



Broomfield & District

Newsletter May 2024

GROUPS:

- Badminton
- Beer Appreciation
- Book Group
- Bus Pass
- Canasta
- Cookery
- Gardening
(with Chelmsford U3A)
- Geology
- Health Matters
- History
- Lacemaking
- Natural History
- Needlework
- Photography
- Scrabble
- Table Tennis
- Ten-pin Bowling
- Ukulele
- Walking

WEBSITE

<https://u3asites.org.uk/broomfield>

EMAIL -

broomfieldanddistrictu3a@gmail.com

From the Chair

Welcome to our May newsletter

I trust you are all keeping fit & well & enjoying the spring sunshine & rain!!

I have received the following message:-

Hutton u3a activities day 10th July 2024

Hutton u3a are once again organising an activities day that will be held at New Hall School, Chelmsford CM3 3HS on Wednesday 10th July. Whilst the day is organised by Hutton u3a, we are pleased to welcome members of other local u3as that wish to join in the fun.

The day includes two excellent speakers, lunch and two activities: one in the morning and another in the afternoon. Our keynote speaker is Dr Tim Beanland, Head of Knowledge and Learning at the Alzheimer's society who will talk about the science of brain health and the benefits of regular mental exercise. Our second speaker is Neil Gore. Neil will be talking about developing scripts for performance and turning a full-length novel into a one person stage show. He will perform excerpts from his show 'The Ragged Trousered Philanthropists'. The cost is £40.

Details of the full programme and the lunch menu choices, together with how to book your places, can be found by accessing the following link to our website:

https://huttonu3a.org.uk/public/members_other_u3as/MAD2024.php

If anyone has a subject that they are passionate about and would like to give us a talk on it, do let one of the committee know.

Please remember to let Peter Radford know if you are coming to the meeting, this helps us when we are setting up the tables and if you could sign in on the forms on the tables this allows us to keep a track on numbers.

Don't forget your mugs!

Remember it is your U3A branch & we want you to have your say on what goes on.

Best wishes Jim Jenkins

MONTHLY MEETINGS

Please note: the Meeting is open and refreshments are available from 1.45pm. The speaker is scheduled to start at 2.15pm.

Please ensure you have confirmed to Peter Radford (peterradford799@btinternet.com) that you wish to attend, no later than midday on the Tuesday before the meeting.

Raffle proceeds continue to be a great help towards covering (increased) hall hire charges.

Meeting Schedule - 2024

8th May	Communicating through Body Language	Ken Lodge
12th June	Pets as Therapy (expected to bring a dog or dogs)	Helen Beard
10th July	A Beginning, a Muddle and an End	Bobbie Derbyshire (Novelist)
<i>August</i>	<i>NO TALK ARRANGED</i>	
11th September	The First Essex Witch Trials	Peggy Griffin
9th October	The Tiptree Story	Nick Wickenden (Wilkins and Co. archivist)
13th November	Scam Prevention	Gavin Saunders (Essex Police)
11th December	Origins of English	Charley Haylock

Calendar for May and June 2024

(Times, locations and contact details can be found in the individual Group reports.
 Entries in *italics* need to be confirmed.)

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

Notes and Notices, May 2024

To Start With

Bank holiday weekends and DIY go hand in hand, but many of us have a tale or two of DIY disaster to tell. So Which? asked the experts, which jobs we should really be leaving to the professionals. See:

<https://www.which.co.uk/news/article/diy-jobs-you-shouldnt-attempt-yourself-and-those-you-can-ao5wQ7K7I6Z3>

Talks and Events

Next month's Newsletter will be too late to remind you about the next event in the "People and Stone" series at Broomfield church. At 2pm on Saturday 1st June, Gaudeamus, a chamber choir from Leigh-on-Sea, will be presenting "Church Music through the Ages". (More details from Ros Mercer – see the Geology Group entry for contact information.)

The Flight Inspirations u3a Aviation Group holds meetings at 10am on the first Tuesday of each month. May's meeting is about "110 Years of Aviation History in Hertfordshire". If you are interested, e-mail either Barbara Cordina (barbaracordina@btinternet.com) or Don Mobley (oneisbingo@gmail.com). These talks are part of the u3a educational programme so you can also book directly with Eventbrite via the national website – www.u3a.org.uk/events/educational-events.

Chelmsford Science and Engineering Society, together with the local branch of the IET, are presenting a talk entitled "A History and Technology of Petrol Filling Stations in the UK: How the Industry has Developed and a Technical Insight". It's on 22 May 2024 from 18:30 to 20:30 at Anglia Ruskin University (Room QUE 101).

For more details see: <https://cses.org.uk/events>

Gresham College's lectures in the next few weeks include "Health After Extreme Cold, Heat, Storms and Floods" by Professor Chris Whitty FRS (Tuesday, 14th May); and "First Light: Revealing the Early Universe" by Professor Chris Lintott (Wednesday, 29th May). As ever, full details of these and of their other talks can be found at:

<https://www.gresham.ac.uk/whats-on?see-all/>.

Fraud Matters

Which? found more than 2,000 scam websites masquerading as real banks, aimed at tricking customers into sharing their details. Find out the signs to look for plus what the big banks say:

<https://www.which.co.uk/news/article/beware-the-scammers-imitating-bank-websites-a19CB7b4P90g>

Car Matters

Cars are getting smarter, but so are car thieves. If your car has keyless entry technology, you could be at risk of relay theft. Learn more here, with tips on how to fight it:

<https://www.directline.com/car-cover/magazine/relay-theft>

and finally ...

Did you get the latest issue of TAM? (If you were expecting it and one didn't arrive in April let me know.) Included with it was a flyer advertising a tremendous reduction on holidays. If you were tempted, read the reviews for that company on Trip Advisor before you do anything else!

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

BADMINTON

May dates are 13th and 20th. June dates are 3rd, 17th and 24th. All sessions are 12 noon – 1pm at the Sports Centre, Melbourne. (There is no badminton on the 2 bank holidays in May or the 10th June.) We are a friendly group and if you would like to join us, contact me.

Maxine Martin

BEER APPRECIATION

As usual the Ale House came up to expectations and we managed to try a number of ales that we had not come across before, although it has to be said that their definition of what was an ‘amber ale’ did not meet the expectations of one of our members – hopefully the advice will improve.

This month – from the sublime to the..... - we will be visiting Wetherspoon’s Ivory Peg (by the rear of M&S) in Chelmsford. They can usually be relied upon to have one or two good “bin ends”!!

I’m hoping, if transport can be arranged, that we can go a little further in June – perhaps with a spot of lunch – but I’ll keep you posted on that one.

Our meeting will be at 2.00pm on Monday 13th May 2024.

As usual please let me know if you are coming. New members always welcome.

Malcolm Taylor

BOOK GROUP

The Book Group met on Monday, 29th April in Broomfield Library where we reviewed “Legacy” by Thomas Harding, a remarkable history of the Lyon’s Corner House. All members agreed it was an excellent read and we achieved an average score of 9/10 (a first since the Group started).

Our next meeting, for which we’re reading “Bourneville” by Jonathan Coe, will be on Monday, 20th May at 2.30 pm in Broomfield Library.

(Our June meeting will be on Monday, 24th June at 2.30 pm in Broomfield Library.)

Barbara Bartlett

BUS PASS



It was cold, wet and windy for our trip to Southend, so not a day for going on the pier. Fortunately, in a change from our usual routine, most of the group had booked to meet for lunch together at Tomassi's. Not only did we enjoy a very nice meal but it was also an opportunity for several new members to get to know others. It was enjoyed by all. Maybe something to do again occasionally in the future?



For May please note a change in the programme. I felt Romford was not a popular choice so instead on the **24th May** we'll enjoy a pleasant ride through the Essex countryside to Finchingfield.

Also in May for those who are interested we shall go by **train** to Wivenhoe for another day out without the need to drive. This will be on Friday **17th May** to coincide with the Wivenhoe Art Trail. This twice yearly event is spread across 25 venues in Wivenhoe and includes ceramics, paintings, sculptures, textiles and much more.

If you would like to know more or go on my mailing list, please get in touch.

Carol Greatrex

CANASTA

The Canasta Group has restarted, meeting on the 1st and 3rd Mondays, as before shut down. This is for information only as we are full and I cannot accept anyone else into the group.

Marie Mackie

COOKERY is still on hold

Pat Radford

GARDENING

Chelmsford u3a Gardening Group's next outing appears to be in June; more details nearer the time.

Little Waltham Gardening Club has its final talk before its Summer outings on 1st May (at 7.30pm); it will be about Cacti and Succulents. Conflicting with our May meeting, its first outing is on 8th May when there will be a visit to "Heyrons" at High Easter.

Pat Radford

GEOLOGY



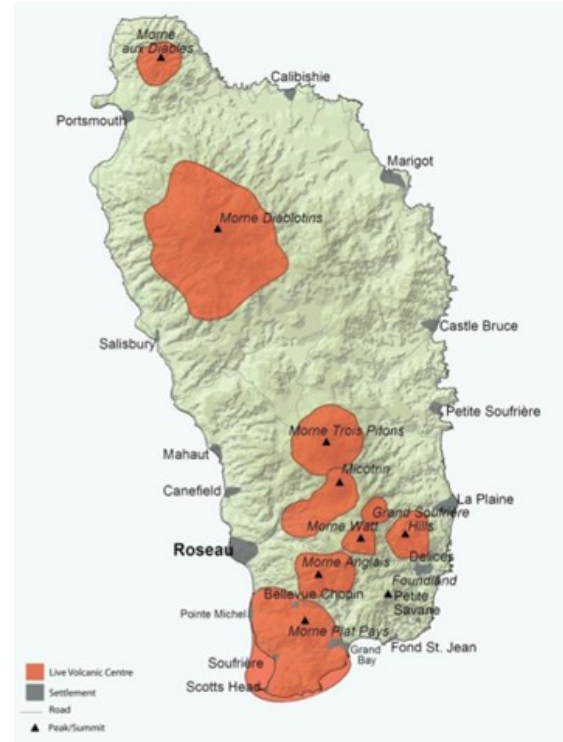
Last time we had a fascinating look at the main volcano on Tenerife - Teide - from one of our group who had visited there. It was slightly topical in so much as the people of the Canary Islands are trying to limit tourism. This volcano is associated with the opening of the Atlantic and the creation of the ocean crust.

Our next session will take us to Dominica in the Caribbean where the Atlantic Ocean crust dives down under the Caribbean plate, melting the continental crust and giving rise to the nastier type of volcanoes as witnessed on Montserrat to the North in 1995. Half of that island is still a no-go area! This will be on



Tuesday 28th May at 2pm
Do join us if this peaks your interest.

At our June meeting on Tuesday 25th June, we shall have a talk about the rocks of Yorkshire.



Ros & Ian

HEALTH MATTERS



4.6 million
people are living with
diabetes in the UK

Our next meeting will take place on Wednesday **15th May** at 2.00pm in the Pavilion, Great Waltham, (CM3 1DF) when we will be talking about diabetes (both type 1 and type 2). The importance of controlling the glucose levels in our blood, why is this important for our health and how can this be achieved will be discussed.

Refreshments will be available and new members are always welcome.

Gill Sturman

HISTORY

Nothing to report this month on Group activity.

Glynn Wadson

LACEMAKING

Lacemaking is now happening locally, so the warning about parking is no longer needed. As we have decided to meet every Friday, our May dates are 3rd, 10th, 17th, 24th and 31st.

New members are always welcome and we have equipment available to get you going.

Wendy Talley

NATURAL HISTORY

On 23rd April we visited Norsey Woods, Billericay. We met our guide Ken, at reception. It was cold and misty but we were ready to go! Once we were aware of all the risks involved, Ken led us into the wood. The Bluebells were beautiful carpeting all the open areas. These areas are kept clear by coppicing the hazel. In the past this was carried out to produce timber for tools and fencing. Ken explained that the woods have been listed on maps dating back to Tudor times, but there has been human activity here since the Iron Age; jars of cremated remains were found in the 18000s. The woods were originally called North Sea Woods on old maps; also, they are an area of Special Scientific Interest.



We heard the Greater Spotted Woodpecker, but no sightings! We were given explanations into why areas were managed differently, especially for butterflies and small mammals. The wood had many bird boxes mounted on the trees, all different shapes and sizes to attract Tawny Owl, Kestrel, Tits, Bats (at least three different species) and boxes at special heights to attract dormice.

Norsey Woods is maintained by a group of volunteers, who are doing a marvellous job. They also run guided tours for the various aspects of woodland life. The dates for this can be found on their website: www.norseywoodsociety.uk

We enjoyed our time there and just got back to the cars before the rain!

NATURAL HISTORY (continued)

Future meetings:

- May 21st Oxley Meadows - Green Winged Orchids.
- June 18th Hatfield Forest - Wildflower Meadow.
- July 16th Phyllis Curry Reserve - Dragonflies and butterflies.
- August No meeting.
- September.17th River Chelmer walk from Broomfield to Chelmsford.
- October 15th Hyde Hall - Autumn Colours.
- November 19th Hanningfield Reservoir - Bird Watching.

December 17th Admirals Park to Writtle Tea Rooms for Christmas Lunch.

Sue Browning

PHOTOGRAPHY

May 's meeting is cancelled as Glynn is on holiday. The next meeting will be on the third Thursday of the month (20th June) as usual, at Little Waltham United Reformed Church hall from 10-12.

New members are always welcome (any kind of camera or mobile camera phone).

If you have any questions about the group or if you wish to attend, please contact Glynn.

Please note: It is possible that we will do the photoshoot in Canary Wharf area (a proposal that was cancelled due to bad weather) between late May to early June, (not necessarily on a Thursday!). Any non-member interested in joining this please contact Glynn ASAP.

Glynn Wadeson

SCRABBLE

For the moment, the Scrabble Group is on hold

TABLE TENNIS

Everyone is welcome to try table tennis at Melbourne Sports and Leisure Centre for a non-serious game and a good mental workout trying to remember the score and who is serving. Thursdays 9th and 23rd May at 11.00. Cost £1.50 each for the hour. Hope to see you there.

Jean Lock

TEN-PIN BOWLING

Ten pin bowling takes place on the 1st and 3rd Wednesday of the month at City Bowls, Rivermead Industrial Estate near Anglia Ruskin University. We play 2 games, the cost is £8; this includes bowling, shoe hire & coffee. If you haven't played before don't fear we have lanes with guards up the side so a score is guaranteed. We bowl at 10.30 but we request that bowlers arrive at 10.15 so we can

arrange lanes shoes etc. Looking forward to seeing you all there.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

The Ukulele group will be meeting at Jan's on April 4th, at Jennie's on April 18th, at Pat's on May 2nd and at Jennie's on May 16th.

Anyone wishing to join us should contact me for the addresses. New members are welcome and you do not have to host to take part.

Pat Platt

WALKING

Despite the weather we had an enjoyable local walk along segments of the Essex Way and Saffron Trail in April. These routes were devised many years ago by the Ramblers. One effectively an east-west route across Essex from the edge of London to Harwich; the other a south to north route – from Leigh-on-Sea to Saffron Walden.

As the weather is starting to improve, I am hopeful that we will at last be able to undertake our first longer walk of the year (the one we missed earlier in the year as a consequence of the weather).

Our May walk will comprise a 7 mile circuit from Heybridge Basin to Beeleigh Falls and back again. The bulk of the walk will be on gravelled or metalled paths but there will be some grass verges/edges. The walk will be alongside the varying aspects of the Chelmer/Blackwater Navigation (rivers & canal).

As usual we will car share and meet at the Royal British Legion, Saxon Way at 9.00am on Tuesday 14th May 2024. Transport & parking costs will be £4 each.

Please let me know if you are coming - 07375 604506 operative on the day.

Malcolm Taylor



GROUP LEADERS

Badminton	Maxine Martin
Beer Appreciation	Malcolm Taylor
Book Group	Barbara Bartlett
Bus Pass	Carol Greatrex
Canasta	Marie Mackie
Cookery	Pat Radford
Gardening	Pat Radford
Geology	Ros Mercer
Health Matters	Gill Sturman
Lacemaking	Wendy Talley
Natural History	Sue Browning
Photography	Glynn Wadeson
Scrabble	<i>new leader needed</i>
Table Tennis	Jean Lock
Ten-pin Bowling	Lorna Stuart
Ukulele	Pat Platt
Walking	Malcolm Taylor

New Group Leaders needed!

Any proposals for new groups?

Contact the editor for inclusion in next month's newsletter *or* if you'd like to talk it over first, please contact one of the committee.

THE COMMITTEE

Chair	Jim Jenkins	-
		-
Vice Chair & Speaker Coordinator	Glynn Wadeson	-
		-
Treasurer	Gill Sturman	-
		-
Secretary	Roger Warner	-
		-
Membership Secretary	Peter Radford	-
		-
	Dick Chapman	-
		-
	Mike Farn	-
		-

Many thanks to Malcolm Taylor for continuing to act as Website Editor