

Newsletter August 2023

A Beautiful Ambling Day At Mucking!

Photos by Jenny Lees



Last month's General Meeting with Hoy Shanty Crew was an uplifting musical time for us all.



Photos by Liz Turrell.

Please note – The Springhouse Pick-up point has been revised.

Our members will still be able to use the Springhouse Club car park for responsible parking when going on our u3a organised trips. BUT the coach pick up will be from the Bus stop 80-100 yards past the club towards the adjoining park.

I trust that this won't afford too much inconvenience.

Speaker for General Meeting for today, Thursday 10th August 2003

Our speaker for Thursday 10th August is Peter Turner, Deputy Director, Basildon & Thurrock Samaritans. Peter will start by giving a short history about the Samaritans – they are 70 years old this year. He will then go on to speak about what Samaritans do day to day, with the various services that they provide. Peter will conclude with current data regarding contacts to the Samaritans, which often generates questions.

Next month it's the Annual General Meeting: Thursday 14th September 2003

Thursday 14th September is the Stanford-le-Hope and District u3a Annual General Meeting (AGM). At the AGM, all of the current Executive Committee stand down and a new Executive Committee is elected by the u3a membership. The nominations received for the 2023/2024

Executive Committee are as follows: –

- Chair Bernie Smith
- Vice Chair Kevin Brice
- Secretary Janet Deeney
- Treasurer Paul Brice
- Committee Richard Fox
- Committee Sandra Isaacson
- Committee Chris Henderson
- Committee Michael Miller
- Committee Colin Munro
- Committee Marilyn Edgings

Following the AGM, table-top discussions will be organised to receive members' views on relevant u3a issues. The outcomes of these discussions will assist the incoming Executive Committee to identify areas for improvement for the benefit of the u3a and its membership.

Annual Christmas Lunch – Thursday 7th December

We are rapidly reaching that time of year again so we have booked our venue for our u3a Christmas Lunch. The event will be held at **Ye Olde Plough House, Brentwood Road, Bulphan arriving at 12:30pm for a 1:00pm sit down.**

We have also secured a musician to entertain us for the afternoon.

There are **150 tickets available** and due to the popularity of this event we will start selling tickets from 1:30 at the September General Meeting.

The cost per head, including tips and entertainment, is a very reasonable **£27.00**. Please can you complete the form –on the website, attached to Advance Notice or at the back of this newsletter, prior to purchasing your ticket. A few forms will also be available at the meeting.

Payments can be made by Cash or a Cheque payable to **"SLH U3A"**

Christmas Singalong Sunday 17th December 2.30pm

We are trying to gauge how much interest there would be in the annual Christmas Singalong which this year will be held in the Barbican Centre. Cost would be approx £60 each. Please be aware that this date is the day before the Thursford Christmas Spectacular. If you are interested then please let us know as soon as possible. Tina Smith 07899915184

Many thanks.

Please remember to mute your phone during the Meeting.

If you don't have your new card then get in touch with the Membership Secretary. You will need to register your new number with any Interest Groups that you belong to.

COMMITTEE CHAT

Wimbledon has been done and dusted for another year and tennis has a new male star in Carlos Alcaraz (or Alcatraz as he has become known in our household). Reporters have referred to Carlos' success as the, "Changing of the Guard", suggesting that the dominance of Novak Djokovic is coming to an end. It's the end of an era, with Rafael Nadal and Roger Federer already retired and Andy Murray struggling to make an impact after his hip surgery.

However, at the AGM on Thursday 14th September the current Executive Committee (EC) stands down and a new EC is elected by the membership, (although probably not of as such international significance as the individuals mentioned above); see if you can spot the difference!

Even though nominations for election to the EC at this year's AGM are closed, the option remains for anyone interested to be co-opted.

If you may be interested in helping drive your u3a forward, new blood and new ideas are very welcome. Have a chat with one of your EC members – none of them bite that I am aware of – find out what is involved and how you may be able to help.

Even if you do not want to offer yourself forward to serve on the EC, volunteers for other assistance are welcomed.

More Committee Chat next month

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.

NEW GROUP – MUSIC MAKERS

This new group is aimed at members who can play an instrument and enjoy playing traditional, folk and country music. The sessions will be held on the 2nd and 4th Monday of the month from 2 p.m. until 4 p.m. The first session will be 9th October. A range of instruments would be encouraged and welcomed, including guitar, bodhran, banjo, fiddle, ukulele, accordion, harmonica and recorder. The group will aim to explore and practise a variety of techniques, harmonising and building its own arrangements of songs.

All those interested please contact Mo Wakeling, by telephone number 07902 649122

Don't forget the new group for Memory Lane.

Amblers

Tessa Duggan 01375 670212

Jenny Radford 01375 676338

We had a lovely warm morning and a large number of walkers on our July amble.



The paths were narrowed by the lush growth of shrubs and grasses on either side, but the flowers were out, the views were good



and it was a very nice walk.

Our August amble will be at Plotlands (Langdon Nature Reserve), Lower Dunton Road, SS16 6EB, on Thursday 17th August. Meet us at 10.30am in the car park. Look forward to seeing you there.



Photos by Jenny Radford and Jenny Lees

The organisers organising!

Art Group

Jim Westgarth 01375 859432

Sally Taylor

Bird Watching

Dave Snow

01375 461885

This month we went to the **Thameside Nature Park** for our visit. After a warm drink in the visitor centre, we made our way to the hide in the hope of seeing some of the wading birds that are found there. We were not disappointed as the tide was turning which brought in several species including Avocet, Curlew, Black-tailed Godwits and Little Egret. There was also a large number of Shelduck and Mallard.

As the tide receded, we turned our binoculars on the many song birds in the area. Among those seen were Greenfinch, Dunnock, Great tit, Blue tit and Goldfinch. We also saw a rat picking up the seeds dropped by the birds feeding from the feeders. Some of us then took a walk through the park to the sluice gate in the hope of spotting a Kingfisher, one of our most striking native birds, but, unfortunately, they didn't make their appearance. All in all a very good morning birdwatching.

Book Group

Ann Bailey

Dawn Lloyd-Warne 01375 461885



**Thurrock libraries are offering
free e-learning support**



Trained Over 15,000 Residents

Register your interest at your local library
Or Email: W4IT@thurrock.gov.uk
Mobile No: 07881475259

For more information on the various library services
available, please visit thurrock.gov.uk/libraries

thurrock.gov.uk

An interesting offer from the Library service – Pop into the library to book for a session to help manage these services, or ring 07881 475259.

If you use email you can book on W4IT@thurrock.gov.uk.

While you are in the library check on their other services too.

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.

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



'The Couple Lunchers' had such a nice meal at the Oyster Fleet on Canvey Island earlier in the year that we decided to revisit for our July meeting and a good time was had by all. The food was up to standard again and the service. Even though it was a bit disconcerting to see the

sign "Chef required" on the way in – but all was well!

Val and Ray decided to go via the scenic route along the coast road but this was fraught with traffic lights as that is another area with lots of road repairs going on! However, they arrived safely and the fun continued to roll as everyone shared their news.... Gloria and Terry, after living quietly for 9 years in Fobbing, suddenly have a house full of guests and two surprise parties to look forward to – all going on at once – so lots of laughter. Michael amused us all with one of his stories and this time it was a tale about cats. Dave might have looked glum in the photo but he was concentrating on Michael's story. We are back to normal for our next Couples Lunch meal as we return to the last Thursday of the month on 31st August. The Couples Lunch Group get together for a good chat, laughter and a nice meal on the last Thursday of each month and if any Couples have any enquiries about joining the Couples Lunch Group, then please email Dave Angus *Photo on Dave's phone*

Cribbage Group.

John Green

Next meetings for the Cribbage group will be on **Tuesdays 15th and 29th August at 1.30pm in Gardner Hall, Fobbing.** Cost £1 includes Hall hire and refreshments. All welcome.

Family History

Sue Green 01375 676441

Peter Craggs

After many conversations with Essex Libraries, I regret that I am going to have to stop the computer group offshoot of the Family History Group. Thurrock libraries has cancelled its subscriptions to all family history websites. Essex Libraries is willing to host us in any of their libraries but has severely cut back the number of computers available e.g Laindon reduced from 12 to 4 of which we can book 2 at any one time so will not be enough for a group visit. We could go to Basildon or Chelmsford but due to us all ageing, the distance from the car parks is going to be a real issue for some so is a non-starter. We will have to host people at our own homes if they need help.

Our July meeting discussed a few specific brick walls and strategies to overcome them. We also looked at a couple of problems that members had encountered and are mulling over how to tackle them. **Our August meeting is cancelled because of holiday commitments so we will resume in September refreshed after a break.** We shall restart with our favourite meeting theme—a show and share of items or documents that we have squirreled away in drawers and boxes. Look out for more details in next month’s newsletter.

Flower Arranging

Christine Lambert 01375 678131

Linda Tilbury 07928 221626

We meet the first and third Wednesday of every month at the Gateway Centre, from 10am to 12noon. We are a friendly group and you are very welcome to join us. There is a cafe where you can purchase a cup of tea or coffee. Just ring or turn up if you want to know more.

Here is a picture of a sprig of myrtle. It was Prince Albert’s grandmother who gave Queen Victoria a posy of myrtle from which she grew some into a new plant, and when her eldest daughter Princess Victoria was married, she had myrtle in her wedding bouquet from that plant. It is now used in all royal bride’s bouquets: it represents love, fertility and innocence. Our late Queen Elizabeth 2nd had it in her wedding bouquet and a piece of this was planted and was included in her wreath at her funeral by Prince Charles. Queen Victoria had myrtle planted in Osborne House and there are many in the gardens. It has a beautiful perfume. The sprig in the picture comes from the garden





of one of our members.

On our first week the theme was "Pretty in Pink"– all the flowers used were pink and made really nice displays

Our second week was "your choice" it was nice to see that nearly all the flowers and foliage were from our own gardens, some even came from the fields around etc. We were all pleased with the results. We always finish our meetings with a cup of tea and a chat.



Text and photos by Brenda Osborne

French Basic Conversation

Diane Wallace



Sally Taylor took a photo of me in the middle of reading a French children's book to two of the members of the French Basic Conversation group. It did actually introduce us to new vocabulary, especially words beginning with the letter 'B'!

Gallery Visits

Jenny Lees 01375 360786

Chris Henderson

From now until 28th of January 2024, the "Capturing the Moment" exhibition will feature at the Tate Modern and is classed as, 'A journey through painting and photography'.

The arrival of photography changed the course of painting forever. The relationship between the two mediums is explored through some of the most iconic works of recent times. From the expressive paintings of Picasso and Paula Rego, to striking photographs by Hiroshi Sugimoto and Jeff Wall, you will see how these two distinct mediums have shaped each other over time.

You will also discover how artists have blurred the boundaries between painting and photography, creating new and exciting forms of art, such as Pauline Boty's pop paintings, Andy Warhol's silkscreen prints, the photorealist works of Gerhard Richter, or Andreas Gursky's large scale panoramic photographs.

In an open-ended conversation between some of the greatest painters and photographers of the modern era, including David Hockney, we explore how the brush and the lens have been used to capture moments in time.

Advance booking is strongly recommended. There are also guided talks of the exhibition. Please contact me asap if you are interested in going to this. All suggestions gratefully received! (see more on page 22)

Holiday Travel

Jean Jardine 01375 679410

07551 952211

Carol Smith 07845 233640

Gardening Allotment News

Michael Farman

August – The rain and cooler weather over the past few weeks was a very welcome change to the prolonged dry spell of May and June, and totally different to last year at this time, when temperatures approached 40° Centigrade.

Most plants at the allotment are thriving and growing well in the current cooler and wetter conditions. I have dug up few roots of new potatoes and the size and number of potatoes is quite reasonable given the wet and then dry conditions they experienced when I planted them in April. Of course, with the wetter conditions, the slugs and snails re-appeared and had a good go at the carrots, removing the top growth and gnawing at the carrot root below. A bit late, but a few pellets scattered around soon attracted about 20 slugs of differing size and colouring. What a mess they make with the silvery, slime trails over the ground.

Another unfortunate consequence of the wetter weather is the growth of weed and grass across the allotment plot. Bindweed in particular. It grows prolifically in and around the strawberries. The bindweed has deep roots and small white flowers. Its deep roots are unaffected by the dry conditions. If the flower is left to seed – even more bindweed grows! Has to be pulled up and disposed of in my brown household bin!

At the end of July, I decided to clear the two strawberry beds of the bindweed and grass that smothered the plants in order to see if any strawberry plants had survived. Much to my surprise, the recent wet weather had revived some of the plants that I had thought were dead. I could see new green growth from the crown of the plant. I continued forking over the now soft top surface of the soil and filling in the deep cracks. I will continue to clear the beds and see what is remaining.

I noticed that none of my strawberry plants have produced any 'runners' this year (The small plants that grow out on a stalk from the main plant). I don't know if these plants will recover from the adverse conditions of the last two years or will I have to replace them with new plants? A kind u3a member has given me a few new strawberry plants. I have them potted up and growing at home at the moment. They are now producing runners which I have rooting (with the help of my wife) in other pots so I can cut them free when rooted. These plants are considerably healthier than mine.

Strawberry plants have an interesting busy life cycle when grown from either seed or a runner. The strawberry seeds are on the outside of the plant and usually germinate in late winter or early spring. Most gardeners grow them from runners that are produced after the parent plant has flowered and whilst the fruit is growing and ripening. Late summer and early autumn, the strawberry plants begin forming flower buds within the crown for the following years strawberries. It is important that water, light and nutrient is available during this

period. The flower buds form prior to winter and the whole plant moves into a dormancy period as the temperature drops during the winter months. I usually give the plants a tidy before winter removing all the dead and diseased material. Then a dressing of fertiliser, rich in phosphorus, to promote flower production.

So, my questions are "Am I wasting my time with my plants? Will the plants eventually produce runners and hopefully have flower buds for next year's strawberries?" Will think about it before I dig out all the old plants. Nature seems to have a way of recovering from adverse conditions. My plants are only two years old and will produce fruit for 3 or 4 years before they need replacing. I will start a new bed for my new plants. Oh! Looks like it may be Blackberry jam this year as the blackberries are showing signs of a good crop; Big dark juicy berries! Not really a substitute for the strawberry but will be homemade.

Back to the weeding on my hands and knees! Take care.

Gifting Items

Reg Edwards

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. No money to change hands.

Items from Jennifer Freeman – Contact number: **07802 326317 via Text**

Item 1:

Unopened genuine HP Epson printer inks – pack of 18 –multicolour pack plus a further two additional unopened HP Printer inks – red and yellow.

They are suitable for the following printers:

XP-30 / XP – 102 /XP-202 / XP-205 /XP-212 / XP-215 / XP-225 / XP-302

XP-305 / XP-312 / XP-315 / XP-322 /XP-325 / XP-402 / XP-405 / XP-412XP-415 /

XP-422 / XP-425.

Item 2:

Dolce Gusto Coffee Maker, rarely used, almost new condition.



Golf

Paul Brice **07788 452852**

The Golf Group meets every Monday at 10.15am for a 10.45am start. We play at Dunton Hills on the Par 3 course which is currently charged at £9 for 18 holes. Standard of play is varied so anybody should be able to fit in.

The only thing we ask is if you do plan to come along then **please let me know** as we occasionally change the start times to suit the course and ourselves.

We also have a **What's App group** so if you wish to join that and receive updates, then let me have your Mobile number.

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. Here is a picture of our Italian group this week.

We are progressing well with our group trying to expand our vocabulary and grammar in a fun way. We can only take any new members if they have some knowledge of basic Italian.



We have a new leader
Verena Carter her
number is **07808
513453**.

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

As from **Wednesday 2nd August** the times are changing to **10.15 – 11.45** and will remain in place indefinitely. Our original slot has now become available again and members have indicated their preference to revert to an earlier session.

We also would **welcome any new members** who would like to join the group. It doesn't matter if you are a novice or have some experience just come along and have fun. Contact Sue, Bev or Chris on one of the above numbers.

At Horndon Village Hall every Wednesday 10.15–11.45

Line Dancing 2

Carol Munro 07766 035554

Sue Moss 07905 314987

Every other Tuesday starting at 10.00 – 11.00 at the Methodist Hall in Horndon-on-the-Hill.

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.

During our meetings in May and June we took the opportunity to view some old photos of Stanford and surrounding areas. It was a great chance for some of us to share memories of living locally and exclaim how things had changed. Sometimes, I feel that getting as many group members involved sharing is lovely as we find out so much about all those little things that never get formally recorded but bring the history of the area to life! We are looking forward to visiting **Fobbing Church** at the end of July so more about this in the next newsletter. The group has reached the stage where we are quite full now so I shall be reviewing membership during our Summer break. Therefore any potential new members should get in touch with me first and not turn up until I have confirmed there is space.

Local Research Projects

Diane Wallace

Sue Green 01375 676441

London Walks

Dave Snow 07490 069740

Brian McDonald

Having missed our walk in June we are now back on the streets of London. This walk started at Westminster although we were too late to see Joe Biden at the Palace of Westminster.

We walked past the Houses of Parliament and crossed over Lambeth Bridge which is painted red



to coincide with the red seats of the House of Lords. We heard about the first pineapples grown in this country by John Tradescant noted by the pineapples on the columns at each end of the bridge.

The next palace was Lambeth Palace, London home of the Archbishop of Canterbury which had been through some turbulent times in its history.

It was then through the old burial ground of St Mary's where both John Tradescant and Captain Bligh of the *Bounty* were buried. Lambeth was the home of a number of pottery factories including that of John Doulton and this was reflected in some of the names in the area. Of course, we had to go down Lambeth Walk made famous in *Me and My Girl*. A certain amount of singing may have taken place on this walk!



In front of the War Museum are two enormous guns which took part in D-Day and this one was manned by Colin Wale's Uncle Bob – as he told us about 4 times!

Lunch was taken at The Imperial War Museum after which we ventured through a number of railway tunnels where we saw some mosaics

of the work of William Blake, artist and poet.

When we arrived at Leake Street there was a police cordon across the road. There had been 'an incident' in the street, evidence of which we saw when we were eventually allowed in, avoiding the blood etc.!

Leake Street, under the railway from Waterloo, is a street artist's paradise. The whole length is completely covered in colourful artwork including the roof and all the numerous side tunnels. Some artists were actually painting as we went along.

Quite a spectacle!



We came out to see County Hall which is now a hotel and visitor attraction. Of course, next to that is the Millennium Wheel, still there despite its original lease of only five years! Along from the wheel and under Westminster Bridge we saw



the Nation Covid Memorial Wall with its numerous hearts all the way along.

It was then back over the bridge (painted green to match the seats in the House of Commons), avoiding where Blofeld's helicopter crashed, and back to the station. Another of our 2½ mile walks successfully completed.

Photos from Jenny Lees, Chris Henderson and Brian's camera.

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

Jennifer Freeman

Another memorial meeting of the Memory Lane Group where the theme for this month was based upon our parents and their social history. This included where they lived, family dynamics, occupations and hobbies etc. Related memoirs also included the impact of war on our families and because we are such a diverse group, the impact stories included not only World War II but also impact stories surrounding the First World War and the service that our relatives provided during the wars.

There were also stories of how very diverse family units can become over time in regards to religious beliefs and political ethics.

Each member provided photographs of their respective parents, aunts, uncles, siblings and grandparents which then prompted discussions on fashions, locations and family likeness to the past generations.

As with all our meetings, amusing stories and memories provided for a great deal of laughter and merriment which seems to have now become a fundamental element to the ethos of this group.

We are not undertaking any actual memoir writing for the August meeting because we are meeting for lunch at The Bull, Corringham where no doubt the discussion topics will be memories of food/ restaurants/ and cooking related. I just hope that because of the amount of laughter that will most surely ensue, that other customers of the restaurant will not look adversely at our table, thinking that we have all over indulged on our intake of wine!

Memory Lane 2—there are three people so far that have come forward to be part of a new group. We still have room for a couple more. Let us know if you are interested as we will be arranging a first meeting to discuss how the group will work either late August or early September.

Mixed Craft Group

Marilyn Edgings

01375 677425

Barbara Purser

01375 677095

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

Photo Group Visit to Miss Wilmott's Garden.

In spite of the forecast of wind and rain yet again, a determined group of us



arrived at Miss Wilmott's Garden in Great Warley for a good look round at the greenery, flowers and architectural features embedded in the garden.

Quite a bit of clearance work had been done revealing some interesting brickwork, taped off areas and rerouting of paths. Yet

again, a feature of this country, the work had been done by this magical group of volunteers. Where would we be without them. Do other countries have them in such great numbers?

Rotting trees, bracket fungi, many ferns on the ground and protruding from walls, continued the woodland theme, and decaying aspects along with rich mossy covered





bricks. It was a shame that the only water features had their surfaces thick with green algae. I did particularly like the rotting tree that was forming into the shape of a tall hatted woodland Troll.

Having looked at some past photographs of how the gardens were used it was not too difficult to imagine Miss Wilmott and her friends making full use of them, and the boats on the ironically weed- swamped boating lake with the sun finding its way through the gaps between the crowded and shimmering leaves.

Back to reality and having reserved a table at the Thatched House, we decided to sample

the very interesting specials of the day comprising of different concoctions of prawns, lasagne and a particularly mouthwatering dressed crab.

photos by Jenny Lees and Dick Fox



To: current Photography Group & Galleries Group members and others.....
For September and August 2023:

We will be going to 'Capturing the Moment' at Tate Modern on Friday September 8th. There is more information on the internet. **We need to pre- book** as they are expecting a lot of interest. **We'll catch the 10.05 train from Stanford le Hope going into the second to last carriage.** For those that don't know, the Smartcards are working well now and if you get your Senior Railcard via Tesco vouchers the usual £30 cost will be £10. Having a Smartcard means you can load your ticket using your computer and you don't have to use those awful ticket machines which cause queues when the sun makes it difficult to

read them or they aren't working properly. The only minus point is that people will be losing their jobs but that seems to be on the cards anyway. You will need a credit or debit or Oyster card for the tube.

Entry to the exhibition is £19 for seniors otherwise it is £20. I am looking to book for the 11.45 time.

See: Capturing the Moment on u3a slh website.

The Photography Group will be going to Hyde Hall on Friday August 11th. Cost of entry is £14, unless you are a RHS member (some can take another person for free) We will meet at the Springhouse at ¼ to 10 for car sharing unless people make their arrangements beforehand (please let me know).

Come and join us if you aren't already a Photo Group member.

Playreading 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

Just tea and cakes!

Due to holidays and illness there were only four of us who met this month. We didn't read a play but instead chatted about everything under the sun. I'd experimented with my culinary skills by baking a very simple courgette cake. Not even a vegetable hater would guess that secret ingredient! We agreed it was a tasty hit so if anyone would like the recipe please get in touch.

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 Bird Quiz

1. Which birds are also known as sea ravens?
2. What is the nest of an eagle called?
3. Who killed Cock Robin?
4. Who was the Swedish nightingale?
5. How was Edith Piaf known?
6. Which bird is the national emblem of the USA?
7. Which is the only bird to fly backwards?
8. What is the turkey trot?
9. How many blackbirds in a pie?
10. Into what bird did Zeus turn in order to seduce Leda?

Answers on page 29

Ramblers

Chris Gomm 07905 117622

On a slightly blustery but warm day



twenty of us started our July's ramble at Leigh-on-Sea station and walked along the front to Southend spotting the decorative elephants along the way. At

Southend we took a break and enjoyed lunch before heading back to Leigh-on-Sea. A most enjoyable day with friends!

photos by Chris Gomm



For our August Walk – we will meet in the Car Park beside Coalhouse Fort at 10:30.

Address:- Princess Margaret Road, East Tilbury, RM18 8PB.

This is a pleasant walk along the sea wall heading towards the Thameside Nature Reserve as far as possible then heading back through the footpaths to East Tilbury.

For those that would like there is a cafe beside the fort where we can stop for some refreshment following the walk.

Please feel free to contact me, Christine Gomm should you require further details.

Scrabble

Magda Norris

Our Scrabble group is **meeting fortnightly at the Gardner Hall in Fobbing**

We start at 1.30 pm for about 2 hours.

See Cribbage for our next meetings.

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

Our next meeting will be after the children go back to school on Friday 8th September at Hollywood Bowl in Lakeside 10.00 for 10.30 start. We pick up a coffee in M&S first. Please wear flat non-slip shoes.

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.

There will not be any Ten Pin Tuesday Bowling in August due to the school holidays.

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 "

A Day in Margate – Thursday 31st August

We have planned a day by the seaside in Margate and **we still have a few tickets available.**

The cost of this trip is £20.00 per head. This will cover your travel and Drivers tips, etc.

We have two coaches booked for this trip and tickets will be also available at our August General meeting.

The Coach Pick Up points and Times are:-

Lampits Hill 8:20. The Springhouse Club 8:30. The Oak 8:40.

We will accept cash or Cheques to be made Payable to "SLH u3a"

Minsmere (RSPB) or Southwold 29th September 2023

The RSPB reserve at Minsmere has long been a favourite of the BBC's Spring and Autumn watch where they have made some amazing discoveries of our British wildlife. Here you'll be able to find for yourself some of the UK's wildlife with a very impressive variety of Birds.

OR

Southwold

Southwold is a charming seaside town on the North Sea coast in Suffolk., near Minsmere.

It boasts a beautiful sandy beach lined with the famous huts, it even has a pier and a lighthouse.

There are plenty of delightful restaurants, cafes and bars to choose from for lunch or refreshments.

We have two coaches available for this event and tickets will be available from **1:30 at the August General meeting.**

The cost of this trip is **£20.00** per head

*If you wish to visit Minsmere as a **non RSPB** member there is an **additional cost of £9.00** for entry.*

Pick-up times Lampits Hill 8:00, The Springhouse Club 8:10, The Oak 8:20

Theatre Visits

Tina Smith 07899915184

Carol Lindsell 07906436445

Refer to page 3 – tickets need to be booked for **Christmas Singalong Sunday 17th December 2.30pm. Please let us know.**

UKE3A

Madeline Beesley 01375678576

The ukulele group are still rehearsing two sessions a month over at the Nature Reserve. We are trying out some new songs and revisiting our old repertoire as well.

This group is now closed for the time being.

Wine Appreciation

Graham Hodgson 01375 675588

Jean Jardine 077551 552211

We have had two of our three outside events so far this summer.



Our first was an excellent afternoon in John and Mavis' garden for a BBQ, everyone bought wine which in most cases was enjoyed by all with a great BBQ with lots of side salads followed by desserts 'to die for' and cheese and biscuits'

Our second was a trip organised by Chris by minibus to the Bolney Estate in Sussex. Coffee was followed by a walk through the vines seeing different grapes and then to the bottling plant where lots was learnt about how they operate. Then back to the restaurant and HQ where an excellent wine tasting was enjoyed and lots learnt from an informative talk



given by Ian. Lunch followed in the restaurant. One or two of us might have drifted off to sleep on the trip back.



The Bolney Wine Estate is one of England's oldest and most beautiful vineyards. The first vines were planted in 1972. A wide variety of sparkling and still wines are produced and many of us bought some samples. Gin, Sloe gin, Rosso Vermouth and Negroni are also produced. I look forward to breakfast with the gin

marmalade I bought. I thank everyone who made this such a special occasion.

Photos by John Turp

Our next event is our annual garden party at Chris' which will be reported on next month. In September we are back indoors for the start of our autumn/winter session.

Quiz Answers

1. Cormorants

2. Eyrie.

3. Sparrow

4. Jenny Lind

5. The little sparrow

6. Bald eagle

7. Hummingbird

8. A Dance

9. 24

10. A swan

Ann's Column

Ann Bailey

Another month has passed; the sun might be shining by the August meeting, or it might not. I feel for families who have booked these weeks for their annual holiday, a sandy beach in the rain is not my idea of fun, well, not now. I also have

to apologise for the mistake in the July quiz. I had checked the answer, but obviously got in a muddle. I'd like to say it was a deliberate mistake just to test you all, but no, mea culpa (M.A.S.H was Mobile Army Surgical Hospital).

I obviously didn't do enough turning out of cupboards and wardrobes during covid, as I've had to buy some black sacks today. My house is not dirty but it is cluttered, and it's coming to something when I have to clear a space for visitors to sit down. Downstairs it's mainly books and papers (which should be filed or shredded). Upstairs, well it's really only me that sees it.

Our houses were built with a large cupboard over the stairs. We did put shelves in it, but it's ideal for opening and throwing/hiding stuff in. It's reached the stage where to find anything, you have to take things out to find it, but it's a very useful space. I've also been clearing out the garden, with help. The apples on the tree are few this year, but already a decent size. The blueberries are miniscule, but I expect the blackbird, in particular, will enjoy them. The blackbird has been eating the strawberries and tomatoes in his garden!

I finished reading *Katherine* by Anya Seton, a good read and it filled some of the gaps in my history knowledge. Next to read is *The Far Pavilions* by MM Kaye, which I remember being on TV, starring Omar Sharif and Ben Cross. I've gone back to reading books I read years ago.

Yorkshire beckons next month, between the gardens of Helmsley and Scampston, both of which are worth a visit. Helmsley also has a lovely apple orchard so hopefully there will be fresh apple juice on site. There's also a Moorcroft Gallery in Helmsley, just for admiring, although I might acquire a few cards.

PS. Have just loaded the car with items for the charity shops. I can now see into the spare room.

Letter from the Young Carers Group

Thank you so much again for the amazing donation. (They were the recipients of our quiz in June). The Young Carers decided to put it towards our most recent Young Carers Festival which was a fantastic weekend. Please find the video link below to get an idea of what the weekend consists of.

<https://www.youtube.com/watch?v=iQ2dFCt1zgY>

We are also meeting the Young Carers council on Thursday 19th August if you would like to come along. **Telephone : 020 85934422**

Many thanks again, **Kind Regards from Charlotte Lambert**

Thurrock Young Carers Project Coordinator Carers Centre SA Ltd

Website: <http://www.carerscentre.org.uk/>

Group Timetable				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday				
am	Golf	London Walks Golf	Art Group Golf	Golf.
pm	Quilting. O.B.M.& Car Uke3a Memory Lane	London Walks Music Makers	Singing for Fun. Uke3a	Local History Music Makers
Tuesday				
am			10 Pin Tuesday	
pm	Mixed Craft. Italian Beginners.	Scrabble/Cribbage	Italian Beginners.	Scrabble/Cribbage
Wednesday				
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	Canasta. Boules pm	Canasta. Boules pm	Family History Canasta. Boules pm	Canasta Boules pm
Thursday				
am			Ambling	Rambling
pm	French conversation.	SLH & District u3a General Meeting	French Conversation Wine Appreciation	T.C.& Play Reading French Conversation. <i>Couples Lunch</i>
Friday				
am	PÉTANQUE Ten Pin Bowling 1 Lunch & Chat.	PÉTANQUE Photography	PÉTANQUE Gallery Visits	PÉTANQUE Birdwatching
pm	Lunch & Chat.	Photography	Gallery Visits	

LINE DANCING 2 meets every fortnight on Tuesday morning
PLAY READING 1 is once every 6 weeks

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.

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.

**NEXT COMMITTEE MEETING IS 9.30 ON MONDAY 21ST AUGUST
AT THE WELCOME CLUB**

Contact Details for Interest Groups

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.

<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 Conversation	Diane Wallace		
	Sally Taylor		
Gallery Visits (bk)	Jenny Lees	01375 360786	
	Chris Henderson		
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 Jennifer Freeman	01375 676441	
Mixed Craft	Marilyn Edgings	01375 677425	
	Barbara Purser	01375 677095	

Music Makers	Mo Wakeling	07902 649122	
Old British (bk) Motorcycle & Car Enthusiast	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

Chair – Bernie Smith

Vice-Chair – 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

Printed by the Diocesan Print Unit,

53, New Street,

Chelmsford,

EssexCM1 1AT

Ye Olde Plough House – Bulphan
u3a Christmas Lunch on Thursday 7th December 2023

NAME _____

Telephone Number _____

Sit with (2 Preferred Names) _____

Special Dietary Requirements i.e., Gluten Free, Vegetarian _____

MENU

Starters

Prawn Cocktail with Marie Rose sauce.

Spiced Sweet Potato and Butternut Squash Soup.

Brie & Cranberry Tartlet on a bed of mixed leaves
with a Balsamic dressing.

*Roasted Asparagus Caesar Salad with croutons,
crispy bacon and Parmesan shavings.*

Main Courses

Roast Turkey Breast with Cranberry & Sausage Stuffing with
Sausage wrapped in Bacon, Roast potatoes, Brussels Sprouts
and Seasonal Vegetables.

Topside of Beef with Yorkshire Pudding Roast potatoes
and Seasonal Vegetables.

Pesto Crusted Cod Loin with Roast potatoes and vegetables
in a rich Tomato Sauce.

Vegan Spanakopita served with Seasonal Vegetables.

Desserts

Christmas Pudding with Brandy Sauce

Black Forest Tart with chunky sweet cherry compote

Winterberry Cheesecake

Lemon meringue Tart with berry coulis

COFFEE



More from Ambling and Jenny Lees

Event Booking Form

Event (Trip/visit/show)	
Date of Event	
Your name	
Membership Number	
Contact Telephone number - Essential	
Mobile Number to be used on 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.

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

Lampits Hill (by the Working Mens Club) Corringham	Bus Stop (Adjacent Springhouse Club) Corringham	The Oak (By the bus stop) Grays
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