

Newsletter July 2022

GROUPS:

- Art
- Badminton
- Beer Appreciation
- Book Group
- Bus Pass
- Canasta
- Cookery
- Gardening (with Chelmsford U3A)
- Geology
- Health Matters
- 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

I'm happy to say that our stall at the Jubilee/u3a fortieth anniversary drew a substantial amount of interest and, over the course of the afternoon, we gained several new members and expressions of interest from potential members. I'd like to offer a big thank-you to those volunteers who generously gave up their time to staff the stall on the day.



Monthly meetings: It's been good to see attendances at the monthly meetings steadily rising. June's meeting drew sixty-eight members including several new members. There is no longer a cap of 70 on the hall, but for safety reasons, we need to know how many people to expect so please let Peter Radford know in advance if you plan to attend, and if you subsequently aren't able to attend, please let him know as soon as possible.

Membership Fees: Hall hire charges have increased, as have Third Age Trust capitation charges and Speaker fees. It will be necessary to increase our membership fees accordingly from £13.00 to £15.00 in the new subscription year to cover these extra costs.

Last but not least, congratulations to the Ukelele Group, whose picture playing at the Chelmsford branch's Picnic in the Park' graced the pages of the June National Newsletter and Facebook pages.

Glynn Wadeson

Chair

MONTHLY MEETINGS

Please note: the Meeting is open and refreshments are available from 1.45. The speaker is scheduled to start at 2.15. Please ensure you have confirmed that you wish to attend no later than Tuesday 12th midday.

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.

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

Notes and Notices, July 2022

Talks

Most series of Talks have stopped for the Summer but this last year's series from Gresham College can be viewed via their website: <https://www.gresham.ac.uk/watch-now>

Their 2022-3 programme will launch online at the end of July. If you live in the UK you can also order a physical copy.

Travel

This being the holiday season, I've picked out a few travel items.

If you are flying abroad there are restrictions on the toiletries you can take. Which? has analysed the problems and suggests ways of reducing the costs.

<https://www.which.co.uk/news/article/8-ways-to-save-money-on-travel-toiletries-this-summer-afCSr3p3rhXd>

The BBC reports that 4 in 10 travel insurance policies offer no protection for air passengers if holidays are cancelled owing to strikes

<https://www.bbc.co.uk/news/business-62049258>

How to make a claim when your flight is delayed

<https://www.radiotimesmoney.com/news/how-to-make-a-claim-when-your-flight-is-delayed/>

A little tongue in cheek, the Radio Times offers some expert tips to making flying less of a nightmare – but be warned, stay civil...

<https://holidays.radiotimes.com/travel-news/holiday-like-a-pro/>

Money Matters

17 ways to save on bills: Which?'s experts weigh in on what to do about huge energy direct debits, how to haggle for better deals, and what grants you could be eligible for.

<https://www.which.co.uk/news/article/how-to-save-money-on-your-household-bills-aiTGN6b5jZ2N>

Meanwhile, Radio Times has some top tips to reduce car insurance

<https://www.radiotimesmoney.com/insurance/car-insurance/top-tips-to-reduce-the-cost-of-car-insurance/>

Fraud

Which? reports that there's been a significant increase in scammers posing as energy firms to trick people into handing over cash; find out what to watch out for.

<https://www.which.co.uk/news/article/7-energy-scams-to-watch-out-for-a7hWE2O98VCm>

Which?' also reports that huge numbers of scammers are targeting cash-strapped drivers on social media, tricking them into handing over money for fake car insurance policies - and social media sites aren't doing enough to help.

<https://www.which.co.uk/news/article/beware-the-cheap-car-insurance-thats-too-good-to-be-true-az5IP4w5Yqrl>

Finally, the Co-op Bank has been alerted that some customers may have received a phone-call from fraudsters posing as representatives from Amazon and other well-known organisations including BT, HMRC and Microsoft. This is known as an impersonation scam.

The bank says that scammers are very clever and will try to persuade you to download software, such as 'Team Viewer' or 'AnyDesk' to your phone or laptop. They may claim there is a security compromise or an issue in relation to a refund on your account that needs attention via the software they have asked you to download.

Their advice is

- Never download an app or software to your device that allows someone to access your device remotely.
 - Remember that a genuine company will never call you to ask you to log in to your online bank account or emails and they would never ask you to move your money to 'keep it safe'.
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BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART GROUP

We met up on Thursday 23rd June and enjoyed a morning of art, coffee and chat! Our next session will be on Thursday, 21st July between 10 - 12 noon, please let me know if you're interested in joining the Group.

Barbara Bartlett

BADMINTON

Our next session will be on Monday, 11th July at the Chelmsford Sports Stadium in Melbourne between 12 - 1 pm.

Barbara Bartlett

BEER APPRECIATION



We had an excellent meeting at The Woolpack last month. Not only was there a varied choice of well-kept cask beers - that we had not sampled before - but we were made very welcome by the staff.

The pub had had an unfortunate two years but Lex has recently taken over and the ales were perfect - although we're still not quite sure about Top Dogs!!

Our July meeting will be at 2.00pm on Monday 18th July in The Orange Tree, Lower Anchor Street - again recommended and a definite CAMRA friend.

As usual please let me know if you are coming.

Malcolm Taylor

BOOK GROUP

The Group met on Saturday, 25th June in Broomfield Library where we discussed "Three Things About Elsie" by Joanna Cannon, a novel about a lifelong friendship, a devastating secret and small acts of kindness that bring people together. The overall review of this novel was positive although the subject matter was felt to be a bit too close to home! The average score was 7/10.

The next meeting will be on Monday, 25th July at 2.30 pm in Broomfield Library (**please note new date and time**) when we will be reviewing our July book, "The Silence of the Girls", by Pat Barker.

Barbara Bartlett

BUS PASS

Planning recent trips has been challenging with all the changes to bus numbers and timetables across the county. It's also frustrating when buses don't run to time, as happened on our last outing. Despite that we were still smiling when we reached Rayleigh and went our separate ways to explore the Mount, museum and windmill, as well as a spot of shopping for some. There were also reports of some tasty lunches.

This month we go to Coggeshall and the date has changed to when Paycockes will be open. Before our next monthly u3a meeting in September we shall hopefully have been to Brightlingsea by train and bus for a spot of sea air (22nd July), the Gibberd Garden (17th August) and Burnham-on-Crouch (2nd September).

We are a large group (numbers vary) but this hasn't been a problem on buses so far - just raised eyebrows from some drivers. So, if you would like to join us on any trip 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

I expect we will be meeting up again in the Autumn for our soup and pudding lunch.

Pat Radford

GARDENING

Chelmsford U3A Garden Group have an outing to a Coggeshall garden on Thursday August 25th. This meeting starts at 3:15.

Contact Val Green.

The Little Waltham Garden Group has an outing in July and also one in August.

The July outing is to Bridge End Gardens in Saffron Walden on Wednesday July 13th. Arrive at 1:45pm and park in Swan Meadow car park CB10 1DH. Trip costs £3

On Thursday August 4th the club will be visiting The Gardens of Easton Lodge, Dunmow CM6 2BB. Arrive at 1:45pm, cost is £8:50.

If you would like to join either of these visits contact Maggie Williams.

GEOLOGY

We continue to meet on the fourth Tuesday of the month. Last month we had a lively session on Black Gold - coal, oil, gas, jet - all things carbon. We discussed the continuing need for hydrocarbons, the technicalities of fracking, which uses well tried and tested oilfield technology, etc. I think that everyone who came was better informed.



Danbury Hill & church from Broomfield



Market Hill, Maldon

Next time we shall discuss Geology and Landscape or why is that hill there, even in 'flat' Essex! This will be on Tuesday 26th July, 2pm. All welcome even if you've never been before. We shall probably take a short trip out to look at the view. If you are out and about, do ask that question about a hill or sudden change in slope. Geology usually has the answer. Please continue to bring your mystery rocks as well.

We have not planned a session in August yet, but we shall have one on Tuesday 23rd August, so save the date. We could have a trip out perhaps to the chalk hills around Cambridge or those around Purfleet.

Ros & Ian

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HEALTH MATTERS

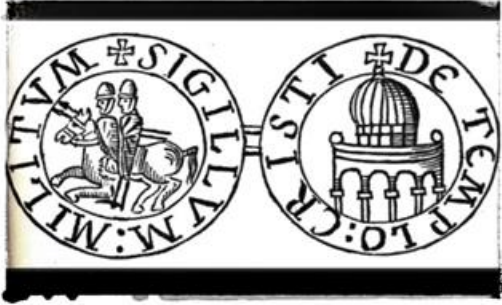
At our June meeting, we were able to bask in the sun whilst we talked about Hypertension – its causes, the consequences if the blood pressure is not adequately controlled and possible ways of combating it.

Our next meeting is on Tuesday, 12th July at 2pm at Barbara's house and Sue Beaver of the Broomfield Cardiac Rehabilitation Team will talk about 'Looking After Your Heart'. We will not be meeting in August or September but will be on 11th October.

New members are always welcome but please email me first.

Gill Sturman

HISTORY



The re-formed group held its' inaugural meeting on Monday 13th June, to decide on how the group will operate, discuss frequency of meetings and the kind of topics we might cover.

It was agreed that we'll be meeting on a quarterly basis to discuss topics of interest and may also organise occasional visits to places of interest between the scheduled meetings, which will be open to anyone interested.

The next meeting will be on Monday Sept 12, from 2-4.00pm
The topic will be "The Knights Templar", presented by Jim

Jenkins

If you'd like to attend but haven't yet registered interest, please contact Glynn Wadeson, Group co-ordinator.

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

A small group enjoyed a walk around the footpaths of Writtle. We were looking for wildflowers , butterflies and bees.



There is a wildflower meadow that was planted by Writtle College some years ago. It is now owned by Steve and Nicky. Steve worked at Writtle and helped plant the original meadow some years ago. When the college wanted to sell it Steve stepped in so he could continue to develop the meadow. Now the meadow is full of wild flowers which attract butterflies and bees. Nicky and Steve invited us in to have a close look at all the different varieties. The beautiful purple of the knapweed really looks

lovely with the yellow of the bedstraw. With so many beautiful wild flowers we were able to identify the following: Oxeye Daisy, Scabies, Mallow, Lovely pink Ragged Robin, Vetch, Yarrow, Wild Carrot.

NATURAL HISTORY (Continued)



Sue Browning

Meadow Brown and the Gate Keeper butterflies were in abundance, we also saw Tortoiseshell, Skipper (see photograph) and one Comma butterfly and Damsel Flies with their lovely iridescent blue bodies.

It looks as if it is going to be a very good berry year with lots of Blackberries, Elder Berries and Sloes. Sloe Gin here we come!

We would like to thank Nicky and Steve for making our wildflower search extra special, thank you.

Our next meeting is Tuesday 19th. July: topic to be announced later.

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 and the 4th Friday at the home of Eileen. Hope some of you will join us.

Sonia Hudson
Eileen Chapman

PHOTOGRAPHY



The Photography Group's next meeting is at 10am - 12pm on July 21st at Little Waltham United Reformed Church. Beginners and Improvers are welcome, just contact Glynn Wadeson, co-ordinator, if you'd like to attend, or have any queries.

Useful Photo Link of the month...

Jamie Windsor's youtube stream (link below) on the basics of composition is worth a visit if you'd like to freshen up your photos and learn how to make them more appealing to the eye.

<https://youtu.be/VArISvUuyr0>

Glynn Wadson

SCRABBLE

We will meet as usual on the 4th Thursday of the month July 28th at 2pm. Venue to be decided nearer the time depending on weather. I'll send out an email beginning that week. New members are always welcome. Please just contact me. Our games of scrabble are for enjoyment. No scrabble in August but we will meet on Thursday 22nd September at 2pm

Heather Steed

TABLE TENNIS

Only one date for July as the Sports Centre at Melbourne is busy with school holiday activities. We will have four tables on Tuesday, 12th July at 11.30 a.m. The cost will be £2. I am still trying to organise a date in August and will email the usual players. Hope to see you at Melbourne.

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 newsletter. 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 at the URC church at 2pm on 7th and 21st July 2022. We will not be meeting in August but will resume in September on the first and third Thursdays of the month. Any singers and or musicians are welcome to join us.

Pat Platt

WALKING



We could not have asked for better weather for our walk at Herongate/Ingrave, followed by an excellent lunch at The Boar's Head. Our walk took us through dense woods, past a golf course (PRIVATE PROPERTY - KEEP OUT - DANGER - BEWARE OF FLYING GOLF BALLS) and, once we had recrossed a busy road, into open country. Silent fields with whimsical clouds overhead, no traffic noise, just the barley slowly ripening; past an old moated farmhouse (I can't afford it sighed one walker...) and then lunch!

WALKING (Continued)

Our July walk will take us nearer home. This time to Pleshey and its ancient castle. Again, a five mile walk through the countryside with some walking on quiet country lanes. We will meet at 9.30am in the car park of Broomfield Royal British Legion, Saxon Way on Tuesday 19th July 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 £2.00 each.

As usual mobile 07375 604506 will be operative on the day.

Malcolm Taylor

TRAVEL

We now have two Travel “Groups”, which whilst run by members, are not part of the u3a.

BROOMFIELD & SPRINGFIELD TRAVEL CLUB

SOME PLACES – THE DRIFTERS GIRL – 13 OCTOBER, 2022

New musical being described as London’s New Smash Hit! Currently starring Beverley Knight. We have secured excellent seats in the front area of the dress circle, rows A-D of the Garrick Theatre at the fantastic price of just £49.00 per person which includes coach transfers to and from Chelmsford, parking available. Please email your booking requests.

NEW – WICKED THE MUSICAL – 10 November, 2022

Another chance to see this brilliant musical which tells the story of two unlikely friends, Elphaba (the Wicked Witch of the West) and Glinda the Good Witch whose relationship struggles through their opposing personalities and viewpoints, same love-interest, reactions to the Wizard’s corrupt government, and ultimately……. The price for excellent tickets in the central stalls area of the Apollo Theatre, Victoria, including coach transfers to and from Chelmsford are just £39.00 per person. The coach leaves Chelmsford at 16.00 hrs, parking available.

NEW – MONET’S GARDEN, THE LOIRE VALLEY & FONTAINEBLEAU – 15 JUNE 2023

Come with us on this exciting, escorted trip. The tour includes: Monet’s Garden, the beautiful Loire Valley with its many splendid chateaux to explore. Visit Chartres, medieval Tours and Leonardo da Vinci house, visit Saumur and the Ackerman wine cellars and much much more. Six nights in three and four star accommodation with breakfast and three evening meals included. Travel via Eurostar and coach travel within the area. The price of just £869 per person twin/double, single supplement on request.

BROOMFIELD & SPRINGFIELD TRAVEL CLUB (Continued)

NEW – SCOTLAND AND THE EDINBURGH TATTOO – 21 AUGUST, 2023

Due to member requests we are pleased to offer a 5 day break to Bonnie Scotland, staying at the Rob Roy Hotel, Aberfoyle which is wonderfully situated in idyllic countryside at the gateway to the glorious Trossachs set within Scotland's first National Park and named after the legendary folk hero Rob Roy McGregor! The hotel is a short stroll along the banks of the Forth River offering freshly produced local food and some evening entertainment. Half board and a ticket for the evening performance of the Royal Edinburgh Tattoo is included in the price of just £389.00 per person sharing a twin/double room. We have three single rooms available at no additional cost. Coach travel throughout and an additional excursion is also included in the price. The deposit for this trip is just £20.00 per person. Please email your request for a booking form and state how many places you require.

If you are interested in any of the above, please contact Chris Evans by email.

BROOMFIELD COACH TRIPS

Broomfield Coach Trips offer over 30 coach trips direct from Broomfield Village Hall to their destinations without any further pick-ups or drop-offs in the Chelmsford area

Some of these trips are: Swan Lake with The English National Ballet, Tour of Buckingham Palace, Worthing, Legoland, Thursford, The London Palladium and The Lion King. The full list is available from rayspiller and parking is available at Broomfield Village Hall for those wanting to go on coach trips

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

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