

Newsletter March 2023

Speaker at General Meeting Thursday 9th March 2023

Our speakers on Thursday 9th March are Mick Ford and Dan Bailey from the Thurrock Fire Museum.

The talk will focus on fire fighting in London and Essex in the Great War. Its title is - **London & Essex Fire Brigades in the Great War - A Journey from the Smoke to the Coast**. The talk will look at the way various fire brigades coped with the threat of enemy action, particularly aerial bombardment and the depletion of man-power as men signed up for military service. It starts with the strategies that the LFB employed to overcome these threats (hence "the Smoke" and then we will travel east through Essex to look at local brigades and what they did to manage these threats. We will end up at the coast near Harwich. Major disasters as a result of the production of munitions in Essex will also form part of the talk.



snowdrops by Jenny Lees

Thanks to our members who donated £730 to the Turkey/Syria Earthquake fund at the last General Meeting.

Also any candles and empty tins, any supplies for hospitals such as crutches and anything for babies for Ukraine are still needed, please. Bring them to the meeting and give them to the Newsletter Editor.

Speakers for the Cybercrime Seminar on Thursday 30th March 2023

An additional meeting has been arranged for members on Cybercrime entitled, **"Staying Safe Online"**.

Cybercrime fraud is now our most commonly reported crime, and it continues to grow apace. Most of the perpetrators are outside of UK Police jurisdiction so our main means of protection is education on how to spot a scam, what to do if you suspect a scam, and how to avoid being a target in future.

This seminar, delivered by Gavin Saunders of Essex Police Cyber Protection, and Barry Linton from Thorpe Bay u3a, was first held in 2017 and has continued to be given to u3a audiences all over the county and via Zoom around the country. It is uniquely aimed at the risks to the older generation and is given in a non-technical manner.

We will cover such topics as

- Dangers of free Wi-Fi
- Scam emails, texts, phone calls, WhatsApp
- Bogus calling number appearing on your phone
- Impersonation Frauds
- Internet on-line Payments
- Romance Frauds
- Contactless Bank Card Frauds
- Passwords
- Dangers of social media

Since 2020 Barry has been an official volunteer with the Essex Police Cyber Protect team.

The seminar takes about 90 minutes, including some demos and video clips after which there will be ample time for an audience Q&A Session.

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 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.

We have members who are very keen to join a play reading group. Unfortunately, both of our play reading groups are currently full.

Are there any members who would be interested in starting up a third group? It does not have to be one person; 2 or 3 friends can run a group. We can advise you on what is required.

We are getting a lot of new members and we need to try and get some more groups up and running. Have a think about it and if you think you could do this but not sure what it entails, please contact Sandra Isaacson

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

Following our submission to the Third Age Trust (TAT) on their "Fit for the Future" initiative, (see Committee Chat in the February Newsletter), a zoom meeting was convened for the Eastern Regional Trustee to have a "Conversation re-Council Proposal". Simply put, the proposal is for the TAT Board to be reduced in number and a Council of Regional Trustees to be appointed to make decisions on behalf of the u3a movement. Like any change, there are pros and cons. The SLH & District u3a are at least involved in the dialogue. Unlike 120 of the other 140 u3as in the Eastern Region!

A sub-committee has met to review our Constitution to ensure it is fit for purpose going forward. Their recommendations will be tabled to our Executive Committee, prior to submission for your approval at our September AGM.

Group leaders and volunteers attended a coffee morning at the East Thurrock Community Centre on Friday 17th February. This event was to recognise the value that these individuals provide to our u3a on your behalf. It also provided an opportunity for the Committee to discuss measures to ensure the continued

success of our 40 plus interest groups. Thanks to all who attended. The cakes were good! **(Thanks to Sandra for the organising)**

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.

In the last Committee Chat, we referred to the new, "Gifting Page", initiative. Details can be found in this newsletter. **If you have an idea for a new interest group, or any other initiative you think may attract the interest of members, bring it to the attention of our Interest Group Co-ordinator, Sandra Isaacson.**

More Committee Chat next month.

Membership Renewals 2022/23

Our year runs from April to March. Should any members wish to pay by Bank Transfer, then please use the following Bank Details.

Sort Code 20 34 69

Account Number 33122387

Please add **your name and Membership number in the details column** and as a failsafe you could email me to let me know you have transferred money to **Paul Brice** (Treasurer)

You will be aware that it is more difficult to bank cheques and cash at banks as branches are closing locally. However, we now have arrangements made with the Horndon Village Post Office to bank items with Barclays. They have been most helpful. Queues are not too long either. Full details of the joining process are available via our website. Select 'How to Join' from the top menu on any website page.

Other financial news is that your Committee has been looking at the possibility of **using Credit Card machines** and full details will be available very soon.

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 is in the printed version of the newsletter.

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.



With our Queens Platinum Jubilee and Memorial trees flourishing, thanks to our 4 tree waterers, Mick Miller, Len Knowles, Brian Roberts and Colin Munro, I applied for our u3a trees to be included in The Queens Green Canopy scheme and they have now been officially accepted with the following note...

THE PLATINUM JUBILEE 2022

Dear Colin,

We are delighted to confirm your Jubilee Tree Planting has been uploaded to The Queen's Green Canopy (QGC) map.

*Please find attached your QGC virtual plaque, which we invite you to share on social media using the hashtag **#QueensGreenCanopy** or **#plantatreeforthejubilee** to encourage others across the UK to get involved.*

Thank you for your contribution to this special initiative, which we hope will inspire countless others. With your support we are creating a greener UK and a legacy in honour of The Queen's leadership of the nation, which will benefit future generations.

Yours Sincerely

The Queen's Green Canopy

Our continued thanks to those who contributed to this important project.

Colin Munro



Amblers

Tessa Duggan 01375 670212

Jenny Radford 01375 676338



The weather was a bit chilly on the day of our February amble, but we wrapped up well against the cold and had a nice, bracing walk around Mucking. It certainly blew the cobwebs away and made the hot drinks afterwards very welcome.

Our next amble is on **Thursday 16th March** and we'll be walking in **Plotlands (Langdon Nature Discovery Park)**, Lower Dunton Road, Basildon SS16 6EJ, meeting in the car park at **10.30am**. Look forward to seeing you there.

Photos by Jenny Radford



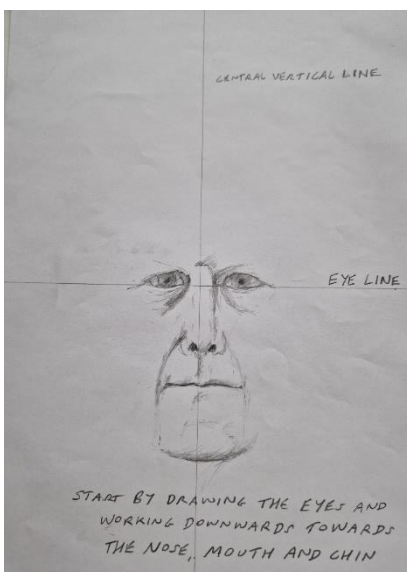
Art Group

Jim Westgarth 01375 859432

Sally Taylor

Margaret Schofield has decided to hand over the running of this group to Jim and Sally. She has too many other commitments. Thank you so much Margaret; we appreciate all your efforts.

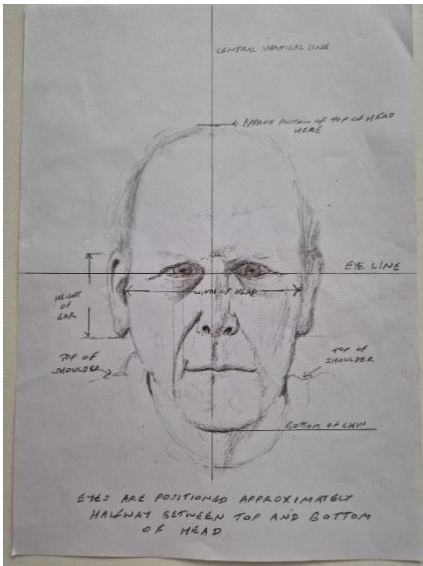
We are an art group that paint mainly on location, usually between the months of March and October. We generally use local sites, or areas that require just a shortish car journey. Although **we meet every third Monday in the month at 10a.m**, some of the group will meet at other times, particularly if the weather is good. Sometimes we just sketch, but some people prefer to paint with oils, watercolour, acrylics or use pastels.



-One method of drawing a face: using A4 Or A3, with B2 or B3 pencil. Either look in the mirror or persuade a sitter.

First **LIGHTLY** draw a straight horizontal line, using a ruler, about halfway down your sheet of paper. Then a vertical down the centre.

Start by drawing the eyes on the eye line and work down putting in top of nose, nostrils, mouth and chin. Avoid excessive detail at this stage.

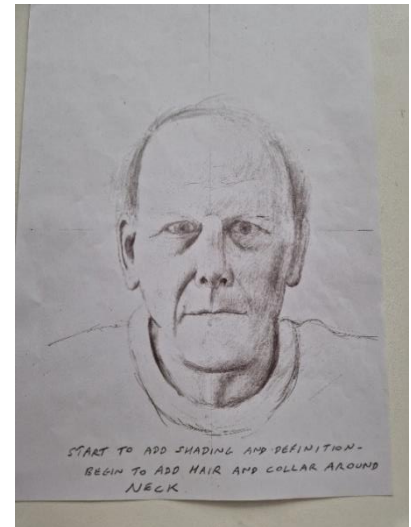


Remembering that eyes are approximately between top and bottom of head, locate top and edges of face – sketch lightly!

When positioning is correct, begin to sketch in detail.

Add shading and definition, hair and neck/shoulders.

Finally tone and emphasise the features.



Bird watching

Dave Snow

01375 461885

Our February visit was to Wat Tyler Park. The weather was grey and threatening rain, but twelve of us tried to make the best of it. Unfortunately, the birds decided that they would rather not venture out. Despite this we still saw several



Teal ducks, redshank and two Buzzards circling overhead. There were also a number of magpies and gulls. We visited the bird hides on the park but had no more sightings, so it was decided that a hot drink was in order so we

retreated to the cafe in Tesco.

Hoping for a better day next month we will be visiting Walthamstow Wetlands on the last Friday of the month. Anyone who would like to find out more can contact me by email, my address is in the magazine along with my telephone number.



Photos by Jenny Lees

Book Group

Ann Bailey

Dawn Lloyd-Warne 01375 461885

Wednesday Boules

Dave Jardine 01375679410

It's so nice to play now the weather is warming up, so you are welcome to come and join us. We meet each Wednesday at 10.00 for 10.30 start at the back field of the Springhouse Club followed by tea and coffee and the good biscuits . The afternoon group start at 1.30 so choose which time is best for you. You can do both. Last week we welcomed three new members who did very well.

Wednesday afternoon players

Paul Brice – 07788452852

Wednesday Afternoon Boules continue every week **starting at 1.30pm.**

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.**



Despite the cold weather lately many of us still turn up. We are a very friendly group of twenty-seven. Our yearly competition started some weeks ago and we are nearly at the semi-final stage for the singles.

The doubles competition is about to start in a few weeks, so watch this space as we shall announce the winners of both the singles and doubles once all games have been played.



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

Couples Lunch Group are pleased to say we were joined by Madeline and Alf Beesley and had another lunch of fun and laughter on 23rd February but this time at the **Oyster Fleet on Canvey Island**. As usual we got so caught up in the fun of it all we nearly forgot to take a memorable photo so all the plates had been taken away by the time the photo was taken but the food was excellent. Gloria and Terry Allen suggested we tried the Oyster Fleet and what an excellent suggestion that turned out to be. We are always open to suggestions



from Group Members to try different restaurants and it was nice to be able to travel a bit further again this month as we seem to have left all the snow and ice behind us now so no worries about the weather. It also gives us an opportunity to recommend different restaurants to colleagues at Stanford u3a. Although Michael is not laughing his head off, he did have a good time ... honest! Michael usually amuses us all with his stories. Well, a good time was had by all until the next time.

Cribbage Group.

John Green

We meet **fortnightly at Gardner Hall, Fobbing on Tuesday at 1.30pm. Our next meetings will be Tuesday 14th and 28th March. All welcome.**

Family History

Sue Green 01375 676441

Peter Craggs

Our February meeting was **a talk by Peter on Huguenots**. He told us about the history of the refugees and the records that could exist for them. I was really interested in information about the French Hospital in Rochester and found it fascinating that if you can prove a link to a Huguenot ancestor, you could be entitled to a place in one of their retirement-living almshouses today. Beats a care home!

Our next meeting will be on **Wednesday March 15th at 2pm in the Evangelical Church Hall in Fobbing Road, Corringham**. We hope to watch a YouTube podcast of a 101 year old woman talking about her life in Kent. Should jog some memories and give us some topics for discussion. All welcome.

The next meeting of the **Family History Computer group in Corringham Library will be on Monday March 20th at 10 am**. The session is for anyone who wants a bit of help or wants to start research. We can show you how to use FindMyPast, the basic version of which is free to look at in the library. You do not have to be a regular member of the Family History Group to attend the session **but please let Sue know if you are coming so that we have enough people available to help.**

Flower Arranging

Christine Lambert 01375 678131

Linda Tilbury 07928 221626

We are a friendly group meeting at the Gateway People's Centre from 10 am until 12noon on the first and third Wednesday of the month.

The cost of the hall hire is £2 per person and there is a café for drinks and snacks. You are welcome to join us. Please get in touch or turn up to join in, or watch what we do.



We held two meetings in February, we have a theme for the first meeting, this time it was Hogarth curve, named after the painter

William Hogarth, he believed the S shape was the essence of beauty, some of our group did the Hogarth curve as you can see, there were some beautiful arrangements.

The second meeting, it is your choice, it is surprising how many different shapes and sizes of arrangements are made with usually a bunch of supermarket flowers and some greenery from the garden.

If you would like to join us, you do not need to have any flower arranging experience
You are welcome.



French 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

Finally, I have dug over strips of the allotment where I will plant my potatoes. Digging a 4 foot wide strip across the width of the allotment, it is surprising how different the soil is over just a few feet. It is probably due to the amount of water the soil retains which makes it difficult to breakup into small size lumps. In one place I could mould balls using the damp clay soil. The potatoes will not mind, providing they are buried and protected from the light. The potatoes are currently chitting in the greenhouse but so far only have miniscule shoots. It's not been that warm and I did have them covered for a while to protect against the low night time temperatures. Will think about planting around Easter.

I also weeded around the raspberry canes and removed a lot of dead material. Have to be careful weeding as the raspberry cane roots are just below the soil

surface. Some of the canes are growing and showing green buds of life. In places, the allotment soil looks dry and cracks are appearing on the surface where it has not recently been cultivated.

I have replaced the weather-damaged Broad Bean plants with some grown in the greenhouse. Once the beans germinated and started growing, I moved them outside to acclimatise to the cooler conditions before planting at the allotment. The soil felt very cold when I planted them but they have survived so far. The sweet peas continue to grow and when they have produced 3 pairs of true leaves, I will carefully nip out the growing tip to encourage new side shoots and hopefully more flowers.

Yes, I have completed the pruning and tying in of the evergreen blackberry. Shoots on all the blackberry bushes continue to grow. Spring is hopefully on its way with the longer hours of daylight but the weather can still provide challenging conditions.

In my Window Sill propagator, I have tomato plants just showing the seed leaves, and I planted Sweet Pepper and Chilli seed in the past few days. Expectation is that germination will be slow and erratic.

Here's hoping for warmer Spring days soon but it is still Winter according to the calendar! Take care, Michael.

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
 07551952211**

Carol Smith 07845 233640

At our **April** 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 .

Only selling at our April meeting

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**

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.



We have grown in numbers and in confidence regarding our dancing. Sue is doing a very good job with us expanding the number of dances we are learning and managing to carry out on the week we meet up.

We have room for a couple more

members to join us, so please come along and see if this could be something you are interested in doing. The exercise is very good for us all ladies and men all.

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.

Local Research Projects

Diane Wallace

Sue Green 01375 676441

London Walks

Dave Snow 07490 069740

Brian McDonald

For our walk this month we ventured south of the Thames to start at Clapham Junction Station, the busiest station in Europe with between 100 and 180 trains an hour either stopping or going through it. From the station we made our way to Battersea High Street, passing on the way, York Road which gets its name from an old medieval house dating from the 1400s.



From here we walked on to see St. Thomas's School. This school is one of a number of preparatory schools that supply pupils to many public schools. Among them are Eton and Harrow. Not bad for a school originally set up in the 1700s as a school for poor boys of the area.

Further on we passed the Katherine Macay Low Centre, originally set up for factory girls to have somewhere to spend time away from their workplace.

Moving on we arrived at Battersea Square, the original centre of Battersea. Here we found several places to eat and relax before continuing with our walk. After lunch we walked towards the Thames and into the churchyard of St. Mary's. It was from this church that JMW Turner painted scenes of the river from a window in the church (it is still there.)

We continued along the riverside path to reach Battersea Bridge. There has been a bridge here since the 1770s, originally as a toll bridge for foot passengers only. It is still the narrowest surviving bridge over the river other than foot bridges.

We crossed the bridge and made our way along the Chelsea Embankment also called Cheyne Walk. Here we saw Crosby Hall, originally built in 1466 but not in Chelsea. It was built in Bishopsgate and was moved to the embankment brick by brick. From here we walked further along the embankment passing Chelsea Old Church, which dates from the 13th century, although this actual building dates from the 1950s due to bomb damage in the 2nd world war.



photos by Brian McDonald

We continued on to reach Royal Hospital Road. Here we saw the Chelsea Physic Garden which houses over 5000 edible and medicinal plants. The garden has been here since 1673 and pays a ground rent of £5 per year, set by Sir Hans Sloane in 1712.

We walked past the Army Museum which covers the history of the British Army from 1066 to the present day. Just past here we saw the Royal Hospital, famous for its residents the Chelsea Pensioners. The buildings were designed by Sir Christopher Wren in 1692. It is also the home of the world famous Chelsea flower show.

We then headed for Sloane Square to get the train home.

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 Memory Lane Group met for the first meeting of the new year on the 6th February. The group did not have a meeting during December or January due to the Christmas period and individual's planned holidays but despite not having met for a couple of the months, the group nevertheless soon recommenced with their individual stories together with the interest, laughter and general bonhomie that all attendees bring to each and every meeting.

This session focused on our personal experiences of our early school years from age five to age eleven. Despite everyone adhering to the same theme and age range the Individual stories were nonetheless all very different due to the differing ages of the members and the different areas where they grew up at this stage in their life.

The stories that were related by members who were brought up locally in Corringham were truly fascinating and provided so much detail and an insight into what life in Corringham must have been like before, during and post the second world war. Details not only included school life and daily and seasonal regimes but additional details were also provided about which shops were used and various clubs and activities that were enjoyed plus where these would have been located in Corringham and Stanford before the housing estates were erected. Local personalities who resided in Corringham at the time were also discussed as were local highlights of the day such as the street carnivals. Other personal stories provided a great of fascinating details of being brought up in rural England during the second world war and how the war affected farming and families when the men had to go to war and the impact of their return to family life.

There were also stories of growing up in the East End of London.

Each member's story was personal and very different but all came together to provide an insight of growing up in a rural setting, a village life setting and an inner London setting thus providing a cohesive description of early school life over several decades. Some of the stories were so fascinating that requests to swap copies were made for their historical content. The meeting was so enjoyable and informative that none of the members realised what the time was until it was noticed that it was getting dark and we saw that the meeting had over run by a whole hour!

The next meeting will be on **Monday 6th March** where members will provide their memories of age eleven to first days at work.

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.**

We can still accommodate more members in the church hall so if you would like to come along you will be most welcome. Do get in touch.

Old British Motor Cycle and Car Enthusiasts

Graham Edgings 01375 677425

Photography Group

Jenny Lees 01375 360786

Chris Henderson

I'm sorry for the change but I have managed to arrange a visit to **St. Mary the Virgin Church, Great Warley, on Friday March 10th**. The church is a Grade 1 listed building and its attraction is that it has a predominantly Arts & Crafts and Art Nouveau interior.

The area code if you have a sat nav is **CM13 3JP**. It is on the B186 just across the 127. It should take approximately 25 minutes to get there.

Parking is across the road from the church by the church hall where there are toilet facilities.

I suggest we meet at **the Springhouse at 10 o'clock to car share**. If you are coming from Grays direction it will obviously be better to meet you there. The Thatcher's Arms is further on up the road if anyone wants a snack, drink or a meal. The food is excellent and the pub is very welcoming. If you think you may like to go there, please let me know so that an area can be reserved.

I hope that this church will interest you and so you will come along.

Play Reading 1

Beryl Woodcock

The bed before yesterday by Ben Travers. The play was sexually explicit in places. We did have a few laughs during the reading as it was quite funny as well. We read it over two sessions as it was quite long. I won't go into too many details as I think the other play reading group might read it.

We enjoyed tea and cake at Jeanette Shillings house who is our host and look forward to seeing what play Barbara chooses next time.

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

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

Our latest outing to the Post Office Club went well in January. Always a very busy and challenging quiz, this one was their biggest yet with 18 teams. The Guide Dogs team who run the quizzes at the PO club seem to be one of the few still organising quizzes as there does not seem to be much around at the moment unless you know differently! If you spot any advertised, can you let us know. We have one more in the pipeline at the end of March but that is all at the moment. If you want to join the mailing list to see where we are going, get in touch.

Ann's Quiz. – Gardening.

1.For what is Traveller's Joy another name?

2.Who is the Patron Saint of gardeners?

3.Which gardener televises from Longmeadow?

4.Who designed the Blue Peter garden in 1974?

5. Which king designed the Hanging Gardens of Babylon?

6.Which flowers are also known as gillyflowers?

7.What is ikebana?

8.What gives plant leaves their green colour?

9. Which country's flag features a cedar tree?

10. From which continent do pineapples come?

Answers on page 28.

Ramblers

Chris Gomm 07905 117622

Rainham Marshes Reserve Loop – Thursday 23rd March '23

We will meet in the Car Park of the RSPB visitors Centre at **10:30** to commence our walk.

The address and Postcode is :RSPB, New Tank Hill Road, Purfleet, RM19 1SZ.

This interesting walk starts at the RSPB Reserve at Rainham Marshes and follows the river Thames returning via Cold Harbour Lane. It's slightly longer than some of our walks at around 5.2 miles but it is on fairly level and firm ground.

Hopefully we'll be able to experience some lovely views of our river and the reserve.

At the end of the walk refreshments will be available in the Visitors Centre.

I'll look forward to welcoming anyone that would like to join us.

If you have any further enquiries, please feel free to contact me, Christine Gomm on 07905 117622.

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 **14th and 28th March.**

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 is on **Friday 3rd March at the Hollywood bowl Lakeside.** We meet at **10.00 for coffee for 10.30 start.** Please wear flat non-slip shoes. The cost is **£3.70** for two games.

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.

Our next session is on **Tuesday 21st March 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 01375 679410

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 2023 (change of date)

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 perhaps try to find your way around its 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 March General meeting.**

Pick-Up Times

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

Windsor to Bray Lock Boat trip 6th July 2023

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

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** and tickets will be available at our ***April*** General meeting.

*****If anyone needs Gluten free or is Lactose intolerant please can you let us know at time of paying.*****

Theatre Visits

Tina Smith 07899915184

Carol Lindsell 07906436445

UKE3A

Madeline Beesley 01375678576

Our next practice session will be on **20th March at 2.00pm in our new venue.**

Uke3A the ukulele group are enjoying their sessions, meeting on the **first and third Monday of the month at the Thameside Nature Reserve**. We had 15 members at our last practice session and it went very well. We are rehearsing a group of songs to keep as a regular repertoire and also trying out a few new numbers to keep us on our toes.



Wine Appreciation

Graham Hodgson 01375 675588

Jean Jardine 01375 679410

In February we enjoyed three wines from Australia, via M & S.

Lock Keeper's Reserve Chardonnay White 2022.

The mighty Murray is Australia's longest river bringing water to the sun-drenched vineyards of the South-eastern Australia region where these Chardonnay grapes thrive. The wine is full-flavoured and soft, with a taste of nectarine and peach and goes well with fish, pasta and chicken. It is very dry and has an alcohol content of 13%. Overall verdict – well received.

BurraBrook Rosé 2021

A deliciously juicy, fresh and crisp fruity style of rosé with flavours of ripe red fruits and pink grapefruit. A refreshing dry wine packed full of juicy summer berries and apple, carefully blended to express the vibrant aromas and flavours. Served well chilled, this refreshing rosé is lovely as an aperitif and a great match for freshly flavoured dishes such as grilled tuna with green beans or fried halloumi salad. 12.5% alcohol. Overall verdict – O.K.

Langhorne Creek Cabernet Sauvignon Red 2021

Rich, ripe and fruity, a bold Cabernet Sauvignon tasting of blackcurrant and liquorice made from the grapes grown on the banks of the Bremer River in the Langhorne Creek region, South Australia south-east of the town of Strathalbyn. Good with meat casseroles and tomato-based pasta dishes. 14.5% alcohol. Overall verdict – very well received.

Ann's Column

Hurrah! I made it to Longstanton. We were going to visit the snowdrops at Anglesey Abbey, but I couldn't walk it all, so we went to Houghton Mill, just north of St. Ives sitting on the banks of the Ouse. It was surprising to note on the drive there how many fields were underwater, whereas, round here, February Fill-Dyke has not been felt. Not only that, the council or landowners had been clearing out the ditches and cutting the hedges. I hate to see the hedges cut back as they look so raw that you can almost hear them scream. We visited various Garden Centres, all of which had large empty spaces ready for Spring/Summer displays, furniture I would imagine. I shall clean my garden chairs up and look forward to a bit of sun. Driving on to my brother's on the A14/A1 there was a lot of road kill, badgers, deer and sadly a swan. Mind you, with the speed of some of the cars, it's a wonder there aren't more.

I obviously didn't visit enough Garden Centres while I was away. Back here I've been to Meadowcroft and came away with a few primroses for instant colour. There's a viola and pansy festival there the middle of March, which will necessitate a visit and coffee. I also picked up a leaflet for Beeleigh Abbey, which is out Maldon way. It will be interesting to see what sort of year we have, weather and gardening wise.

My journey home from my son's was not quite so straightforward as usual. I was stopping for coffee with my cousin near Hertford, and the satnav took me the scenic route past beautiful banks of snowdrops. Essex is very rural in parts. Then coming back to the M25 at Enfield, I couldn't face the Birchhangar Services roundabout. I was in the wrong lane for the exit slip road, so it was all round the roundabout, complete with traffic lights and sundry lanes. Everyone else seems to know where they're going. and I didn't!

Quiz Answers

1 Old man's beard

3.Monty Don

4.Percy Thrower

6. Carnations

7.Japanese flower arranging

9.Lebanon

10. S America

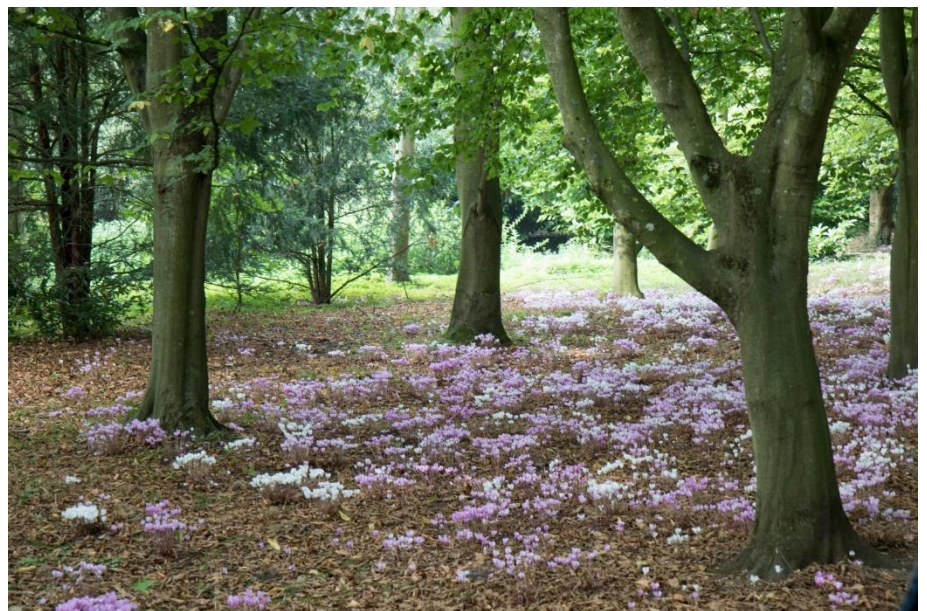
2. St Fiacre

5.Nebuchadnezzar 11

8.Chlorophyll



Angelsey Abbey last year. *Photos by Chris Henderson*



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 (<i>Springhouse</i>) Line Dancing 1	Boules (<i>Springhouse</i>) Line Dancing 1	Flower Arranging Boules (<i>Springhouse</i>) Line Dancing 1	Boules (<i>Springhouse</i>) 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 conversation.	SLH & District u3a General Meeting	French Conversation Wine Appreciation	T.C.& Play Reading French Conversation. <i>Couples Lunch</i>

Friday	Week 1	Week 2	Week 3	Week 4
am	PÉTANQUE (<i>Billet</i>) Ten Pin Bowling 1 Lunch & 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

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	01375 679410	
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		
Gardening Group			
Golf	Paul Brice	07788 452852	
Holiday Travel (bk)	Jean Jardine	01375 679410	
	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 Dancing 2 (every other Tues)	Carol Munro	07766 035554	
	Sue Moss	07905 314987	
	Barbara Ward	07748 151735	
Local History			
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 (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	01375 679410	
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	01375 679410	

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.

Dates for Your Diary 2023		
Tuesday 21 st March	TRIP	Voulez Vous (Abba)
Thursday 30 th March	Cybercrime	At the Springhouse
Thursday 13 th April	General Meeting	Citizens Advice
1 st to 5 th May	u3a Holiday	Cotswolds
Thursday 1 st June	TRIP	Hampton Court
Thursday 6 th July	TRIP	Windsor to Bray Lock by boat

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

Advance Notice Email Co-Ordinator – 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

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:

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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