



Broomfield & District

Newsletter September 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 September newsletter.

I hope you have all had a good summer break, now the schools are back, the weather is improving!!

This is our first meeting of the new U3A year and the first before the AGM in October

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

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 September and October

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
September	4	5	6	7	8	9	10	September
	Badminton Canasta		Gardening	Ukulele	Lacemaking			
	11	12	13	14	15	16	17	
	Badminton		u3a Meeting	Table Tennis				
	18	19	20	21	22	23	24	
	Badminton Canasta	Natural History Health Matters		Photography Ukulele	Bus Pass Lacemaking			
	25	26	27	28	29	30	1	
Badminton Book Group	Geology		Gardening Scrabble Table Tennis				October	
October	2	3	4	5	6	7		8
	Badminton Canasta		Gardening	Ukulele	Lacemaking			
	9	10	11	12	13	14		15
	Badminton	Walking	u3a Meeting					
	16	17	18	19	20	21		22
	Badminton Beer Appreciation Canasta	Natural History Health Matters (tbc)		Photography Ukulele	History Lacemaking			
	23	24	25	26	27	28		29
	Badminton	Geology		Gardening (tbc) Scrabble				
	30	31	1	2	3	4	5	
Badminton Book Group				Lacemaking			November	

Notes and Notices, September 2023

Introduction

It's never too late to learn! The BBC web site has an interesting article entitled "Five celebs who went back to school"; see <https://www.bbc.co.uk/bitesize/articles/z6dg8p3>

Talks and Events

Members of Baddow and Galleywood u3a's family history group visited the National Memorial Arboretum in Staffordshire several years ago and all agreed it was a most wonderful place to visit. Sadly, the cost of coach travel and a hotel stay would have been too much to visit again, so the National Memorial Arboretum is being brought to us via zoom and we would welcome everyone to join us by using the link below. The link will work from 1.30 on Friday 8th September and the talk begins at 2pm.

<https://us02web.zoom.us/j/82987496576?pwd=R3lZSUJXcmJMcW1jdFBjTnpRQ3dadz09>
Meeting ID: 829 8749 6576; Passcode: 426626

This month Gresham College launches its 2023-4 programme with two new Professors giving their first lectures: "Island Universes: Discovering Galaxies Beyond the Milky Way" by Professor Chris Lintott, will look at how galaxies like our own formed and evolved. "Why Music Moves Us" by Professor Milton Mermikides will look at how music elicits joy, sorrow, consolation and the chills. Other September talks include "Meet the Cybercriminals" and "Ancient Goddesses of Sex and War". Full details can be found at <https://www.gresham.ac.uk/>.

The Essex Branch of the Historical Association has announced a full programme of talks. That for September (on the 23rd) is entitled "Henry VII and the Tudor Pretenders". Full details of this and subsequent talks can be found at:

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

Fraud

Which? reports that Insurance fraud is on the rise, and that identity theft, induced accidents and false claims were most common. Here's how to spot the scams, and how to protect yourself.

<https://www.which.co.uk/news/article/the-most-common-types-of-insurance-fraud-and-how-to-fight-your-corner-if-you-fall-victim-a6F0T5S0mYjY>

Which? also reports on the 5 most common scams of 2023 and how to avoid them. Learn about the tactics that scammers use to trick victims out of their money:

<https://www.which.co.uk/news/article/the-5-most-common-scams-of-2023-and-how-to-avoid-them-aj3FA3R4fYye>

Money Matters

Driving a car isn't just about knowing the Highway Code – there are all sorts of rules you need to abide by. The same goes for your insurance but these rules are not always obvious.

<https://www.mustard.co.uk/car-insurance/guides/13-surprising-ways-you-could-be-invalidating-your-car-insurance/>

and finally ...

We had an interesting visitor to our garden in August: a Jersey Tiger moth. They are apparently quite rare. (If anyone else sees one, let me know and I'll report it.) Some pictures are further down this Newsletter.

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

BADMINTON

The Chelmsford Sports Centre have introduced the game of Pickleball into their activities and as it's played on a Badminton Court with a lowered net asked if we would trial it during our Badminton session. We did this for a couple of weeks and although we only managed the basics of the game, we could see that it could be really enjoyable. Pickleball is a cross between tennis, badminton and table tennis, it is played using a wooden paddle and a plastic ball with holes in it, the serve is underhand and players do not have to run a lot, the rules are straight forward. The Centre are quite keen to get Groups such as the u3a interested in playing the game, they will provide the paddles and balls. If anyone is interested in leading a Pickleball Group and would like further details please contact the Sports Centre or myself for further information.

Our next Badminton session will be on Monday, 4th September between 12 - 1 pm. Further dates are Monday, 11th, 18th and 25th September, 2nd, 9th, 16th, 23rd and 30th October.

Barbara Bartlett

BEER APPRECIATION

We had anticipated visiting the Chelmsford Summer Beer & Cider Festival in July. Unfortunately, having agreed the date, most people were unable to attend. However one erstwhile member of the Group did take it upon themselves to sample as many of the offerings as possible – their ~~survival~~ outcomes are still awaited!

We shall not be meeting in September, as a host is unavailable – we look forward to returning to our “old haunts” in October.

Please give consideration as to a venue for our usual (early) festive meeting in November (13th).

Malcolm Taylor

BOOK GROUP

The next Book Group meeting will be on Monday, 25th September at 2.30 pm in Broomfield Library, where we will be reviewing The Paris Library by Janet Skeslien Charles. The October meeting will be on Monday, 30th in Broomfield Library.

Barbara Bartlett

BUS PASS

We had fine weather for both our last trips - to Heybridge Basin in July and Dedham last month. In Heybridge we enjoyed pleasant walks with a spot of birdwatching for some, whilst others made their way into Maldon after coffee at the tearooms. For Dedham we used the train to get to Colchester before continuing on our way by bus and the journeys were good.

This month on Friday 22nd September, we'll make the shorter trip to Battlesbridge, just one bus ride away. We are fast running out of new places to visit but this will be another first visit for the group. Please get in touch if you would like more details.

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

Chelmsford U3A Gardening Group are visiting somewhere completely different in September. On Thursday 28th September they will be going to 59 East Street Coggeshall CO6 1SJ. This is a town garden, still in development so should be interesting. The group will meet there at 2:00. The cost is £5 for entry and £3 for refreshments.

Little Waltham Gardening Club meets at the Memorial Hall at 7:30 on Wednesday September 6th. The talk this month is "Seasonal Containers" by Andrew Babicz. Just in time for some inspiration for the winter.

For details of contact numbers please contact me.

Pat Radford

GEOLOGY

Our last session in July concentrated on looking into the Essex landscape - we hope that members were able to use their newly trained eyes to give an in-depth view of the local scenery over the holiday period.



GEOLOGY (continued)

Our next session will be on Tuesday 26th September at 2pm, when we shall be discussing chapter 11 of Essex Rock - Uncovering Essex Geology. How do we know what we do about the rocks beneath our feet and who were the characters involved in its revelation? This includes a 19th century vicar of Broomfield.

Do join us.

Ros & Ian



HEALTH MATTERS



Our next meeting is planned for Tuesday, 19th September at 2.30pm in the Pavilion, Great Waltham (CM3 1DF). We will be considering 'Aging'. Why do some people have long lives whilst others not? How can we maintain a good quality of life as we get older and maintain our independence? We will talk about this process and consider the various theories as to how we can age well.

Refreshments will be available and new members are always welcome.

Gill Sturman

HISTORY

The History Group will be visiting The Royal Gunpowder Mills at Waltham Cross on October 20th. All those who've opted to travel by coach should, by the time this newsletter arrives, have received or be about to receive, a request for payment. If you decide you wish to join the visit but have not yet let us know, there may still be possible car share or coach seats available - please contact me.

Glynn Wadeson

JAZZ APPRECIATION

The group has folded. If anyone is interested in resuscitating it, feel free to contact me.

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

Eight members met at the Phyllis Curry Reserve in Great Leighs. The weather was perfect for observing butterflies and insects. The Gate Keeper butterfly was enjoying the Knapweed along with the Small Skipper, this is a very small butterfly more abundant than the very similar Essex Skipper.

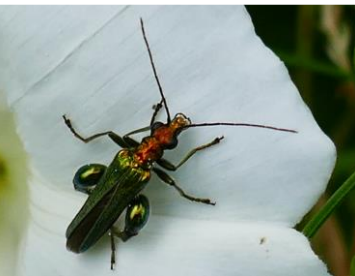


Other butterflies seen were the Red Admiral, Peacock and many White butterflies which are also very difficult to identify as they don't stay still long enough! All these were seen flying over the wildflower meadow which has Knapweed, Agrimony and Vetch all flowers that provide food for the



butterflies. Further on around the lake we observed Damsel Flies and six spot Ladybirds. On entering the more wooded area we saw Speckled Wood butterflies. There are variations in their colouring,

some looked much paler than others due to their habitat in and around the wood. On our walk we saw grasshoppers, day moths, Buff bottomed Bumblebees and many different flies, which we were unable to identify. It was the perfect morning and so rich in wildlife, we very much enjoyed this quiet reserve. A good morning had by all.



Our next meeting is at Hanningfield Reservoir on 19th September, meeting at the Stock car park at 10am.

Future meetings:

- 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

NOTES & NOTICES (continued!!)

Combining Natural History and Photography, here are a couple of pictures of that Jersey Tiger moth. The first is a conventional view, the second was taken from indoors, when it was sitting on a window.



PHOTOGRAPHY

Meets the 3rd Thursday of the month at Little Waltham United Reformed Church from 10-12. On-site parking available. Share (bring any pics on a usb stick) and get feedback on your photos in a friendly group. The group is open to beginners and improvers, and always welcomes anyone happy to share knowledge and skills.

The 'challenge' for the upcoming meeting was to make a composition where colour/colours feature most prominently.

Since the last meeting five members visited the Barbican for a photo-shoot. This Brutalist complex, designed in the early '50s for the City of London, as a project to counter the outflow of the middle classes to suburbia was completed in 1979. For a time, it was the largest building site in Europe, and the conservatory, (built to conceal the 120ft high concert Fly Tower of the theatre) was the second largest in the UK (after Kew Gardens).

It was a visionary project focussed on separating people from traffic and creating a community with shops, library, arts facilities, and schools all on site. Look closely and you see the pitted concrete surfaces were all hand chiselled. Mediaeval and Roman castle features such as arrow-slits and tessellated walls are echoed in the modern structures. Finding your way around can be a little difficult, by design, as castle-like, the walkways, above street level, are deliberately maze-like to deter non-residents routinely passing through the estate.

* For anyone interested, the Barbican offer guided architectural walks around the estate and a fascinating 1 hour 'backstage' tour of the theatre which takes you 5 storeys below ground to explore all the aspects of the theatre you wouldn't normally get to see!

Glynn Wadeson



SCRABBLE

We will meet on Thursday September 28th at 2pm in the Methodist Church hall for Scrabble
New members always welcome.

Heather Steed

TABLE TENNIS

I have organised table tennis for u3a for September, at Melbourne Sports and Leisure Centre on Thursday, 14th September at 11.00 and also on Thursday, 28th September at 11. Four tables each time at a cost of £2 each.

Jean Lock

TEN-PIN BOWLING

Hello fellow bowlers, I'm sorry but the news is not positive. I made my monthly visit to the site and building is still ongoing. I will keep looking and as soon as we can start, I will be in touch with all players on my list and put information in the Newsletter, fingers crossed for an October start.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group is meeting at Janette's on 7th September, at Jan's on 21st September, at Jennie's on 5th October and at Pat's on the 19th October. We meet from 2 - 4 pm. If you would like to come along and don't know the addresses, please contact me.

Pat Platt

WALKING

We had an excellent walk in July in the meadows, farmland and woods around Abberton Reservoir, ending with lunch overlooking the Essex Wildlife Trust Reserve. Our walk took us from the reserve out in a loop to Lower Breton & back. Once again it never ceases to amaze exactly how hilly Essex is – when you look down upon a reservoir!

As is usual on our walks there is always a discussion – this one was on the best way to stop a sting (I think....)



We will not be meeting in September as a walk leader is unavailable however you may wish to participate in Maldon's Saltmarsh Coast Walking Festival, running from September 8th to 17th. It promises to offer led and self-guided walks to suit everyone, from family-friendly short strolls to longer walks for walking enthusiasts -

<https://www.visitmaldondistrict.co.uk/walkingfestival>



We shall return on October 10th with a six mile walk along sections of the Forest & Stort Valley Ways.

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
<i>Jazz Appreciation</i>	<i>Mick Fryer</i>
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