



Broomfield & District

Newsletter April 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 April newsletter.

Spring has arrived and the plants are starting to move with displays of daffodils and snowdrops.

Unfortunately, last month's talk did not happen. We were due to hear about Charles Darwin but due to transport problems the situation evolved into a no show. Hopefully we can rebook the speaker for a future meeting.

At our April meeting our very own Malcolm Taylor is going to take us on a journey along the Comino de Santiago, so lace up those walking boots.

The u3a are launching a project 'Their Finest Hour' which is about collecting memories and stories of everyday lives in the second world war. More information at <https://forms.office.com/e/ctt2eu6v2c>

A date for your diary – 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.

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 and 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 that you wish to attend, no later than midday on Tuesday 11th April.

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

12 th April	Walking the Camino de Santiago	Malcolm Taylor
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 April and May

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
April	3	4	5	6	7	8	9	April	
	Canasta			Ukulele	Lacemaking	LWGC	Gardening		
	10	11	12	13	14	15	16		
		Walking	u3a Meeting						
	17	18	19	20	21	22	23		
	Badminton Beer Appreciation Canasta	Health Matters Natural History	History	Photography Table Tennis Ukulele	Lacemaking				
	24	25	26	27	28	29	30		
	Badminton Book Group	Geology		Garden Group Scrabble Table Tennis	Bus Pass Jazz Appreciation				
May	1	2	3	4	5	6	7	May	
	Canasta		LWGC	<i>Ukulele</i>	Lacemaking				
	8	9	10	11	12	13	14		
		Walking	u3a Meeting	Table Tennis					
	15	16	17	18	19	20	21		
	Badminton Beer Appreciation Canasta	Health Matters Natural History		Photography <i>Ukulele</i>	Lacemaking				
	22	23	24	25	26	27	28		
	Badminton Book Group	Geology		Garden Group Table Tennis	Bus Pass Jazz Appreciation				
	29	30	31	1	2	3	4		June
					Lacemaking				

Notes and Notices, April 2023

Talks and Events

In April, Gresham College's programme includes Professor Martin Daunton exploring the long-standing debates over 'Who Benefited from the British Empire?', Professor Leslie Thomas will ask 'Do We Need Criminal Law?' (or should we consider alternatives like restorative justice?), Professor Ronald Hutton will look at 'Finding Lost Gods in Wales' Professor Imogen Goold will examine the legal and ethical issues in the rapidly advancing field of 'Gene Editing'. In a series entitled Women In World Religions, Professor Morwenna Ludlow will explore 'Women Leaders in Early Christianity' and Rabbi Dr Deborah Kahn-Harris will look at 'Reclaiming Women in the Hebrew Bible'. In the series Engineering the Modern World, Sue Ion will be asking 'What is the Role of Nuclear Power in a Net Zero System?', architect Sadie Morgan (dRMM) will look at 'Architects and Engineers: Making Infrastructure Beautiful', and Roger Ridsdill Smith (Foster + Partners) explores 'The Future of Tall Buildings'. Full details can be found at:

<https://www.gresham.ac.uk/whats-on?see-all>

The next talk for the Essex Branch of the Historical Association will be entitled the "Cuban Missile Crisis Revisited" by Professor David Stevenson. And is on Saturday 22nd April 2023 at 2.30pm. (The last talk of the 2022/23 programme will be on the 13th May: details next month.) As ever these 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> meeting ID: 890 1216 4046.

Fraud

Which? found as many as 25% of the top 100 apps on Google Play in certain popular categories have suspicious reviews, while in Apple's App Store this figure was 17%. Do you know how to avoid dodgy apps? Test your knowledge with their quiz: <https://act.which.co.uk/page/124779/action/1>

Money Matters

Which? explains the simple steps you can take to help save money on fruit and veg, and outlines what's behind the current supermarket shortages.

<https://www.which.co.uk/news/article/tips-to-save-on-fruit-and-veg-a7xbg1E6gk30>

Which? also explains the easy ways you could lower spending when washing: you might not realise it but there are several key ways you can reduce your shower costs,

<https://www.which.co.uk/news/article/simple-tips-to-help-you-reduce-your-shower-costs-aAbI58R5nrDU>

Hargeaves Lansdown analysed Jeremy Hunt's first spring budget. Here's what they think it means for you.

<https://www.hl.co.uk/news/articles/spring-budget-2023-what-it-means-for-your-money>

and finally ...

Potholes are a familiar and unwelcome sight on our roads. In fact, there are so many it's estimated it would take 11 years and more than £11 billion to repair all our damaged roads. So, if your car's fallen victim and needs expensive repairs, here's how to recoup your costs and make a claim

<https://www.mustard.co.uk/car-insurance/guides/claim-for-pothole-damage/>

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

BADMINTON

Our next session is on Monday, 17th April at the Chelmsford Sports Centre between 12 - 1 pm. Further dates are 24th April, 15th and 22nd May.

Barbara Bartlett

BEER APPRECIATION

Our March visit was to The Wheatsheaf in Writtle, a cosy welcoming establishment that we have visited before. This time the assembled company tried the cask ales on offer and all three we had not tried before. I'm unsure whether it was the 'Silver Adder' or the 'Boltmaker' that received the most votes – it was so tight.....

This month we will make a return visit to The Orange Tree, Lower Anchor Street – last visited six months ago. Another welcoming pub with an excellent cellar and CAMRA reputation to match.

We will meet at 2.00pm on Monday 17th April 2023 to sample their wares. Please let me know if you are coming.

Malcolm Taylor



BOOK GROUP

We met on Monday, 27th March in Broomfield Library where we reviewed 'The Immortal Life of Henrietta Lacks' by Rebecca Skloot. Henrietta Lacks was a poor Southern tobacco farmer who worked the same land as her enslaved ancestors, yet her cells, taken without her knowledge, became one of the most important tools in medicine. The first immortal human cells grown in culture, they are still alive today, though she has been dead for more than 60 years. They are called HeLa cells. The author took over a decade to uncover this story. The majority of members gave a positive review of this book with an overall score of 7/10.

Our next meeting will be on Monday, 24th April in Broomfield Library at 2.30 pm where we will be reviewing 'Snap' by Belinda Bauer.

Our meeting for the following month will be on Monday, 22nd May.

Barbara Bartlett

BUS PASS

At the time of writing, we are still looking forward to our trip to Harlow.

Our next visit will be to the Essex Wildlife Trust reserve at Hanningfield on Friday 28th April when the bluebells should be at their best. There will be a short walk along a road with no pavement.

On 26th May something for those of you who enjoy a wander around a garden centre. We go to White Elm Garden Centre at Bicknacre. Both trips start at Chelmsford bus station. Put the dates in your diary and I'll email details to those on my list nearer the time.

Anyone else interested, please get in touch - 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

On Thursday 27th April the Chelmsford U3A Garden Group will be going to Hatfield Forest. They will be meeting at the Estate Office at 2:00pm (CM22 6NE). If you would like to join them let me know and I will give you contact details.

Little Waltham Gardening Club will be having their Spring Show on Saturday April 8th in Little Waltham Memorial Hall from 2:00pm. This is a happy event, a celebration of Spring. Tea, coffee, cake and plants will all be available.

On Wednesday May 3rd, the gardening club will have its usual 7.30pm meeting. Sam Baines will be speaking about "Hanging Basket and Container Planting for Summer". A date for those looking for inspiration!

Pat Radford

GEOLOGY

We continue to journey through the geology of Essex. Last time we looked at the complex sequence of rocks above the Chalk. These sands, clays and shell beds, laid down as the sea came and went, proved a challenge for tunnellers under London when both CrossRail and the Thames Tideway projects were forced into these layers as the London Clay above is "full-up". We also admired the unique qualities of Puddingstone and Sarsen and how they became intriguing features in the landscape.



Next we shall look at the London Clay itself. We will learn why it goes from gloopy and sticky to cracked and dry and what the fossils found in it tell us about the climate of that time over 50 million years ago. We meet at 2pm on the fourth Tuesday of the month, which, in April, is 25th. New members are always welcome. All you need is a little curiosity.

Ros & Ian

HEALTH MATTERS

There was a change in the advertised topic for last month and so instead we talked about Parkinson's disease – the condition, its medication, causes and possible protective factors.

For our next HM group meeting (18th April at the Pavilion, Great Waltham, CM3 1DF), hopefully we will be covering the topic of 'Falling Over' where we will talk about ways in which we can prevent/minimise this from happening. At our age, falls can be 'life changing'! Alternatively, we will consider the role of clinical trials in finding new medicines or new methods of treatment of various medical conditions.



Please note that we will be starting at 2.30pm. Refreshments will be available.

New members are always welcome but please contact me first.

Gill Sturman

HISTORY

The Sudbury Silk guided walk on April 19th is fully booked. Anyone who has committed to coming and who has not yet paid the £6.00 please pay Maggie Williams ASAP. All those who offered lifts, please confirm you've linked up with your passengers.

Glynn Wadeson

JAZZ APPRECIATION

The second meeting of the jazz appreciation group viewed the beginnings of the history of jazz and listened to some of the group's choices of tracks. One or two people have dropped out, so if you would like to come to the next meeting do contact me. Meetings are currently scheduled for the last Friday of the month.

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 s parking can be a problem.

Wendy Talley

NATURAL HISTORY

The Natural History Group met at Hanging Gardens Nursery for coffee as the weather was rather inclement. It was a pleasant morning.

Our next meeting is Newlands Grove on 18th April to see how the vegetation has recovered from the winter snow and frost. More details nearer the time.

Future meetings:

- May 16th Hitchcock Meadow, Danbury.
- 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

Our March meeting was due to be a photo-shoot at Flatford Mill and environs but sadly we had to postpone this because of poor weather conditions on the day. Instead, we went ahead with the group meeting, where we had a good selection of photos to share and discuss.

Once better, and more predictable, weather arrives we hope to get to Flatford, and one or two other venues for shoots.

Meetings are held at Little Waltham's United Reformed Church, from 10-12, on the third Thursday of the month.

Glynn Wadson



SCRABBLE

We are meeting on Thursday 27th April at the Methodist Church at 2pm. New members welcome. Cost £ 2.50 to cover the letting of the room.

Heather Steed

TABLE TENNIS

We are meeting at Chelmsford Sports & Athletics Stadium, Melbourne, at 11.00 am for an hour, cost £2 on:

- Thursday, 20th April
- Thursday, 27th April.

Dates for next month are Thursday, 11th May and Thursday, 25th May.

All welcome, please come along for a fun, social time.

Jean Lock

TEN-PIN BOWLING

Hi fellow bowlers, sorry to say no news about when bowling will get going again, I will not be putting items in the news letter from now on but as soon as we can get going again I will get in touch with everyone on the playing list and put a message and details in the monthly newsletter. Many thanks for your company in the past, fingers crossed we can get going again in 2023.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

In April we will be meeting on the 1st and 3rd Thursdays of the month but the venues are yet to be confirmed.

If anyone needs details of the addresses please contact me.

Pat Platt

WALKING

Common sense being the better part of valour meant that our walk in March was cancelled on account of the anticipated weather – no point in being blown into the estuary!!

We will therefore be undertaking our 6½ mile walk around Goldhanger in April – in time to shake down the Easter Egg excesses!! The walk will include coast and country. The latter part along a newly opened stretch of the England coastal path National trail.

We will meet in the car park of the Broomfield Royal British Legion, Saxon Way, Broomfield at 9.15am on Tuesday 11th April 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