



Broomfield & District

Newsletter July 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 July newsletter.

I hope you all enjoyed hearing about the “Big stink” last month, think what it would have been like these last few days with temperatures in the 30’s.

This month we will be hearing from Fran Sandham ‘Dr Livingstone, I presume’ something to explore!!

Don’t forget to think about putting your name forward for the new committee in October our branch will cease to function without a strong team to drive it.

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 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 - 2023

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 July and August

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

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

Notes and Notices, July 2023

Introduction

Lynne Blackburn and Malcolm Farrington have kindly volunteered to look after the u3a's collection of books and jigsaw puzzles. To create space to store these, they are getting rid of most of their home brewing kit, specifically 2 demijohns and 12 unused green wine bottles. If anyone in the u3a could use them, contact Lynne via blackburnlynne@hotmail.com.

Talks and Events

Almost all of the usual programmes of talks have come to an end until after the Summer but Gresham College's past talks can be viewed on-line. Simply go to

<https://www.gresham.ac.uk/watch-now>

One exception is the 'Good to Know' series of telephone groups managed by the organisation Independent Age. They invite a different guest speaker each week to discuss issues that matter to older people. You can read more and see what events they have coming up at

<https://www.independentage.org/get-support/telephone-groups/good-to-know-groups>.

(If anyone tries this, please let me know how you get on.)

Fraud

The Co-operative Bank has some useful tips on keeping safe from scams; see

<https://links.mail4.co-operativebank.co.uk/servlet/MailView?ms=MjY0MDUyODMS1&r=MTM1MDk0NjY2MDE2MAS2>

(It will probably say "Hello Peter" – ignore that!)

Money Matters

Which? reports that ordering groceries from Deliveroo, Just Eat and Uber Eats often costs more than (sometimes double) buying direct from the same supermarket. See

<https://www.which.co.uk/news/article/food-delivery-apps-charging-double-for-some-supermarket-groceries-aaOVM1n9fD64>

and finally

If you have any of the old standard issue ("definitive") stamps, without a barcode, be aware that they should not be used after 31st July. (You can get them refunded.) For more details go to

<https://www.radiotimesmoney.com/news/deadline-approaching-use-old-stamps-by-july-31st-2023>

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

BADMINTON

The next session will be on Monday, 10th July between 12 - 1 pm at the Chelmsford Sports Centre. Future dates are: Monday, 17th, 24th, 31st July, 7th, 14th, 21st August.

Barbara Bartlett

BEER APPRECIATION

As anticipated, we had a wide choice for our June meeting at The Ale House, although a lower attendance than normal. Beverages ranged from a rather dark Stout (9.3%) via fruity IPAs to a 3.7% Belgian raspberry beer. Another enjoyable session.

Another “enjoyable session” will be our July visit to the Chelmsford Summer Beer Festival in Admirals Park. We will be meeting at 2.00pm on Thursday 13th July – not our usual day but as needs must.....

This year’s festival is somewhat different. It is necessary to purchase tickets beforehand from the festival website. Admission for non-CAMRA members is £17 (this includes entrance, a non-refundable glass and £10 drinks tokens. Price for CAMRA members is £13 and if you want to go in every day it’s £25 (non-member)!



Please let me know if you are coming so that we can look out for you.

Malcolm Taylor

BOOK GROUP

Members met in Broomfield Library on Monday, 26th June where we reviewed “A Spot of Bother” by Mark Haddon. This novel centres on a hypochondriac consumed by thoughts of his impending death and the family dramas happening around him. This book was not well received by the majority of members and got an average score of 4/10.

The next meeting will be on Monday, 24th July at 2.30 pm in the Broomfield Library, where we will be reviewing “The House at Sea’s End” by Elly Griffiths. The Group does not meet in August.

Barbara Bartlett

BUS PASS



On a very hot Saturday we enjoyed a visit to RHS Hyde Hall. Fortunately the buses were prompt and the journeys quick.

On Friday 21st July we shall make the trip to Heybridge Basin. We'll meet at the bus station at 10.10am. I'll send further details to those on my mailing list a bit nearer the time.



In August, if there is sufficient interest, there is the possibility of a day in Dedham travelling by train to Colchester, then bus. I will contact members of the group about this in due course.

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 July the Chelmsford u3a's Garden group will go to: Blunts Hall, 1 Blunts Hall Drive, Witham, CM8 1LX. The group will meet there at 2:00 and the cost is £10 for entrance and refreshments.

On Thursday 24th August the visit will be to Beeleigh Abbey. A real treat! Beeleigh Abbey, Maldon, CM9 6LL. There is a choice of refreshment for this visit. If you would like to meet for lunch, please be there at 12:00. Meet at 2:00, if you would prefer to have afternoon tea. Do let the organiser know well in advance for this one!

If you would like to go on either visit, please contact me for details of the organiser, Val Green.

Little Waltham Gardening Club has an outing on Wednesday August 2nd to Mayfield Farm, a garden full of colour and year-round interest. Mayfield Farm, Hungerdown Lane, Ardleigh, CO7 7LZ. Meet there at 2:00. Cost £10 for guided tour and refreshments. Please contact Maggie Williams if you would like to go or would like a lift.

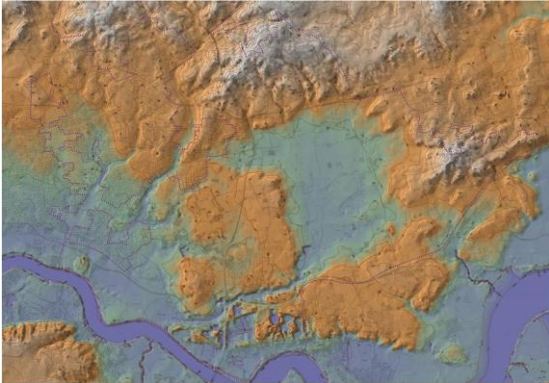
GARDENING (continued)

On Wednesday September 6th, LWGC will return to evening meetings, at 7:30 in Little Waltham Memorial Hall. There will be a talk and demonstration on "Seasonal Containers" by Andrew Babicz (Dip. Hort. Edinburgh).

Maggie Williams

Pat Radford

GEOLOGY



We continued to ponder the thoughts, concepts and unknowns of Essex Geology through chapter 9 the Ice Age of our "Essex Rock" book. Mammoths - yes, humans - well various sorts came and went before deciding to stay, rivers - a real muddle the farther back you go - dating gravels is fraught with difficulty especially due to recycling!

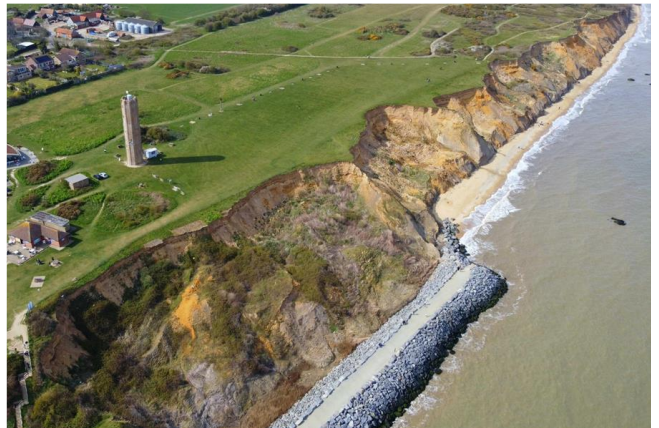
Our next session will concentrate on Chapter 10

Looking into the Essex Landscape. What have humans done to it, how has geology prevailed? Why is that hill there in "flat" Essex? Earthquakes in Essex! Lots of landslides. We will equip ourselves with a set of 'new eyes' to look beyond and deeper into that lovely view.

Do join us on Tuesday 25th July at 2pm to share thoughts and ideas.

We shall leave you to look at the scenery wherever you are during August and take up the reins for a collective continuing look at Essex Rock towards the end of September.

Ros & Ian



HEALTH MATTERS

At last month's meeting, we had a demonstration on Emergency First Aid from a St. John Ambulance volunteer. He talked us through the DRs ABC checklist which is the core of this work. We were shown lifesaving skills including the correct procedures for managing an emergency situation for unconsciousness, bleeding and choking. We were shown how to use an automated external defibrillator (AED). It was a very interactive session with us all getting a certificate of 'Recognition of Attendance' at the end.

As we will not be meeting in July and August, our next meeting is planned for 19th September. New members are always welcome but please contact me first.

Gill Sturman

HISTORY

We will be arranging a group visit to The Royal Gunpowder Mills, Waltham Abbey after our Summer break. If you haven't already given me your names, please, email within the next 2 weeks or speak to me at the July meeting to let me know, if you'd like to go.

Glynn Wadeson

JAZZ APPRECIATION

The group is 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 as parking can be a problem.

Wendy Talley

NATURAL HISTORY

The Natural History Group met in my garden to do a mini beast hunt. The morning started with rain but by the time we met the sun had come out. We examined soil that had been left unattended for about one year. Due to the very dry weather, there were not many different species. However we found some earth worms and many wood lice. One really interesting thing was that we found two different larvae of beetle, they looked very like gnat larvae but very different in some respects. It was a very enjoyable morning for people with an interest in nature.

Our next meeting is to the Phyllis Curry Reserve on Tuesday 18th July. If you are interested please contact me. Sue Browning.

Future meetings:

- 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

Photography Group meets on the third Thursday of every month, from 10-12 at Little Waltham United Reformed Church. (Next meeting ,20 July, no meeting in August, first meeting after break, September 21.) We occasionally do 'shoots' at different locations, so if you'd like to join us contact Glynn by email for further info.

Our group's next 'challenge' is to take two or three photos of the same LOCATION, each of which makes it look different (ie using different angles, from different positions, different times of day, experimenting with depth of field/colour or monochrome). The aim is to use compositional skills, use imagination and creativity to produce images that reward the gaze.



If the weather's been too hot for you try a little ice!

EXHIBITION NEWS

If you want a rewarding jaunt to London, I recommend a visit to the newly re-opened and redesigned National Portrait Gallery, where there is currently an exhibition of the work of an innovative and pioneering English female photographer Yevonde, whose career spanned 60 years, and who pioneered the use of vivid colour portraiture of contemporary society beauties and celebrities in her 1930's work. The NPG also has an exhibition of excellent black and white photographs of his fellow Beatles by Paul McCartney!

Glynn Wadson

SCRABBLE

We will meet as always on the 4th Thursday of the month. This time it is Thursday 27th July 2pm at Broomfield Methodist Church. New members always welcome.

No meeting in August but in September it will be on Thursday 28th September

Heather Steed

TABLE TENNIS

Table tennis at the usual venue of Chelmsford Sports and Athletics Centre in Melbourne, cost £2. I have arranged July and the dates for August which are close together but this is due to the Centre being busy with children's activities. All times are 11.00 a.m. for an hour. Please come along for a sociable time. Thursday July 6th, July 20th, August 10th, August 17th.

Jean Lock

TEN-PIN BOWLING

We have had some positive news regarding tenpin bowling: we heard from the manager of City Bowling that they hope to reopen early September and they look forward to welcoming all u3a members back, so watch this space for more news.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

In July, we are meeting at Jan's house on 6th and Jennie's on the 20th. Anyone who wants to join us should contact me for the addresses. In August, we are meeting at Pat's on the 3rd and at Tish's on the 17th. Again, contact me for the details.

Pat Platt

WALKING



We had a thoroughly enjoyable walk in June, utilising parts of the Essex Way, around North Weald Bassett. The area was once ancient forest as far as the eye could see, only it was all ploughed up for agriculture during the Second World War. Remnants of that forest remain including a rare, solitary Wild Service Tree; indicative of the age of the forest. We also walked a length of ancient trackway, through the forest, before arriving at the heritage railway at North Weald. We returned via open fields and hedgerows to Toot Hill.

Our July walk, last of this session, will be on Tuesday 11th July. A loop of 4.2 miles starting at Abberton Reservoir through undulating farm land (I heard a cuckoo, the first of the year) before returning to the Essex Wildlife Trust Visitor Centre for lunch. We will meet in the car park of the Broomfield Royal British Legion, Saxon Way, Broomfield at 9.15am on Tuesday 11th July 2023.



We shall be car-sharing, as usual, cost £4.50 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