

Newsletter June 2022

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WEBSITE

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

EMAIL - broomfieldanddistrictu3a@gmail.com

From the Chair

It being 'No-Mow May' (or so I was told) I have literally spent the month (mainly) enjoying watching the grass grow, savouring the delights of not mowing and having a little more time for zen-like contemplation, this enhanced by the occasional glass of red

wine. In one of those idle moments it struck me that with over 180 members, the majority in the seventy-plus region, we have, collectively in excess of 13,500-plus years-worth of rich life experience, and a great depth and breadth of skills and talent. What a fine vintage that would be if we could only bottle it! OK, in my case it might turn out a little corked, but.....

Bearing that in mind, my thoughts turned to how good it would be if only we could draw out and share some of that knowledge, those talents, those experiences, in the form of contributions to the newsletter from members.

In a nutshell, we'd like to see if we can freshen up the newsletter with items from members, poems/stories/anecdotes, humour/art/ponderings and reflections, maybe amusing overheards. *'The skies your oyster'* as my wife always says!

Don't be shy. If you'd like to have a go, just contact me or the editor!

Glynn Wadeson
Chair

Notes and Notices, June 2022

To Begin With...

Combining two of my usual topics, the talk on cyberscams originally planned for October is now scheduled to take place in the afternoon of 2nd November at the Christ Church United Reformed Church on New London Road (which is more easily accessible than the Essex Record Office). I'll send an e-mail round when we get confirmation of all the details.

On a totally different subject, the National Grid are proposing to install a high-voltage electricity power link running from Norfolk to South Essex (called "East Anglia GREEN"). Under current (no pun intended) plans, this will run round the North, West and South of Chelmsford, suspended from steel lattice pylons. If you haven't received any information about it and didn't go to the consultation event at Writtle, details can be found at <https://www.nationalgrid.com/electricity-transmission/network-and-infrastructure/infrastructure-projects/east-anglia-green-our-proposals-chelmsford>. At least one group is organising objections to the proposals; see <https://www.pylonseastanglia.co.uk/>.

Talks and Courses

Many of the series of talks have already finished for the Summer break but Gresham College is continuing this month, with talks including "Inigo Jones and the Architecture of Necessity" by Simon Thurley (Tuesday, 14 June 2022) and "What Makes a Good Judge?" by Vivien Rose (Thursday, 16 June 2022), as well as Emeritus Gresham Professor and Nobel Laureate Sir Roger Penrose's lecture, "The Journey from Black-Hole Singularities to a Cyclic Cosmology", on 9 June. (See <https://www.gresham.ac.uk/lectures-and-events>, for more details.)

I've been contacted by someone from an organisation called Helicon Arts, who run courses in Galicia in North West Spain. In August and September, they have a couple of choral courses, a photography course and a classical guitar course. I have not verified them but they look genuine; for more details contact me or go to their website: <https://www.heliconarts.co.uk>.

Fraud

I've had one or two "interesting" phishing e-mails. One worth noting claimed to be regarding E.ON Winter payment but came from a Japanese e-mail address: definitely dodgy!

Amazon suggest you remember the following important actions (which don't just apply to Amazon) to keep your account and information safe:

1. Never feel pressured to give information (such as your credit card number or account password) over the phone, especially if the call was unexpected. Scammers may try to use calls, texts, and emails to impersonate Amazon customer service. If you're ever unsure, it's safest to end the call/chat and reach out directly to customer support through the Amazon app or website.

2. Never pay over the phone. Amazon will never ask you to provide payment information, including gift cards (or “verification cards”, as some scammers call them) for products or services over the phone.
3. Trust Amazon-owned channels. Always go through the Amazon mobile app or website when seeking customer support or when looking to make changes to your account.
4. Be wary of false urgency. Scammers may try to create a sense of urgency to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now.

The Co-operative Bank notified me that they “have been alerted that some customers may have received an e-mail where fraudsters are posing to be from the bank. This email asks you to click on a link to log in to your account and verify your details – we would never ask you to do this.” The Co-op has also seen rises in various scams.

Covid Text Scams: The text may claim that you've been in contact with someone who has COVID-19. You could then be asked to click on a link to provide your financial information in order to book and pay for a PCR test.

Energy Crisis Scams: With the current energy price cap rise, many scammers are impersonating energy providers. Fake emails relating to refunds, payment owed or offering to find you the best deal are designed to steal your personal and financial information. Visit official websites only and be careful not to click on the adverts.

Ukraine Crisis Scams: Criminals are taking advantage of the situation in Ukraine - Action Fraud have recently reported that they've already received over 200 reports of fake emails pretending to raise money for those affected by the crisis.

Do not engage or share your bank details. This may lead to card fraud or the fraudster may follow up with a phone call posing as someone from the bank.

Please be vigilant. Avoid responding to unsolicited emails, texts and social media adverts. Always visit the official websites when making donations.

Money Matters

“Which?” has an interesting article about travel insurance; in particular, whether it's cheaper to take out an annual policy or individual policies for separate trips. See:

<https://www.which.co.uk/news/article/annual-travel-insurance-vs-single-trip-which-will-save-you-money-a88Hp6A7TQPp>.

Other u3a Newsletters

There are two Newsletters in which you might be interested.

U3A Headquarters produces a monthly National Newsletter, which contains a whole range of information. You can subscribe to it by going to <https://www.u3a.org.uk/newsletter>. All you then need do is enter your name, e-mail address and select the region (“East of England”).

There's also "News from the East", a much shorter Newsletter covering the East of England specifically. We have not (yet) found a way of subscribing

See also the ad on the next page regarding the new u3a podcast

Printed Copies

We will be issuing printed copies of the gist of the newsletter during the social isolation period to those members we know are off-line but we cannot guarantee exactly when these can be posted.



The u3a radio podcast has now launched on podcast platforms, including Apple, [Spotify](#) and [Google Podcasts](#). The episode can also still be listened to on our [u3a YouTube channel](#), with captions.

In the January episode, the team discuss the Kindertransport learning initiative, talk to a member of u3a in Australia and hear about the milestone of 5,000 trees being planted in the u3a 40th anniversary wood.

Please do share this with your members and, if you or a member of your u3a has a story to share with u3a radio, please [get in touch](#).

Check Your Spam Folder

Are you or any members of your u3a missing out on u3a emails? It may be that they are going into junk

or spam; you can avoid this happening by reporting them as not spam or by adding our email address into your contacts. Please also regularly check your spam folder.

digigo
go on demand



Little Waltham Roadshow!

Come along and hear about the new DigiGo service.

- DigiGo is a fleet of electric minibuses
- The service can be booked on-demand (within 15-20 minutes) or up to 7 days in advance

Friday 10th June, 12pm,
Tufnell Hall Car Park, The Street,
Sports and Social Club

www.digigo.uk



Book, Track, Ride
via the **TravelEssex** app

MONTHLY MEETINGS

The revised arrangements we have made over the last meetings seem to have worked well. Seating at well separated tables with lots of circulation space, rather than in close rows, besides reducing risk, has contributed to a more convivial atmosphere.

We will, as a courtesy to others be requesting. that face masks be worn whilst entering and moving around the meeting'

We will be resuming the charge for refreshments at the meeting but to minimise queuing please put the money in the cup left on the tables.

Raffle proceeds have been a great help towards covering (increased) hall hire charges.

NB: all meetings start at 2.00pm

11 th May	Women's Lives and Work in 18 th -19 th century Essex	Dr Jane Pearson
8 th June	The Great American Songbook	Jim Stebbing
13 th July	Wildlife Photography	Tom Way
14 th September	My Creative Journey through Film and TV Costume Design	Amanda Sutherland
12 th October	Waters of Tyme	Fools Gold (tbc)
9 th November	For Better or Far Worse -- a Quirky Look at Victorian Marriage	Toni Neobard & Kate Broad
14 th December	Project Rutherford at St Mary's, Broomfield	Trudy Stevens

The calendar has been omitted from this edition of the Newsletter

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART GROUP

Five members got together on Thursday 26th May, our first session for quite some time. We had a lovely productive morning and all members agreed it was a successful meeting. Our next session will be on Thursday, 23rd June at 10 am, details of venue will be confirmed nearer the date. We would welcome new members to this Group so if you fancy to come along please get in touch with me.

Barbara Bartlett

BADMINTON

The next session will be on Monday, 6th June between 12 - 1 pm in Chelmsford Sports Centre.

Barbara Bartlett

BEER APPRECIATION

Somewhere nearer home, and oft forgotten! We visited the Golden Fleece for our May meeting. As usual a variety of topics were discussed, including the contents of our glasses – where else could a Bankside Blonde be chased by Mr. Squirrel with a Gamma Ray whilst drinking (?) a Hot XXX Bun!!



Our next foray into the unknown will be at 2.00pm on Monday 20th June when we will visit the recently reopened and revived Wool Pack, Rochford Road (near the Odeon roundabout on Parkway). A much loved CAMRA favourite.

Please let me know if you are coming.

Malcolm Taylor

BOOK GROUP

We met on Saturday 28th May in Broomfield Library where we discussed The Tapestry of Treason by Anne O'Brien. Set in 1399 with treason, tragedy, heartbreak and betrayal, this is the story of Constance of York a woman ahead of her time, fighting for herself and what she believes to be right in a world of men. This book received mixed reviews, ranging from very good to mediocre with a couple of members unable to read it, the average score was 5/10. Our next choice is The Three Things About Elsie by Joanna Cannon and we will be meeting on Saturday, 23rd June in Broomfield Library to discuss this book.

Barbara Bartlett

BUS PASS

At the time of writing we haven't been to Rayleigh but there should be a good crowd of us and we look forward to a fine day. Next month we shall go to Coggeshall. To visit on a day when the museum is open the date is **Thursday 30th June** (chosen hopefully to not clash with other interest groups' meetings).

Provisional dates for future outings are as follows:

- Friday 22nd July - Brightlingsea (by train and bus)
- Wednesday 17th August - Gibberd Garden, Harlow
- Friday 2nd September - Burnham-on-Crouch (for Burnham week)
- Friday 23rd September - Saffron Walden.

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



We have restarted the cookery group with afternoon tea which was most enjoyable. As usual we over-catered!

Pat Radford

GARDENING

We are again out of sync with the Chelmsford group and I have no information for June.

Little Waltham Gardening Group has their June meeting at the Little Waltham Memorial Hall on Wednesday June 1st at 7:30. The talk this time is "Culinary Herbs and their Uses."

The first of the club's outings is on June 15th to "Furzelea" CM3 4JR. Arrive 2:00pm. Cost is £9 including refreshments. Get in touch with Maggie Williams if you would like to come.

Pat Radford

GEOLOGY



At our last session it was pleasing that a few more of us got together to look at "Volcanoes Old & New". Did you know that the M1 goes straight through the middle of the remains of volcanoes from 600 million years ago? Thankfully there are no volcanoes in the British Isles today, but what dreadfully cataclysmic ones there were in the geological past!



We put our heads together to discuss future topics and came up with a few suggestions. So by popular request, our next session will feature "Black Gold". This will be on Tuesday 28th June at 2pm as usual. We also had some thoughts about a possible field visit to Derbyshire as well as perhaps more local outings to explore the relationship between geology and scenery, so please make your interest known so we can make plans.

Looking forward to meeting again, especially those we have not seen for a while.



Ros & Ian

HEALTH MATTERS

At our next meeting Tuesday, 14th June at 2pm we will be focusing on Hypertension. I will lead the discussion on this topic which is a condition common to many people of our age. For July's meeting (Tuesday, 12th at 2pm), a member of the Broomfield Cardiac Rehabilitation Team will talk to us on 'Looking After Your Heart'. New members are always welcome but please email me first.

Gill Sturman

HISTORY

Inaugural meeting June 13th, 2.00pm.

For any queries and venue please contact Glynn Wadeson.

(Venue details have been sent to those who've 'signed up already-if you put your name down and haven't yet received the details, let me know asap)

History Links.

'The end of the trams' A poignant reflection of early post war London life and the end of the trams.

No. 1 in a series of links to history videos/films - <https://youtu.be/GX1x0iGM9CY>

Glynn Wadeson

LACEMAKING

Lace is temporarily in abeyance while one of the 3 members recovers from a knee replacement and another wrestles with a conservatory installation. If anyone would like a one-to-one taster of lacemaking, feel free to contact me

Wendy Talley

NATURAL HISTORY

Our group enjoyed our visit to Heybridge in May. There was lots of sun and lots of mud, all that was missing were flocks of birds. We reminded ourselves that really November through to February would be more profitable months for bird watching, (but it's so cold and miserable then, and we're a not such a hardy bunch). However, we enjoyed our walk on the sea wall and spotted Oyster Catchers, a Little Egret, a Heron, a Cormorant and lots of miscellaneous ducks. At last we heard the Cuckoo!

Amongst the plant life, Sheeps' Parsley (Queen Ann's Lace) reigned supreme, dotted here and there with Hoary Pepperwort and Oxford Ragwort. A few Dog Rose flowers reminded us the June is just around the corner.

Our next gathering will be on the summer solstice, Tuesday 21st June, meeting at 10.00am in Sawney Brook, Writtle. Our walk will include a wild flower meadow.

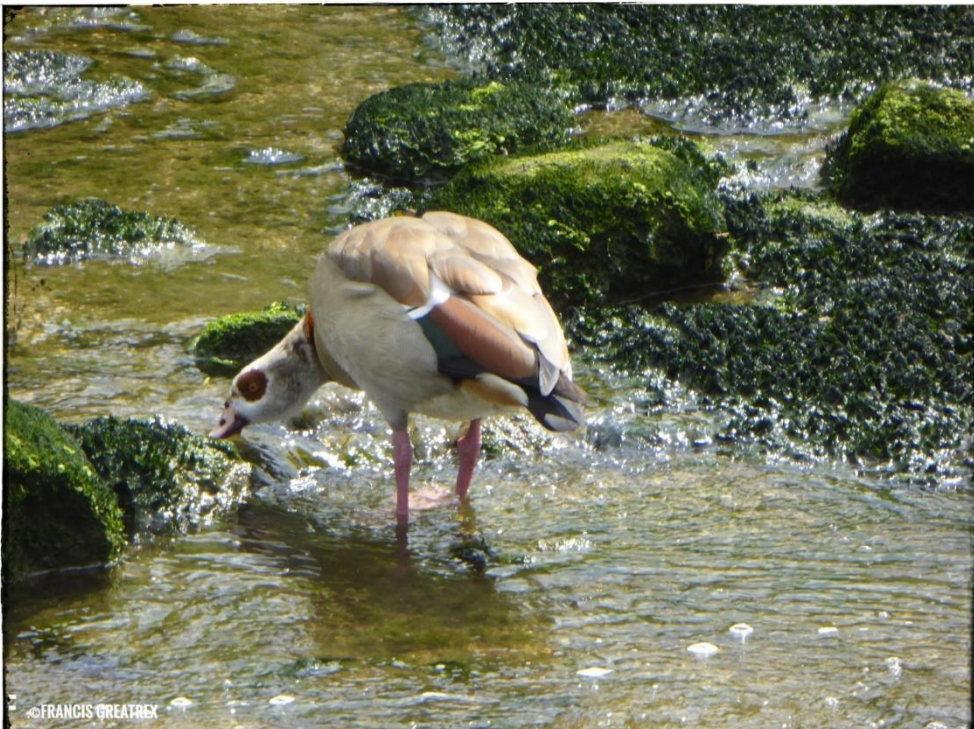
Maggie Williams and Sue Browning

Sue Browning

NEEDLEWORK

Sonia and Eileen are the new leaders of the craft group which meets on the 2nd and 4th Friday of the month. The 2nd Friday is at the home of Sonia Hudson and the 4th Friday at the home of Eileen. Hope some of you will join us.

Sonia Hudson
Eileen Chapman



The last session was an outdoor shoot at the Museum of Power and nearby Beeleigh Lock, where we were entertained by not one but *two* Egyptian Ducks and an Egret! The group normally meets the third Thursday of every month at Little Waltham United Reformed Church (easy access and parking) from 10.00-12.00pm. We welcome new members. For more information please contact Glynn Wadeson,



Glynn Wadeson

SCRABBLE

We will meet as usual on Thursday June 23rd 2pm at the Methodist Church.
New members always welcome to come and have about 2 friendly games plus a cuppa.

Heather Steed

TABLE TENNIS

Hope it will be okay with players but Melbourne has been booked for Tuesday, 14th June but at **2.30pm** as the area is being used for children in the morning. The other date is also a Tuesday, 28th June at 11.30am. There will be 4 tables on each date and the cost will be either £1 or £2 depending on numbers. Please come along and enjoy a fun game.

Jean Lock

TEN-PIN BOWLING

Hi fellow bowlers, sorry to say no news about when bowling will get going again, I will not be putting items in the news letter from now on but as soon as we can get going again I will get in touch with every one on the playing list and put a message and details in the monthly news letter. Many thanks for your company in the past, fingers crossed we can get going again in 2023.

Lorna Stuart

BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group is meeting on June 2nd and June 16th at the URC church in Little Waltham. We meet between 2pm and 4pm.

Our group is also planning to play at the Broomfield Jubilee Event on June 4th, between 2pm and 5pm. We will be at the U3A table so come and talk with us if you want to know more about what we do.

Pat Platt

WALKING

May saw a good size group walking near Coggeshall, adjacent to the Marks Hall Estate to be exact. In addition, sometimes a plus, the weather was very much with us as we had glorious sunshine (luckily we did escape the bulk of the heat as that occurred after lunch!!).

Whilst we did start & end at the arboretum we did not enter it. In addition to a walk that took us along quiet country lanes – stop & listen to the silence – we also heard our first cuckoo and a woodpecker (or was it Robin carving his Madonna – ask a walker!!) and smelt banks of wild garlic, alas the bluebells had gone. Past ancient farm buildings converted to more modern uses, but retaining their charm and round field edges and along roads built by the USAAF for their airfield at Marks Hall during WW2, then back to our starting point and lunch.



Our June walk will see us walking 5 miles near Brentwood. Wooded foot paths, ancient family homes and the odd golf course! We will meet at 9.30am in the car park of Broomfield Royal British Legion, Saxon Way on Tuesday 21st June 2022. We shall be car sharing, please let me know if you are coming as I will need to confirm numbers with the pub! Additionally if you are willing to drive, transport costs will be approximately £3.50 each.

As usual mobile 07375 604506 operative on the day.



Malcolm Taylor

TRAVEL CLUB

NB: - whilst run by a member the Travel Club is not part of the u3a

Your new Broomfield & Springfield Travel Club have arranged an all inclusive Festive trip to Potters on 12 December, 2022.

The trip is arranged with our preferred travel partner: Dunwood Travel who are fully bonded. Coach transfers are included in the price of just £449.00 per person for twin/double rooms and there are a few single rooms at zero supplement! Two excursions to local places of interest are also included. The price includes full board and all alcoholic/non alcoholic plus speciality teas/coffee during your stay. Please register your interest or request a booking form from Chris Evans



£449

Monday 12th December 2022 - 5 Days (4 Nights) All Inclusive


The only recipient in its category of five stars from the English Tourism Council, Potters is noted for the quality of its facilities, food and entertainment. Potters' coastal location covers 65 acres including a private beach and boasts an international standard bowls arena.

What's Included

- Return Executive Coach Travel
- Entertainment
- 4 Nights Accommodation - All Inclusive

Extras (Optional)

- Insurance- £25.95 per person
- Plus Bungalows £20 per person
- Premier Hotel Accommodation £100 per person
- Deluxe Hotel Accommodation £120 per person



To Book Please Contact Broomfield & Springfield Travel Club

GROUP LEADERS

Art	Barbara Bartlett
Badminton	Barbara Bartlett
Beer Appreciation	Malcolm Taylor
Book Group	Barbara Bartlett
Bus Pass	Carol Greatrex
Canasta	Marie Mackie
Cookery	Pat Radford
Gardening	Pat Radford
Geology	Ros Mercer
Health Matters	Gill Sturman
Lacemaking	Wendy Talley
Natural History	Sue Browning
Needlework	Sonia Hudson Eileen Chapman
Photography	Glynn Wadeson
Scrabble	Heather Steed
Table Tennis	Jean Lock
Ten-pin Bowling	Lorna Stuart
Ukulele	Pat Platt
Walking	Malcolm Taylor

New Group Leaders needed!

Any volunteers to run a History Group?

Any proposals for new groups?

Contact the editor for inclusion in next month's newsletter *or* if you'd like to talk it over first, please contact Pat Radford, our Group Co-Ordinator.

THE COMMITTEE

Chair	Glynn Wadeson	-
		-
Vice Chair & Speaker Coordinator	Faith Marchal	-
		-
Treasurer	Gill Sturman	-
		-
Co-Secretary	Ann Corbey	-
		-
Co-Secretary	Judy Keily	-
		-
Membership Secretary	Peter Radford	-
		-
Group Coordinator	Pat Radford	-
		-

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