunning. We learnt about the importance of good posture and balance as well as taking regular exercise. Additionally, Ros talked

about some of the Exercise Myths. For our April meeting (Tuesday 11th, at 2pm) at Lyn's home Lyn is going to talk to us about Back Care. New members are always welcome but please email me first.

Gill Sturman

HISTORY

If you're interested in the idea of an occasional or regular history topic/discussion group please let me know and I'll convene an initial meeting to discuss format and ideas.

Glynn Wadeson

LACEMAKING

Lace is temporarily in abeyance while one of the 3 members recovers from a knee replacement and another wrestles with a conservatory installation. If anyone would like a one-to-one taster of lacemaking, feel free to contact me

Wendy Talley

LUNCHEON CLUB

I know that I have not contributed in the monthly Newsletter for over a year now, so felt it only right to let you know that I am still here and prepared to carry the group on once hospitality opens up. Having said that, I do feel at this stage our monthly meeting will be very different, as having the numbers we used to get (20+ sometimes) with social distancing it will not be the same but feel we must try to get back to some sort of normality.

I will keep the group posted once we have specific guidelines. Stay safe everyone

Muriel Whiting

MEDITATION

If anyone is interested in taking over running the Group, please contact one of the committee.

NATURAL HISTORY

Having postponed our visit to Newland Grove Nature Reserve in February due to bad weather, we were rewarded with a gloriously sunny warm day in March.

We were met by part time Reserve warden Caroline accompanied by Martin and Jedda who between them have many years experience working in the Reserve.

The Reserve covers an area of 3.2 hectares,(about 8 acres in 'old money'), and running alongside the River Chelmer, it provides a diversity of habitats: there is a little jewel of ancient woodland where wood anemones, primroses, violets, bluebells and dogs mercury flourish. Shame about the close proximity of the A130. Nevertheless, birds take advantage of the many nesting boxes provided and there are suitable roosting boxes for bats.

A recent newcomer to the Reserve is a rose-ringed parakeet, normally resident of London parks. Is this the first of many in this area of Essex?

We learned about the management of the area - thorn thicket and bramble have to be controlled to enable other plant species to thrive. A lot of hard work by volunteers here!

Due to rabbit haemorrhagic disease there are fewer rabbits to keep the grass low, therefore strimming is necessary in order to prevent the loss of meadow perennials.

It was interesting to learn more about this nature reserve on our doorstep and feel encouraged to visit throughout the seasons.

The next meeting will be at Heybridge, the date dependent on the tides. The more mud available, the more waders we should see.

Maggie Williams for Sue Browning.

Sue Browning

NEEDLEWORK

Sonia and Eileen are the new leaders of the craft group which meets on the 2nd and 4th Friday of the month. The 2nd Friday is at the home of Sonia and the 4th Friday at the home of Eileen. Hope some of you will join us.

Sonia Hudson
Eileen Chapman



(above – Photo Group Portrait Session)

Photography Group - Meets every third Thursday of the month at Little Waltham United Reformed Church 10-12.

'Don't know your' ISO from your Elbow?

Don't worry, the Photography Group's at hand to help you develop your creativity through photography without getting bogged down in the technical stuff.

Glynn Wadeson

SCRABBLE

We will meet in the Methodist Church on Thursday 28th April at 2pm
New members always welcome. Come along and see. Cost about £2.50

Heather Steed

SUNDAY + CLUB

The Sunday + Group meetings are cancelled until further notice.

Muriel Whiting

TABLE TENNIS

Unfortunately we cannot hire the table tennis facilities during the Easter school holidays so I have arranged for –

Tuesday, 19th April at 11.30 and Thursday, 28th April also at 11.30.

Cost will be £2. Hope to see you there for a non-serious game.

Jean Lock

TEN-PIN BOWLING

Unfortunately our tenpin bowling is still on hold. I had hoped to get to Maldon and Braintree and try the bowling there and report back but circumstances took over and I didn't manage to get to either, its still on the agenda and I will give a review when possible, stay safe

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

The Ukulele Group will be meeting on Thursday 7th April at the URC church in Little Waltham, from 2-4pm. New players and/or singers welcome.

On April 21st we will be meeting at 2pm at Jan's house (contact me for details if you need them).

Pat Platt

WALKING

March saw our first visit away from home turf and car sharing took us to East Mersea. Despite concerns relating to the tide times we arrived safely without any wet feet. Incorporating a little road walking we headed to Cudmore Grove Nature Reserve before walking along the seawall, enjoying a gentle breeze, the **sunshine** and spotting the various ducks, geese and waders that were around. We passed the oyster fishery with its lone 'Tommy' and piles of shells before eventually turned inland, climbing over a WW2 command bunker and heading for the Dog & Pheasant for lunch.

Our April walk will see us heading south of Chelmsford for a meander alongside the Galleywood Brook and seeing if we can see three churches from one of the local high (?) points.



We will meet in the main car park on Galleywood Common (that's the one before the Heritage Centre) at 10.00am on Tuesday 19th April for a 4 mile walk. When I checked the route it was a little "soft" underfoot, but it had been just after Storm Eunice & her friends!! Unfortunately nearby pubs are not open and neither was the coffee shop in the Heritage Centre.

As usual mobile 07375 604506 operative on the day, please let me know if you are coming.

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.

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

GROUP LEADERS

Art	Barbara Bartlett
Badminton	Barbara Bartlett
Beer Appreciation	Malcolm Taylor
Book Group	Barbara Bartlett
Bus Pass	Carol Greatrex
Canasta	Marie Mackie
Gardening	Pat Radford
Geology	Ros Mercer
Health Matters	Gill Sturman
Lacemaking	Wendy Talley
Luncheon Club	Muriel Whiting
Meditation	New Group Leader needed!
Natural History	Sue Browning
Needlework	Sonia Hudson Eileen Chapman
Photography	Glynn Wadeson
Scrabble	Heather Steed
Sunday + Club	Muriel Whiting
Table Tennis	Jean Lock
Ten-pin Bowling	Lorna Stuart
Ukulele	Pat Platt
Walking	Malcolm Taylor

New Group Leaders needed!

Any volunteers to run a History Group?

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	Glynn Wadeson	-
		-
Vice Chair & Speaker Coordinator	Faith Marchal	-
		-
Treasurer	Gill Sturman	-
		-
Co-Secretary	Ann Corbey	-
		-
Co-Secretary	Judy Keily	-
		-
Membership Secretary	Peter Radford	-
		-
Group Coordinator	Pat Radford	-
		-

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