



Broomfield & District

Newsletter January 2024

GROUPS:

- Badminton
- Beer Appreciation
- Book Group
- Bus Pass
- Canasta
- Cookery
- Gardening (with Chelmsford U3A)
- Geology
- Health Matters
- History
- 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 January newsletter and a Happy New Year to you all

I hope you all enjoyed the December meeting and the nostalgia of the Rock n Roll years.

I hope you all enjoyed your Christmas and the mild weather we are having.

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.

Please remember to complete your annual membership forms and submit your subscription fee.

Don't forget your mugs and a new badge will be issued when fees are paid.

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 the Tuesday before the meeting.

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 - 2024

10 th January	Marie Curie	Angela Taylor (tbc)
14 th February	NHS, History and Future	Andrew Baker
13 th March	Waterways of Essex	Jim Jenkins
10 th April	The Magic of the Theatre	Roger Mannion
8 th May	Body Language	Ken Lodge
12 th June	Pets as therapy	Helen Beard
10 th July	A Beginning a Muddle and an End	Bobbie Derbyshire- (Novelist)

Calendar for January and February 2024

(Times, locations and contact details can be found in the individual Group reports.
 Entries in *italics* need to be confirmed.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
January	1	2	3	4	5	6	7	January
	New Year's Day			Ukulele	Lacemaking			
	8	9	10	11	12	13	14	
	Badminton Beer Appreciation	Walking	u3a Meeting	Table Tennis	Lacemaking			
	15	16	17	18	19	20	21	
	Badminton Canasta	Natural History Health Matters		Photography Ukulele	Lacemaking			
	22	23	24	25	26	27	28	
	Badminton	Geology		Scrabble Table Tennis	Lacemaking			
	29	30	31	1	2	3	4	
	Badminton Book Group				Lacemaking			
February	5	6	7	8	9	10	11	February
	Canasta		Gardening		Lacemaking			
	12	13	14	15	16	17	18	
	Beer Appreciation	<i>Walking</i>		Photography	Lacemaking			
	19	20	21	22	23	24	25	
	Badminton Canasta	<i>Natural History Health Matters</i>		Gardening Scrabble	Lacemaking			
	26	27	28	29	1	2	3	
	Badminton Book Group	<i>Geology</i>			<i>Lacemaking</i>			
							March	

Notes and Notices, January 2024

Introduction

Did you order Christmas presents on-line for delivery to your home? Did all the deliveries make it OK? There are some horror stories and some advice on what to do if things do go wrong at:

<https://www.which.co.uk/news/article/parcels-chewed-by-foxes-and-stolen-from-doorsteps-your-christmas-delivery-disasters-axNWk2I2BSqb>.

Talks and Events

Gresham College talks in January include “The AI Revolution in Cancer Imaging” by Dr Richard Sidebottom (Tuesday, 9th); “How is Climate Change Affecting The Weather Now?” by Professor Myles Allen (Wednesday, 17th) and, for the musicians amongst you, “The Art and Science of Tuning” by Professor Milton Mermikides (Thursday, 18th). As ever, full details of these and of their other talks can be found at:

<https://www.gresham.ac.uk/>.

The next event of the Essex Branch of the Historical Association will be on Saturday, January 6th when Dr David Smith, Fellow of Selwyn College, Cambridge will talk about “Oliver Cromwell; Hero or Villain”. David is a superb lecturer whom we have heard twice in the last few years, talking about Queen Anne and then Charles I. On February 3 Dr Jane Pearson from the University of Essex will talk on “Colchester’s Victorian Doctors: How was the local hospital regarded? To what extent did it influence medical practice?” These talks take place in Trinity Methodist Church, Rainsford Road, Chelmsford CM1 2XB at 2.30 pm. As the pandemic has now receded, live Zoom transmissions or You Tube recordings of these events will no longer be offered. Full details of these and subsequent talks can be found at:

<https://www.history.org.uk/branches/resource/1203/essex-branch-programme>.

Fraud

McAfee have produced a wide-ranging overview of how to recognize scams of various types and what to do about them. See:

<https://www.mcafee.com/consumer/en-gb/landing-page/retention/scammer-education.html>.

For a bit of light relief, Which? reports on some elaborate scams they’ve seen at their HQ this year – including one impersonating their CEO. But sometimes it’s the simple cons which can be the most dangerous. Read “The strangest scams of 2023” and stay one step ahead of the scammers. See:

<https://www.which.co.uk/news/article/the-strangest-scams-of-2023-aXdJK0t3jR66>.

Money Matters

Which? reckons that six household bills will be going up in 2024 – and describes how to manage them. See

<https://www.which.co.uk/news/article/bills-going-up-in-2024-aTUxX2Y4Y7xo>.

Radio Times has an article entitled “Five ways to save money on water bills”. It’s available at:

<https://www.radiotimesmoney.com/savings-and-investments/five-ways-to-save-money-on-water-bills/>.

Hargreaves Lansdown has produced a free guide to saving inheritance tax. You have to give them a few personal details but it’s available at:

<https://www.hl.co.uk/free-guides/saving-inheritance-tax>.

and finally ...

While the weather over the holiday period hasn’t been good, we haven’t experienced real Winter weather, yet. If you want to be prepared, see:

<https://www.directline.com/car-cover/magazine/winter-weather-driving-advice>.

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

BADMINTON

A very happy new year to you all. Our badminton starts again for 2024 on Monday 8th January, then the 15th, 22nd and the 29th. (In February, 19th and 26th, only.)

Maxine Martin

BEER APPRECIATION

We had an excellent meeting at the Ale House in December, unfortunately we were too early for their Christmas Beer festival (or is it that they are far too late for us?).

It seems to have become a custom to occasionally produce a little story based upon our most recent outing – so here's December's offering.

“There was a distinct rumour around Chelmsford that the well-known drinking establishment **THE ALE HOUSE** was to become a restaurant owned by a well known French chef. Currently known as **LE ROUX PROJECT** the business was to become a **SECOND HOME** for the famed **BLIND POET, DINELACKER!** The **LUMINARIES** of Chelmsford thought that the idea was a **LONG STRETCH**, as there had already been a rumour that he had been found by the **IRON PIER** (drunk probably, they said). It was of no consequence as it was known the rumourmongers were **HEATHEN** and never really liked the writings of the **BREW YORK VIKING!!**”

Following sane thought I have decided that our January meeting, Monday 8th January 2024, should be held at the Woolpack, by the Odeon roundabout (on Parkway) at 2.00pm as usual.

That will give us a bit more time to sort out the logistics for our original venue...

As usual please let me know if you are coming

Malcolm Taylor

BOOK GROUP

We did not meet in December. Our next meeting will be on Monday, 29th January at 2.30 pm in Broomfield Library where we will be reviewing *The Mountains Sing* by Nguyen Phan Que Mai and *Small Great Things* by Jodi Picoult.

Barbara Bartlett

BUS PASS

We'll resume in a couple of months or so when the daylight hours are longer and the weather's more reliable (or is that wishful thinking?)

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 is still on hold

Pat Radford

GARDENING

The Gardening Group of Chelmsford u3a will be having its Christmas lunch on 25th January. On February 22nd, it will be visiting the Gardens of Easton Lodge to see the snowdrops.

On February 7th, at 7:30pm, Little Waltham Gardening Club will be welcoming broadcaster and gardener Ken Crowther to the Memorial Hall.

Pat Radford

GEOLOGY

In the New Year members have offered to give short presentations or pose questions under the general heading 'Making it your own' - telling the group about the rocks used for a favourite building, or landscape feature, holiday destination etc. We'll see how we go. We already have two offers, but we need one for January! Otherwise perhaps you could all bring a rock or a gem to talk about and we will have a general discussion about where we go from here. We shall meet on Tuesday 23rd January at 2pm as usual. Please bring a hand lens if you have one, for a closer look!



Ros & Ian

The rock eclogite contains red garnets in a green pyroxene matrix



HEALTH MATTERS

For our first meeting of the new year (January 16th at 2.30pm in the Pavilion, Great Waltham, CM3 1DF), we will be talking about Chronic Obstructive Pulmonary Disease, or COPD. This refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis.

Refreshments will be available and new members are always welcome.

Gill Sturman

HISTORY

Nothing to report this month but feel free to contact me if you would like to join the group or make some contribution.

Glynn Wadeson

LACEMAKING

Now we have decided to meet every Friday, our January dates are 5th, 12th, 19th, 26th.

New members are always welcome and we have equipment available to get you going. Contact me first as parking can be a problem.

Wendy Talley

NATURAL HISTORY

The Natural History Group met for coffee at the Hive and a visit to the museum. It was a good choice as the weather was very wet!

Our January meeting will a planning meeting on Tuesday 16th January at 10am.

Any new members welcome, please contact me - note new e-mail address.

Happy New Year to everyone!

Sue Browning

PHOTOGRAPHY

The next Group meeting is 18th January at Little Waltham Reformed Church, 10.00-12.00. We meet monthly on the third Thursday of every month.

Come along and join our group if you are interested in improving your skills &/or are happy to share your photography knowledge with others. New members are always welcome. To find out more about the group, please contact me.

Glynn Wadeson

SCRABBLE

We will meet on the 4th Thursday of the month which is the 25th January at 2pm in the Methodist Church.

New members always welcome but please can all who wish to come let me know if they will be coming.

Thank you.

Heather Steed

TABLE TENNIS

Hope everyone had a good Christmas

I have booked two dates, both at 11.00, 11th and 25th January, cost £1 for two tables each time. Happy New Year. See you in the New Year.

Jean Lock

TEN-PIN BOWLING

Nothing reported.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

In January we are meeting at Janette's home on the 4th and at mine on the 18th.

Pat Platt

WALKING

Our January walk will shake off those Christmas & New Year cobwebs – by majority decision we will undertake a 7 mile walk from Heybridge Basin to Beeleigh Falls and back again. The bulk of the walk will be on gravelled or metalled paths but there will be some grass verges/edges. The walk will be alongside the varying aspects of the Chelmer/Blackwater Navigation (rivers & canal).

As usual we will car share and meet at the Royal British Legion, Saxon Way at **9.00am on Tuesday 9th January 2024**. Transport & parking costs will be £4 each.

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

Malcolm Taylor

GROUP LEADERS

Badminton	Maxine Martin
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
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 Mike Farn, 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	-
		-
	Dick Chapman	-
		-
Group Co-ordinator	Mike Farn	-
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Many thanks to Malcolm Taylor for continuing to act as Website Editor