

Newsletter April 2023



Car parking at The Springhouse Club: Important notice to all members.

Since its inception in 2014 our u3a has used the Springhouse Main Hall for our general meetings and on a number of occasions over this period, we have had complaints from the Springhouse management regarding attendees misusing their car parking facilities. The facility to park a car at the Springhouse is a courtesy given by the management and this goodwill can be removed.

This misuse situation has now resulted in a warning from Springhouse that our u3a could be given notice that we can no longer use the main hall for our general meetings if our members continue to park incorrectly. As a minimum we could be denied access to the car park and will have to find parking in the town centre car parks.

General meetings are at the heart of our u3a and this matter is so severe that it threatens the existence of our organisation.

The actions of a few cannot be allowed to endanger the wellbeing of so many. Therefore, your Executive Committee have agreed that any member found to be parking their car incorrectly at The Springhouse, may be asked to leave our u3a.

PLEASE THINK BEFORE PARKING.

Your committee will actively monitor this ongoing situation and will be liaising with the Springhouse management. Please help us to help you to enjoy your u3a.

For and on behalf of Stanford le Hope & District u3a Executive Committee.

PROBLEM

We have members who are very keen to join a play reading group; the London Walk and Ambling groups are over-subscribed and many other groups are up to capacity. We need new people who can work together with the existing groups to remedy this situation. Please think about what you could do to help. You don't need to work alone – a small group or pair can manage well.

New interest group – Guitar singalong

Terry Allen would like to start this group commencing April/May this year. This would be on a **Wednesday morning 10am – midday at his home in Fobbing**. Please email Terry and copy it to Sandra Isaacson me in please His ideas are as follows:

1. initially 5/6 people can be accommodated in his basement music Room
2. he would like to encourage people who can already play a guitar to join, although someone who owns their own instrument and wants to be part of the group would be encouraged to participate.
3. it would be run on similar lines to the ukelele group where they pick popular songs to sing and play. Fortnightly.

Speaker at General Meeting Thursday 13th April 2023

Our speaker on Thursday 13th April 2023 is Kathy Kentish, Chief Executive, Citizens Advice, South Essex.

Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

Their aim is to:

- Provide the advice people need for the problems they face.
- Improve the policies that affect people's lives.

Kathy's talk is focused on useful benefits that may be available to u3a members who are retirees, given the pressures due to increases in utility bills, food and other consumables.

COMMITTEE CHAT The involvement of your u3a in not only local but national and regional items is quite diverse. We endeavour to be as actively involved as possible on the wider geographical u3a issues, as well as managing our local u3a responsibilities.

National

Third Age Trust (TAT) proposals for a smaller Board and the establishment of a Council are progressing. The next stage is to look at concrete proposals in order to understand the potential decision-making powers of a u3a Council and establish boundaries between the respective responsibilities of the Council and a future Board. In the meantime, the existing Trustees will be seeking the views of u3as in preparation for a Zoom meeting on 17th May. Stanford-le-Hope and District u3a will continue to be actively involved in discussions going forward.

Regional

Following a meeting of Essex u3a's on 23 January 2023 with our regional trustee, Barbara Cordina, about **the revival of an Essex Network of u3a's**, a couple of meetings have been held with those interested in taking this project forward. The Essex Network as an informal grouping of u3a's local to each other. Representatives from each u3a meet to share ideas, events, speakers, training sessions, discuss issues and support each other.

Local

A serious complaint has been raised by the Springhouse management about the parking of cars by some u3a members at General Meetings. The Executive Committee has agreed action to address this, which is outlined in a separate letter to members. Please take notice and ensure you comply with parking requirements at the Springhouse.

Don't forget, the new membership year commences at 1st April 2023. Those of you renewing your membership for 2023/2024 will receive a NEW membership number to validate your membership. Your old membership number will cease to be valid after 31st March 2023. **Remember, you must be prepared to show your membership card if requested when attending general meetings and attending any of our groups.**

More Committee Chat next month.

Look at the GIFTING PAGE ON PAGES 29 and 30

No Ann's Column as she's unwell.

****Note for your diaries

On Friday 23rd June our U3A will be holding its own quiz to raise money for **Thurrock Young Carers**. The quiz will be at the Springhouse Club, Springhouse Road, Corringham. **£5 per person, tables of 8, with a 7pm for 7.30 start.**

We will begin selling tickets at the April General Meeting. The quiz is open to friends and family. You can book a whole table if you can field a team, or you can attend as an individual and we will put people together. Please come and support us so that we can make a big difference to this small charity.

The Springhouse Club have generously donated the use of the hall on the proviso that all food and drink consumed on the evening is purchased from the Club. There will be a bar menu available until about 8pm and the bar in the hall will be open for drinks. We are really grateful for this privilege as it will really add to the amount we can raise. Please do not abuse it as potentially this offer may be withdrawn for future events.

If you have an unwanted gift that we could use as a raffle prize to boost the money raised, please bring it to the general meeting. Thank you.

Voulez Vous (Abba trip)

On Tuesday the 21st March a coach full of u3a members left the Springhouse with one pick up at Grays on yet another well-organised trip by Jean Jardine and Chris Gomm to the Royal Dock (Formally the Royal Albert Docks) for a meal and ABBA tribute group. The venue was the "Tereza Joanne" moored in the dock at the end of the City Airport runway.

After an uneventful journey we approached the dock and after winding round a narrow road and going through a narrow gateway we were wondering where we were going as we entered an area of wasteland that once was part of the old Albert docks at the end of the airport runway. After a short bumpy ride, we went through an opening in the boarded area and there was the "Tereza Joanne" moored near the Old London lifeguard station which was waiting for demolition. The site of our venue did not look very attractive as it looked like a floating box with windows.



As we had arrived a bit early the manageress came onto the coach and gave us talk about the area and views that we could see in the surrounding area and assured us that the inside of the vessel was nothing like the outside.

How right she was, as the inside was no different to a lot of venues that put on this type of entertainment.

It had a long bar, dancefloor and the tables were set out so that all could see the entertainers.



The meal was very tasty and the ABBA tribute band were great. We had our main meal then they performed their first set of songs. Whilst they had a break, we had our sweets and tea/coffee before they performed their second set of songs. At one time almost every person was on the

floor dancing and what a very enjoyable afternoon it was. As all good things

come to an end, we boarded the coach for our return journey. But all was not finished for as we passed the end of the City airport runway a Boeing 737 coming into land cleared our coach by no more than a few hundred feet!

I am sure that on behalf of all who attended I would like to thank Jean & Chris for all their efforts in organising these lovely trips out.

John Turp

CORRINGHAM INTEGRATED MEDICAL & WELLBEING CENTRE (IMWC)

Healthwatch Thurrock has advised that Corringham Integrated Medical & Wellbeing Centre is looking to establish a **Patients' Panel**. Any patient living in the Corringham, Stanford-le-Hope or Fobbing area who may be interested in joining, please contact **0300 555 1201**, and select **extension 58222**.

Corringham Integrated Medical & Wellbeing Centre (IMWC)

The Corringham IMWC is now open to the public 8:30am – 5:30pm, seven days a week. Available services include:

- Phlebotomy (Blood testing services)
- 0-19 baby weigh-in sessions (Tuesdays, 9:30am – 11:30am)
- Child development checks
- Chronic Obstructive Pulmonary Disease (COPD)
- Abdominal Aortic Aneurysm Screening
- Podiatry services
- Geriatrician clinics
- Heart failure services
- Dietetics (diet and nutrition specialists)
- Continence/Catheter services
- Community Midwifery
- Early Years Speech and Language Therapy
- Smoking Cessation services
- Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS)
- Adult mental health services
- Mind mental health services
- Community and voluntary groups

For any queries, please contact reception via **0300 555 1201**, and select **extension 58222**.

Interest Groups

Please Note. If you have any symptoms such as a temperature then it would be advisable not to attend on that day. You are welcome to wear a mask and to keep your distance; and others are asked to respect your wishes by giving you space.

Groups may be found in alphabetical order in this Newsletter.

Amblers

Tessa Duggan 01375 670212

Jenny Radford 01375 676338

Photos of the amblers when we went to Plotlands in March. *Photos by Jenny Radford*



Here are the details for our April amble. The UK is home to about half of the world's bluebell population and we're hoping to see some bluebells in flower when we go on our April amble. We'll be walking around **Westley Heights** (Langdon Hills Country Park), High Road, Basildon SS16 6HU on **Thursday 20th April**. With any luck the flowers will be in full bloom (we hope) when we do our amble. Please note we will be meeting at the **later time of 11am** in the car park behind Miller and Carter, so we can have hot drinks in the bar after the walk. Look forward to seeing you there. **Ambling Group is full at the moment.**

Art Group

Jim Westgarth 01375 859432

Sally Taylor

Our group meeting of 20th March at the Thurrock Thameside Nature Park was somewhat marred by the rather cold and damp weather conditions so we opted to go into the Visitor Centre there to try and do something constructive. In the event, I gave a demonstration on perspective and did some on-the-spot illustrations showing drawings of 3 basic shapes, ie; the cube, the cylinder and the sphere. I explained that practising the drawing of these shapes with variations in the source and direction of light will go a long way in learning to give an authentic rendition of form in whatever subjects you care to study.

Our next group meeting will be at the Plotlands cafe at the Essex Wildlife Trust Visitor Centre, Lower Dunton Road, Dunton @ 10.00am on Monday 17th April. Feel free to bring your art materials for painting or drawing at this venue.

Hopefully, the weather will be an improvement on the March meeting!

Bird watching

Dave Snow

01375 461885

Book Group

Ann Bailey

Dawn Lloyd-Warne 01375 461885

Wednesday Boules

Dave Jardine 01375 679410

We meet each week at 10.00 for 10.30 start. You are very welcome to join up for a fun day followed by tea and coffee and biscuits and time to chat with friends.

The afternoon groups start at 1.30 – except on April 5th when it is cancelled.

Please join us in the morning instead.

Wednesday afternoon players

Paul Brice –

07788452852

PÉTANQUE/Boules

Colin Munro 07770 854318

Carol Munro

Ring to see if we have room. **We meet every Friday at 9.45 for a 10.00 start.**

Canasta

Pauline Kerridge 01375 462232

Every Wednesday at the Springhouse Club at 2.00. Everyone welcome.

Our Welfare Officer is Colin Munro.

Email Colin or call his Mobile: 07770 854318

Contact Colin if you know of any member who is in need of our thoughts and best wishes, due to bereavement or serious illness. Please give their name and the reason for the need.

It is most helpful if you can include family member names where necessary.

Couples Lunch

Dave & Jean Angus 07711 359127

A small but enjoyable lunch at The Springhouse Club for this month. Unfortunately, the Couples Lunch Group and the Cyber meeting were on the same day of Thursday 30th March so Dave and Jean did their best to ensure a lunch was offered that enabled those Members who wanted to go to the Cyber Presentation also. There were far fewer Members than expected attending the Cyber Presentation so this had an effect on the Couples Lunch attendees also, but it was a very helpful, interesting presentation on Cyber Crime. Dave and Jean are already looking forward to the Couples Lunch in April that has been booked



and Couples have already started to book their places. We do not advertise where we are going each month to the general Stanford u3a Membership we keep this just for the Couples Lunch Members to ensure there is never any confusion with others turning up at the same day and time at a restaurant that has already been booked by the Couples Lunch Group and all continues to go well. The Couples Lunch Group get together for a good chat, laughter and a nice meal on the last Thursday of each month. Later in the year we have a lunch planned for a minibus visit to Stow Maris to visit the only First World War Aerodrome still left in Europe that will include a special tour of the site. If any Couples would like to enquire about joining the Couples Lunch Group, then please email the above.

Cribbage Group.

John Green

The next meetings for the Cribbage group at **Gardner Hall, Fobbing on Tuesdays at 1.30 pm will be 25th April, 9th May and 23rd May.** All welcome to come along and have a sociable afternoon with tea and biccies.

Family History

Sue Green 01375 676441

Peter Craggs

At our March meeting we watched a YouTube presentation of a 101-year-old woman talking about growing up in Glasgow and Kent. It was amazing that she was so clear and eloquent without any notes. A good turnout again. It is good that the attendance levels are getting back to pre-covid.

Our next meeting is on Wednesday April 19th at 2pm in the Evangelical Church Hall in Fobbing Road, Corringham. We are going to be looking at newspaper reports that have been found that mention our ancestors. The British Newspaper Archive can be viewed on the pro subscription on FindMyPast or separately with fees starting from £12.99 a month. You can look a lot up in a month!!! Just by putting an area or an address or a name (if its unusual) can throw up interesting snippets from weddings attended, sports played, witnesses to events. It all adds background and colour to your research. It will be interesting to see what others have found and what search terms were used to find it.

The Family History Computer sessions will be on hold until we discuss them at our meeting, Due to the cuts that Thurrock Council need to make because of the state of the finances, one of the provisions that is going to be dropped is the subscription to FindMyPast from April 1st. This gave free access to the website via Thurrock Libraries for Thurrock residents. This means our trips to Corringham Library are no longer worth it, (Ancestry had already been cancelled). We may decide to either cancel this part of our group activity forever, or in future go back to Basildon Library, which is part of Essex Libraries and therefore not under the same financial woes. It is such a shame as it makes it a bit of a trek and is not as accessible to all.

Flower Arranging

Christine Lambert 01375 678131

Linda Tilbury 07928 221626

We are now meeting twice a month which is helpful as this encourages us to improve and progress more. **The theme for the month of March was Spring, and our second meeting was our**



own choice. Linda and Christine are always happy to advise and help us when we are having trouble deciding which flower and greenery looks best. You will see that most of us choose yellow flowers for our spring theme. On our second meeting in March, our arrangements were completely different from one another, which helps us take inspiration from each other. We are a very friendly group and if anyone would like to come along and join, please do. We are at the **Gateway**

Centre, Stanford le Hope. The ladies that volunteer at the centre always make our tea or coffee and bring it to us on a tray. One gentleman named Joe that volunteers there will always make a comment on our final arrangements.

Carol Munro

French Basic Conversation

Diane Wallace

Sally Taylor

The name of the group will be changing to **French Basic Conversation**. It is for members who have some understanding of French grammar and vocabulary as well as having the ability and desire to form French sentences in a conversational setting. Most sessions will look at one topic and there will be some sort of listening exercise, in addition to any general conversation. We might have space for one more person in the future.

There is the possibility that **another group could be formed for those who have more advanced French conversational skills** and if so, it would meet less often, perhaps once a month or once every two months, and on a day other than a Thursday. It would purely be for chatting in French. **If anyone is interested, please contact Diane.**

Gallery Visits

Jenny Lees **01375 360786**

Chris Henderson

All suggestions gratefully received!

Maybe a visit to the Dali Exhibition would be inspiring?

Gardening Allotment News

Michael Farman

Although the calendar says its March, the weather over the last couple of weeks might suggest it is April with heavy rain showers followed by sun and a bit of hail for good measure. March did have a couple of windy days. Using either the Astronomical or Meteorological seasons, it does not change the weather we get. The plants don't know about these season categories but can detect the hours of daylight, temperature and soil moisture levels. If all these are in some sort of correct proportion the plants grow. It's the same to some extent with seeds.

Some prefer to lay on the surface of the soil to germinate whilst others like to be buried. All very fascinating. We can control the conditions for germination by keeping pots in the dark, warm or cool temperatures and watering. I only water seeds with tap water not butt rain water as this can contain harmful pathogens resulting in poor germination. A pathogen is any organism, bacteria, virus, etc. that can produce disease. That is what my seed catalogue says. Open containers of water at the allotment site sometimes have colourings of green or a reddish brown. I only wash my hands under the mains tap supply as who knows what is in that container water? In practice, putting a seed in a pot of compost, keep it warm and watered, it will in most cases germinate, especially if its new seed from a packet or seed you saved recently.

In general, I do all this by planting seeds in pots and placing them in my window sill propagator. Some seeds germinate rapidly but others are slower and erratic. Once they have grown into plants with at least 2 pairs of leaves I move them to the greenhouse. Tomato and pepper plants stay in a bit longer in the propagator as they may have erratic germination and will not withstand low temperatures overnight in the greenhouse. The cabbages and cauliflower plants that were grown in this way are of a size that can be planted at the allotment to continue growing. I do acclimatise the plants outside for a couple of days before going to the harsher conditions of my allotment. Yes, it all gets a bit busy in the greenhouse trying to find space for the plants.

The greenhouse still has the potatoes chitting. The minuscule shoots have grown in the month now it is getting warmer and are now a few mm in length as you may be able to see in the picture. I am not planning to plant them for another couple of weeks (Easter) but they do take up valuable growing space in the greenhouse.

As I said before, I have planted out Summer cabbage at the allotment. Planted them in the soil up to the first set of seed leaves and firmed them in well. Brassicas don't like to rock about in the wind and seem to like their roots cool.

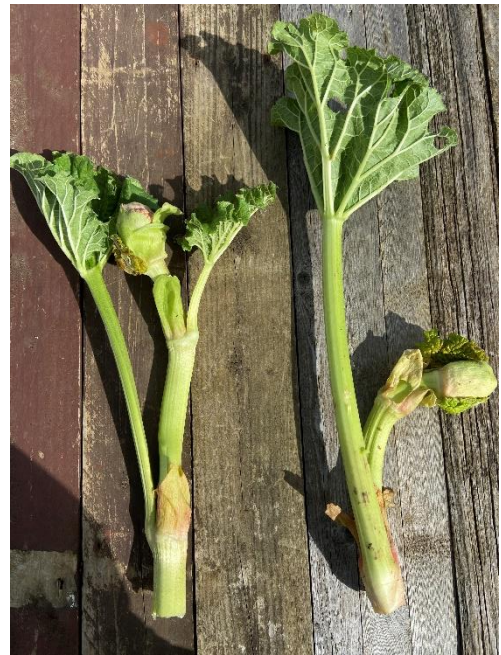


They are pointed ones: variety is Greyhound.

Also planted at the allotment onion sets around 100 bulbs. A back breaking job but they should last us a while if they all grow and produce reasonable size bulbs. I have also grown some from seed of a variety called Bedford Champion. They look like young spring onions so that is a job for the next couple of weeks.

Another back breaking job is weeding the strawberry beds. The grass that seems to engulf a strawberry plant is very hard to remove. I think it takes water and nutrition away from the growing strawberry plant. It does look tidy and nice to see, when the weeding is complete.

Noticed a few days ago I had a stick of green rhubarb. A day or so later it had a growing flower spike attached which I quickly removed. A few days on, another flower spike from the same rhubarb clump. Again, swiftly removed. I have been told that when a rhubarb plant gets stressed it produces a flower spike and seed and then dies. It's been cold and wet which is the conditions rhubarb likes, so not sure why it is stressed! Shame I can't ask it. A question: Do you know why rhubarb stalks sometimes do not have any red/pink colouring? I have Googled it but no positive reason other than white rhubarb plants do exist but it all tastes the same. Mine needs lots of sugar and custard.



As Easter approaches, I hope we have a dry spell to plant potatoes. Could also plant the sweet peas. Most now have grown side shoots by nipping out the growing tip. With the daylight saving hour and warmer weather it will enable you to get out into the garden for a bit of tidying up and planting. Garden Centres are awash with spring and summer plants. Remember we can still get frosts until June!

Wishing you all a Happy Easter!

Emergency Alerts is a UK government service that will warn you if there's a danger to life nearby. In an emergency, your **mobile phone or tablet** will receive an alert with advice about how to stay safe. The government does not need to know your phone number or location to send you an alert.

On **Sunday 23 April 2023**, for England, Northern Ireland and Scotland, there will be a national test of the UK Emergency Alerts service.

For more information please see <https://www.gov.uk/alerts>

Golf

Paul Brice **07788 452852**

We will continue to meet every **Monday starting at 10.45am throughout the year at Dunton Hills**. Even if the course is not playable, we can use the driving range facilities to try and improve our game. In a move to explore new technology we now have a WhatsApp group and find this a great way to communicate.

Holiday Travel

Jean Jardine **01375 679410**
 07551 952211

Carol Smith **07845 233640**

At our **April** General Meeting we will be selling '**Thursford Spectacular**. Included will be the Coach Trip; Hotel (DBB); visit to Holkham Hall and Tickets. On **Monday 18th December** we will travel to Pensthorpe Nature Reserve for a lunch of soup and sandwich, then on to the Thursford Spectacular three-hour show with a cast of 130 dancers, singers, and musicians. Afterwards onto the hotel (The Links just outside of Cromer) for dinner, bed and breakfast. After breakfast on Tuesday 19th December, we go to Holkham Hall which will be dressed for Christmas.

The cost is £230 per person and £245 for a single person. £50 deposit cheques make out to SLH u3a.

Only selling at our April meeting

Pickup Times: Lampits Hill 7.45, The Springhouse club 7.55, The Oak 8.10

Italian

Lynda Snow 07909 040203

Danny Brown 07508 784416

This meets on the **1st and 3rd Tuesday of the month.**

The venue is the Evangelical Church Fobbing Road from 2 till 4 o clock.

We will be going back to basics so it will be suitable for beginners.

The book which we use is **BBC Talk Italian 1** which is available on Amazon if any new members wish to get it.

Line Dancing 1

Susan Moss 07905314987

Beverley Brice 07522368810

Christine Hartnell 07771554174

At Horndon Village Hall every Wednesday 11.15–12.45

We continue to 'toe strut' forward despite our technical equipment having a mind of its own in the last few weeks, could it be gremlins at work or maybe the operators of said equipment are not as technically savvy as we would like to think?

A big thank you to all our dancers for the support you are showing us as we 'kick ball change' our way through the disasters.

Speaking of kicking, Bev would like to say she is making good progress and is definitely alive but not yet kicking! We wish her a speedy recovery and our very good wishes. Now get back 'ere and dance , we need you.

Thank you Mary for saving the day last week. What would we do without you.

A reminder that there is no line dancing on Wednesday 19th April as the hall is being used by the emergency services for a drill exercise.

Finally, ladies and gentleman enjoy the dancing and the hilarity that often goes with it!

Line Dancing 2

Carol Munro 07766 035554

Sue Moss

07905 314987

Our group meets every other Tuesday starting at 10.00 – 11.00 at the **Methodist Hall in Horndon-on-the-Hill**. We are a very friendly group and most of us enjoy joining in for coffee at St Peter's and St Paul Church. The cost is donation only and the ladies there make us feel very welcome.

Local History Group

Barbara Ward

We will be at the **Evangelical Church Hall on 4th Monday of the month at 2.00 pm**. Please get in touch if you are interested.

For the March meeting we arranged a visit to **the Purfleet Heritage and Military**



Centre in Centurion Way, Purfleet-on-Thames, RM19 1ZY, where we had a very enjoyable afternoon hearing about the history of the Centre, viewing the vast amazing amount of interesting and diverse historical artefacts on show and enjoying tea and biscuits in their café area! The Heritage Centre, entirely run by volunteers, is located inside Magazine no. 5 of the Royal Gunpowder Magazine which was built in 1759 to store and supply gunpowder to the navy and army.

The volunteers have worked so hard since taking over in 1994 and have successfully had the monument removed from the 'Scheduled Ancient Monuments At Risk Register', a testament to their hard work and commitment to ensuring our local heritage remains. Surprisingly, the monument was in use by the Army as a munitions store right up until 1962.

We would urge u3a members to consider a visit as there is so much to see and lots of special events planned throughout this year, so check out their website for more information: <https://www.purfleet-heritage.com/> but don't forget to take cash as their walls are so thick card machines don't work!

Photo of members during the visit kindly taken by Jean Angus.

Local Research Projects

Diane Wallace

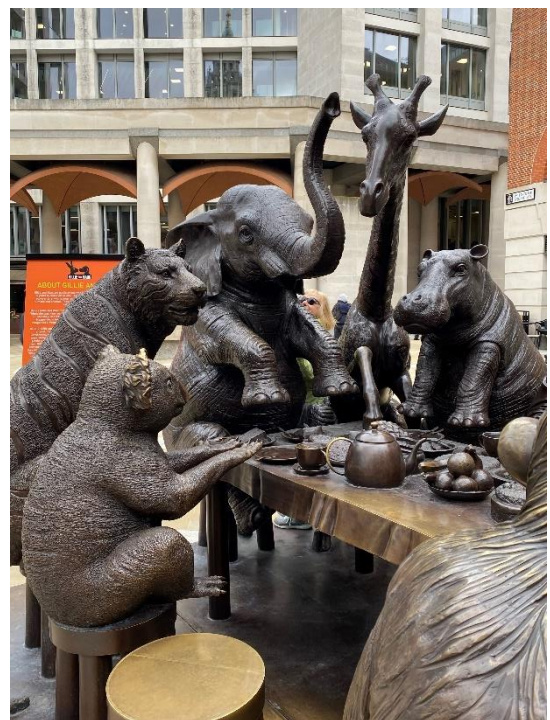
Sue Green 01375 676441

London Walks

Dave Snow 07490 069740

Brian McDonald

Our latest walk was a circular route from Blackfriars. In Queen Victoria Street we saw where Baynard Castle, HQ of the House of York during the Wars of the Roses, was, along with the College of Arms and the HQ of the Church of Scientology. Then there was St Andrew by the Wardrobe, so called as King Edward III had moved his wardrobe and armoury from the Tower of London to a point just north of this church. We then heard more about the fire service and how they drilled holes in the wooden waterpipes in order to draw off water to fight fires. There was also a memorial to all those firefighters who had died in service.



The walk took us around St Paul's, through Paternoster Square with its 'Wild Table of Love' sculpture and through to Stationer's Hall, so called from the

booksellers who set up stalls or stations in the area.

photo by Chris Gomm

We passed the Old Bailey and St Sepulchre's church whose bells are those of 'Old Bailey' in the rhyme. We crossed Holborn Viaduct and worked our way down to Fleet Street via Dr Johnson's house.



Near the end of the walk was St Bride's church which is well worth a visit. It is the journalist's church being right on Fleet Street, home of the newspapers in the past. Polly Nichols who was Jack the Ripper's first victim was married in the church as were the parents of the first European child to be born in America, Virginia Dare. It also has a museum in the crypt with lots of artefacts discovered after it was bombed during the war.

We ended with the site of Henry VIII's Bridewell Palace and back to Blackfriars.

We now have well over 100 members on our mailing list for London Walks and so it is with regret that we have to close our group and are unable to accept any new members. If

there is somebody who would be prepared to start a second group, we would be only too willing to help them in any way we can.

Photo by John Turp

Lunch and Chat

Chris Brown 01708 852023

Lunch and Chat meets on the first Friday of the month 11-00am at the Langdon Hills Golf Club, Lower Dunton Road RM14 3TY

Do ring if you are interested.

Memory Lane

Sue Green 01375 676441

The theme for the members individual memoirs for this month was from age eleven to leaving school however one member also recounted her memoir of her early school years that was written so well and was so detailed that it soon had

the whole group laughing and asking questions, which set the tone for yet another enjoyable session of the Memory Lane Group. It was truly fascinating to hear everyone's personal accounts of their teenage years. There was input from a member that attended a private school, a member that attended a local school in Stanford and two members that attended their respective grammar schools, two decades apart, with one member attending school in Westminster but the similarity in their stories was quite profound, with both finishing their schooling at Palmers Girls school. The group was so engrossed in the session content, clarifying points of interest and making notes and that once again the meeting overran by a whole hour. The next meeting is scheduled for Monday 3rd April and the theme will be: Leaving school, first jobs, courtship, marriage and first marital homes up until the birth of member's first child.

Mixed Craft Group

Marilyn Edgings 01375 677425

Barbara Purser 01375 677095

The Baptist Church in Springhouse Road, the FIRST Tuesday of the month, 2.00pm till 4.00 pm. There is a kitchen – but **bring your own mug.**

At this month's meeting we decided to make some woodland themed coasters. They were hand sewn using felt and were easy to assemble. As well as being colourful they are also functional.

If you would like to come and join the group you would be most welcome, we have always got room for more members as we use a large hall at The Baptist Church in Corringham. You can just turn up on the first Tuesday of the month at 2.00 pm or get in touch with either myself (Marilyn) or Barbara "



Old British Motor Cycle and Car Enthusiasts

Graham Edgings 01375 677425

Photography Group

Jenny Lees 01375 360786

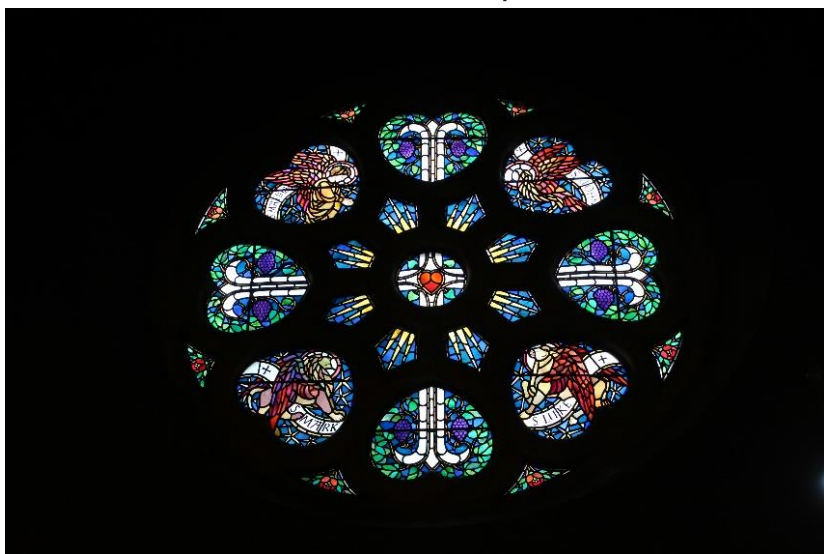
Chris Henderson

Photography Group Visit to St. Mary the Virgin Church Great Warley.

The present church was built in 1902 with money and the land donated by the Heseltine family. The design and furnishing were in the hands of architect C. Harrison Townsend and sculptor and interior designer, Sir William Reynolds-Stevens who were both eminent artists in their fields and very able to reproduce the contemporary Art Nouveau style for the interior. This church is one of only three in the Art Nouveau style in the country and is said to be the best preserved. The church is Grade 1 listed and the lychgate is Grade 11.



The materials used are an impressive combination of metals, marbles, walnut,



Mother of Pearl and stained glass. It is known as the "Pearl Church" due to the Mother of Pearl decoration. The influences are the Arts and Crafts movement, Art Nouveau and the pre-Raphaelites.

The church draws many visitors and Fiona Agassiz is the point of contact for anyone interested

in looking round: tel:01277 230436. The post code is: CM13 3JP and the location is on Great Warley Street near Great Warley. The church is well hidden so look out for the ornate wooden sign on the left heading north. The car park is opposite on the other side of the road. Fiona talked us around the church and made our visit very interesting. She speaks with an obvious love and great knowledge of the church without overloading us.

The first view of the interior is quite breath-taking. There is so much to take in

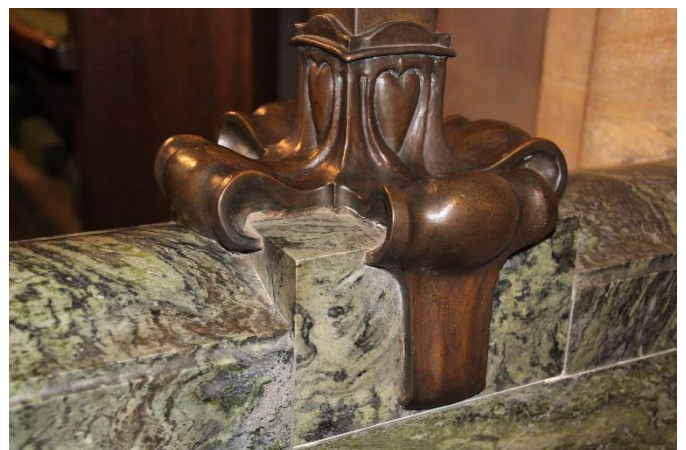


especially with the ornate metal work and your eye is drawn to the apse which is aluminium clad and in strong contrast to the darker wood. It is decorated with silver vines bearing bright red grapes. The brass and bronze chancel screen in between the nave and choir stalls is

quite magnificent in its execution and intricacy and uses blossoming fruit trees with mother of pearl petals and succulent red glass pomegranates.



This was one of my favourite pieces as well as the lectern which is more in the arts and crafts style. Juxtaposing various metals was a notable feature of the Arts and Crafts years and Reynolds-Stephens made full and excellent use of it. His intricate work was offset by the plain, simple lines of the wooden pews which had no finials and were also carved simply. The exterior of St. Mary's is



quite dull but is made up of straight and curved shapes which are its feature. The finish is not unlike the old council house pebbledash. On top of the spire is a golden bird, probably a Dove, carrying an olive branch. At first sight it looks like a fish. Its height makes it difficult to visualise correctly. We all thoroughly enjoyed our visit and I recommend going

there especially if you have any interest in the arts and crafts and metal work. The skills on show are amazing. Also, donations are very welcome as the church is self-funded.

Afterwards we had our traditional lunch in a pub.

Our photographic visits are very varied. We are a small friendly bunch and welcome new members. I am thinking of possibly visiting a garden centre as I know some of us like photographing plants and flowers. I am thinking of a particular place which has an excellent café attached! Beth Chatto's Garden and the Faversham Hop Festival are other places in the pipeline.

Jenny Lees. (photos by Jenny)

Play Reading 1

Beryl Woodcock

We meet on the last Friday of the month but unfortunately our group is full at the moment.

Play Reading, Beverage and Cake!

Deb Foster 01375 677971

Over our last two sessions we read the comedy *Up and Running* by Derek Benfield.

At our second meeting it took us a while to remember the characters and plot. After refreshing our memories, we soon got back into the swing of a typical farce where Patrick a veteran talk show tv host is trying to impress his new puritanical boss. The play was first performed in 1994 and, although the plot centred around the usual subterfuge and opening and closing of doors, the script was very modern and funny and soon had us giggling. An enjoyable play.

Quilting

Carol Smith 07845 233640

The Quilting Group meet on the **first Monday in the month,**
Starting time 2 o'clock until 4 o'clock.

We do a lot of talking and laughing, as we are a very friendly group of like-minded people, with Tea and Coffee a must, and also Cake or Biscuits.

If you are interested why not come along and see what we do get up to.
No pressure will be put on you, if it's not what you want OK.

Please ring me on 01375 675998 and I will tell you where I live and how to find us

Quiz

Sue Green 01375 676441

Ann Bailey

Ann's Quiz. –Wales

1. Who is the Patron Saint of Wales and when is his day?
2. Which is the largest lake in Wales?
3. What is Bara Brith?
4. How many National Parks are there in Wales?
5. What is the unofficial national sport of Wales?
6. Which river flows through Cardiff?
7. What is the Welsh name for Anglesey?
8. How many bridges link Anglesey to the mainland.?
9. What is the smallest city?
10. How many cities are there in Wales?

Answers on page 29.

Ramblers

Chris Gomm 07905 117622

Westley Heights Country Park

We will meet on Thursday 27th April in the Car Park at 10.30. The Car Park is

situated behind the Crown (Miller and Carter), High Road, SS16 6HU.
This walk covers around four miles in lovely surroundings in a mixture of woodland and open spaces with views looking down towards the river Thames. Let's hope that we have a clear, warm and most of all a dry day. I'm looking forward to seeing as many that will be able to come and join us; please call me with any queries.

Scrabble

Magda Norris

Our Scrabble group is **meeting fortnightly at the Gardners Hall in Fobbing**
We start at 1.30 pm for about 2 hours.

Our future meetings are. **25th April, 9th May and 23rd May.**

We always welcome new members of all abilities. Tea, coffee and biscuits are provided. The cost is £2.

Singing for Fun

Barb O'Grady 01375 670461

A fun-filled afternoon singing a wide range of songs. We now sing some with music accompaniment.

We meet on the **third Monday of the month at the Evangelical Hall, Fobbing Road, Corringham, at 2pm.**

Please contact me for more details if interested, or just turn up!

Ten Pin Bowling

Jean Jardine 01375 679410/ 07551 0952211

Please wear flat non-slip shoes. The cost is **£3.70** for two games. This month's meeting is going to be **Friday 28th April at Lakeside Hollywood bowl** for the Tuesday and Friday groups as the children are on holiday earlier in the month. We meet **10.00 for 10.30 start.**

We now get our coffee from Marks and Spencer as the coffee machine at the Hollywood bowl is always broken .

Ten Pin Tuesday

Kevin Brice 07973349288

The Ten Pin Tuesday interest group meets on the third Tuesday of each month, other than during school holidays.

The group has now moved to the Hollywood Bowl, Lakeside for its ten pin bowling sessions.

We have two games per session.

There will not be any Ten Pin Tuesday Bowling in April because of the school holidays. However, Ten Pin Tuesday Bowlers can join with the other ten pin bowling group on **Friday 28th April**.

Our next Ten Pin Tuesday Bowling session is on **Tuesday 16th May 2023**.

Meet for tea and coffee at 10.00am with bowling commencing at 10.30am.

New members welcome, *please email or ring first*.

Trips – Day

Chris Gomm 01375 406285/07905 117622

Jean Jardine 077551 952211

The details for all trips shown in the Newsletter are available on our website. 'Stanford Le Hope u3a' and a handy form is at the back of this newsletter.

All Trips- Cheques to be made payable to "SLH u3a "

Hampton Court Palace and Gardens – Thursday 1st June '23

{We will have tickets available for sale at our April General Meeting}

We are fortunate to have confirmed this trip for up to 100 of our members.

Hampton Court Palace is an awe-inspiring and flamboyant showcase with its vast and never-ending vistas, courtyards, gardens and parkland along with its magnificent state apartments. It is also the famous seat of Henry VIII and his many wives. You could also perhaps try to find your way around the maze.

There are refreshment facilities available on site.

The total cost per head is an all-inclusive **£45.00** and tickets will be available at the **April General Meeting**.

Please make **cheques payable to "SLH U3A"**

Pick-Up Times

Lampits Hill 8:45, Springhouse Club 8:55, The Oak 9:05

Windsor to Bray Lock Boat trip – Thursday 6th July '23

Following the popularity of last year's boat trip we have booked this **Thames River Cruise from Windsor to Bray Lock**.

****We are limited to 53 tickets for this trip due to the restrictions of the boat size.****

On this cruise we will pass many places of interest concluding with views of Windsor Castle.

The ticket price includes a fish and chip lunch, tea and coffee.

There is also a licensed bar on board for those who wish to use it.

The cost of this trip is an all- inclusive **£45.00**.

Tickets will be available at our MAY General meeting.

Theatre Visits

Tina Smith 07899915184

Carol Lindsell 07906436445

New trip – Crazy For you, at the Gillian Lynne Theatre, London. A matinee on Wednesday 25th October. Cost £60 each stalls ticket, coach and tips.

Pick up points at Lampits Hill, The Springhouse club, The Oak Grays.

UKE3A

Madeline Beesley 01375678576

We have settled into our new practice venue at the Nature Reserve.

We were joined last month by a guest bass ukulele player Paul and his wife Maureen who came along to help us out. They enjoyed the session so much that they have joined the u3a so that they can come regularly.



We are rehearsing for a charity garden party we have been invited to play a few numbers for, at the end of April.

Wine Appreciation

Graham Hodgson 01375 675588

Jean Jardine 077551 552211

Our Report for our March meeting when we tried some Italian wines:

M & S Verdicchio Dei Castelli di Jesi 2021 White 2021 – An elegant complex, crisp and dry Italian white wine made from Verdicchio grapes grown in the Castelli di Jesi area of Italy's Marche region. Wine should be served lightly chilled within one year of purchase. It has a taste of pear, tropical and floral and goes well with fish, chicken and salads. An alcohol content of 13%.

M & S Pinot Grigio Blush 2021 – A crisp and fresh light blush wine made from Pinot Grigio grapes grown in the Venezie region of Italy, with a taste of apricot and peach. The DOC delle Venezie area enjoys a particular climate and soil type which allows great freshness and fruit flavours in the wines. Excellent as an aperitif or to pair with seafood and salads. An alcohol content of 12%.

We learnt that DOC wines must come from a clearly defined geographical area, which can range from a single vineyard to one or more wine-growing communities to an entire region. In addition, they must comply with strict qualitative specifications with regard to the permitted grape varieties, cultivation, yield, harvesting and ageing.

We then asked "What is the difference between rosé and blush wine?" Rosé is made using red grapes and has a pink colour, while blush wine can be made using either red or white grapes and can range in colour from pale pink to deep rose. Rosé wines are typically light bodied with flavours of red fruits, while blush wines tend to be semi-sweet or sweet with flavours of citrus fruits. Rosé wines are typically light-bodied and have aromas and flavours of red fruits like strawberries and cherries. They can be dry or sweet, depending on the style of wine. Blush wines tend to be semi-sweet or sweet and have aromas and flavors of citrus fruits like oranges and lemons.

M & S Classics No. 6, Valpolicell Ripasso, 2020 – Santina Valpantena, founded in 1958, is judged to be one of the best cooperatives in Italy. Based in the valley of the same name near Verona, it makes this classic, bespoke Valpolicella Ripasso. Using mainly local varieties, Corvina, Rondinella and Corvinone, the wine is made in part with the dried grape skins used to make Amarone. This repressing over the skins gives the wine extra layers of depth and flavour. It is best enjoyed within 3 years of purchase. It has a ripe, rich, oaked red style with tastes of dark cherry, plum and spice and goes well with hearty ragus and steaks and is full bodied and 13.5% volume.

The wines were enjoyed and we look forward to trying some French wines in April.

Quiz Answers

- | | | |
|-----------------------------------|---------------|--------------------|
| 1 St David. March 1 st | 2. Lake Bala | 3. Welsh tea bread |
| 4.3 National Parks | 5.Rugby Union | 6. The Taff |
| 7. Ynys Mons | 8.2 bridges. | 9. St David's |
| 10. 7 cities | | |

A new feature suggested for our monthly Newsletter is a **Gifting Page where u3a members, who have unwanted items, can gift them on to other members.** Reg Edwards has agreed to co-ordinate this page so email Reg with a brief description, your name and your email or telephone number. This will appear on the page and members can then contact the person direct and arrange collection between them. Please note this is a "Gifting Page" and so no money will be involved.

Reg Edwards email address to which details can be sent, can be found in the printed copy of this newsletter.

Contact details for people gifting items can be found in the printed copy of this newsletter

Hello, my name is Sylvia Young

- | | |
|--|-----------------------|
| Black Slim Leg Jeans; size 18 | New |
| Blue Multi Zip up Cardigan; size 16/18 | New |
| Dusty Pink Zip up Cardigan; size 16/18 | New |
| Cream Hooded Cardigan; Large | New Marks and Spencer |

More Gifting.

The first is quite explanatory being a Texas Hold'em game with additional chips. The second is an umbrella but it is not round being more of a rectangle shape and more suited for two people. I am happy to donate both of these items.



I am Barbara Taylor of Waldon, East Tilbury

The Interest Group Co-ordinator is:

Sandra Isaacson

*If you have an **idea** for a new interest group, or would like to **lead** (perhaps as part of a **team**) a completely **new group** or **another version** of an **existing** group (in order to eliminate a waiting list) please contact **Sandra**.*

Please let your interest group leader know if you no longer wish or cannot attend their group on a permanent basis or are likely to have a prolonged absence. Your name can be taken off a full group's list if you have not attended for 3 months without notifying the group leader, and you can then be replaced by another member who is on the waiting list for that interest group.

Apart from a very few exceptions you must be a current member of our u3a to take part in our Interest Groups.

Interest Group Timetable

Monday	Week 1	Week 2	Week 3	Week 4
am	Golf	London Walks Golf	Art Group Golf Computer for Family History	Golf.
pm	Quilting. O.B.M & Car Enthusiast. UKE3A Memory Lane	London Walks	Singing for Fun. UKE3a	Local History

Tuesday	Week 1	Week 2	Week 3	Week 4
am			10 Pin Tuesday	
pm	Mixed Craft. Italian Beginners.	Scrabble/Cribbage	Italian Beginners.	Scrabble/Cribbage

Wednesday	Week 1	Week 2	Week 3	Week 4
am	Flower Arranging Boules (Springhouse) Line Dancing 1	Boules (Springhouse) Line Dancing 1	Flower Arranging Boules (Springhouse) Line Dancing 1	Boules (Springhouse) Line Dancing 1
pm	Family History (computer) Canasta. Boules pm	Canasta. Boules pm	Family History Canasta. Boules pm	Canasta Boules pm

Thursday	Week 1	Week 2	Week 3	Week 4
am			Ambling	Rambling
pm	French Basic conversation.	SLH & District u3a General Meeting	French Basic Conversation Wine Appreciation	T.C.& Play Reading French Basic Conversation. <i>Couples Lunch</i>

Friday	Week 1	Week 2	Week 3	Week 4
am	PÉTANQUE (<i>Billet</i>) Ten Pin Bowling 1Lunch & Chat.	PÉTANQUE/Boules (<i>Billet</i>) Photography	PÉTANQUE/Boules (<i>Billet</i>) Gallery Visits	PÉTANQUE/Boules (<i>Billet</i>) Birdwatching
pm	Lunch & Chat.	Photography	Gallery Visits Book Club	Charity Craft

LINE DANCING 2 meets every fortnight on Tuesday morning.

This table is just a general guide to help members and potential group leaders to plan.

Events such as Bank Holidays and group trips may result in a particular monthly meeting for a group being cancelled or the date being changed. Check with the group leaders to confirm that a scheduled meeting is going to occur.

Stanford-le-Hope and District u3a does not accept any responsibility for errors or omissions in this publication. You are advised to verify details including dates, times, venue and costs with the organiser of any event. The views expressed may not represent those of this u3a. Please seek permission before using any material in part or in whole.

Contact Details for Interest Groups

<i>Groups with NO spaces have been highlighted. Please check with the leaders if you would like to join a group. Bk – need to book a place.</i>			
<u>Group</u>	<u>Leader</u>	<u>Phone</u>	<u>Email</u>
Ambling	Tessa Duggan	01375 670212	
	Jenny Radford	01375 676338	
Art	Jim Westgarth	01375 859432	
	Sally Taylor		
Bird Watching	Dave Snow	074900 69740	
Book Group	Ann Bailey		
	Dawn Lloyd-Warne	01375 461885	
Boules (Wed.am)	Jean & Dave Jardine	01375 679410	
Boules (Wed pm)	Paul Brice	07788 452852	
Boules/Pétanque (Friday)	Colin & Carol Munro	07770 854318	
Canasta	Pauline Kerridge	01375 462232	
Couples Lunch (bk)	Dave & Jean Angus	07711359127	
Cribbage	John Green	01375676441	
Day Trips (bk)	Chris Gomm	07905 117622	
	Jean Jardine	077551 952211	

Family History	Sue Green	01375676441	
	Peter Craggs	01375 643749	
Flower Arranging	Christine Lambert	01375 678131	
	Linda Tilbury	07928 221626	
French Basic Conversation	Diane Wallace		
	Sally Taylor		
Gallery Visits (bk)	Jenny Lees	01375 360786	
	Chris Henderson		
Gardening Group			
Golf	Paul Brice	07788 452852	
Holiday Travel (bk)	Jean Jardine	077551 952211	
	Carol Smith	07845 233640	
Italian	Danny Brown	07508 784416	
	Lynda Snow	07909 040203	
Line Dancing 1 (Wed)	Susan Moss	07905314987	
	Beverley Brice	07522368810	
	Christine Hartnell	07771554174	
Line Dancing2 (every other Tues)	Carol Munro	07766 035554	
	Sue Moss	07905 314987	
Local History	Barbara Ward	07748 151735	
Local Research	Diane Wallace		
	Sue Green	01375676441	
London Walks (Bk)	Dave Snow	07490 069740	
	Brian McDonald		
Lunch and Chat (bk)	Chris Brown	01708 852023	
Memory Lane	Sue Green	01375 676441	
Mixed Craft	Marilyn Edgings	01375 677425	
	Barbara Purser	01375 677095	
Old British Motorcycle & Car Enthusiast (bk)	Graham Edgings	01375 677425	
Photography	Jenny Lees	01375 360786	
	Chris Henderson		

Play Reading 1	Beryl Woodcock		
T. C. & Play Reading	Deb Foster	01375 677971	
Quilting	Carol Smith	07845 233640	
Quiz (bk)	Ann Bailey		
	Sue Green	01375 676441	
Ramblers	Chris Gomm	07905117622	
Scrabble	Magda Norris		
Singing for Fun	Barb O'Grady	01375 670461	
Sunday Singles			
Ten Pin Bowling (bk)	Jean Jardine	077551 952211	
Ten Pin Tuesday (bk)	Kevin Brice	07973349288	
Theatre shows (bk)	Tina Smith	07899915184	
	Carol Lindsell	07906436445	
UKE3A	Madeline Beesley	01375 678576	
Wine Appreciation	Graham Hodgson	01375 675588	
	Jean Jardine	077551 952211	

Contact details for Stanford-le-Hope and District u3a

Chairman – Bernie Smith

Vice-Chairman – Kevin Brice

Treasurer – Paul Brice

Secretary – Janet Deeney

Membership Secretary – Richard Fox

Newsletter Editor – Chris Henderson

Interest Groups' Co-Ordinator – Sandra Isaacson

Assistant Group Co-ordinator – Marilyn Edgings

Welfare and Disabilities Co-Ordinator – Colin Munro

Policy Documents Administrator – Michael Miller

Advance Notice Email Co-Ordinator – Chris Henderson

Committee Member - Graham Hodgson

Stanford-le-Hope and District u3a Website – <https://u3asites.org.uk/slh>

National u3a Organisation – www.u3a.org.uk

Tel 020-8466-6139

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CM1 1AT

Event Booking Form

Event (Trip/visit/show)	
Date of Event	
Your name	
Membership Number	
Contact Telephone number - Essential	
Mobile phone number To be used on the day of the trip	
Email address	
Cheque/Cash value* (Indicate if it is cheque or cash)	

**Separate payment required for each event*

If you are booking for more than one person, please list clearly their names and membership numbers here:

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Pick up point (If travelling by coach please indicate which pick up point you prefer)

Lampits Hill (<i>Working Men's Club</i>) Corringham	Springhouse Club Corringham	The Oak Grays
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