



Broomfield & District

Newsletter November 2024

GROUPS:

- Art Appreciation
- Badminton
- Beer Appreciation
- Book Group
- Bus Pass
- Canasta
- Gardening
(with Chelmsford u3a)
- Geology
- Health Matters
- Lacemaking
- Natural History
- Photography
- Scrabble
- Table Tennis
- Tai Chi
- Ten-pin Bowling
- Ukulele
- Walking

WEBSITE

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

EMAIL -

broomfieldanddistrictu3a@gmail.com

From the Chair

Welcome to our November newsletter.

I trust you are all keeping well and looking forward to the branch's new year. For this to be a success, we need new members of the committee, particularly as there are roles where the current occupants will soon have to step down. The branch cannot operate without a committee so if no new members come forward this could be the last year we can operate. If you might be interested, please contact me or any other member of the committee. I should be at the November meeting, which promises to have an interesting talk on an important subject.

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.

If anyone has an idea for a new group and would like to start it up please 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.

Please remember to complete your annual membership forms and submit your subscription fee; a new badge will be issued when fees are paid and membership forms received.

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](mailto:peteradford799@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

13th November	Scam Prevention	Gavin Saunders (Essex Police)
11th December	Origins of English	Charley Haylock

Meeting Schedule – Early 2025

8th January	A photographer's talk	Dan Bridge
12th February	Continuity Capers	Sally Lawrence
12th March	Lighthouses + the paranormal	Mark Lewis

Calendar for November and December 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	
November	4	5	6	7	8	9	10	November
	Badminton Canasta		Gardening Ten-pin	Table tennis Ukulele	Lacemaking Tai Chi			
	11	12	13	14	15	16	17	
	Badminton Beer Appreciation	Walking	u3a Meeting		Lacemaking Tai Chi			
	18	19	20	21	22	23	24	
	Badminton Canasta	<i>Geology</i>	Health Matters Ten-pin	Photography Table tennis Ukulele	Bus pass Lacemaking Tai Chi			
	25	26	27	28	29	30	1	
Badminton Book Group	Natural History Scrabble	Gardening	Gardening	Tai Chi			December	
2	3	4	5	6	7	8		
Badminton Canasta	Art Appreciation	Ten-pin	Table tennis Ukulele	Tai Chi				
9	10	11	12	13	14	15		
Badminton		u3a Meeting		Lacemaking Tai Chi				
16	17	18	19	20	21	22		
Badminton Canasta	Natural History	<i>Health Matters</i> Ten-pin	Photography	Lacemaking				
23	24	25	26	27	28	29		
	Christmas Eve	Christmas Day	Boxing Day					
30	31	1	2	3	4	5		
	New Year's Eve	New Year's Day					January	

Notes and Notices, November 2024

To Start With

The Tai Chi group seems to be going well. We now have another potential new group, Art Appreciation. See the Group Reports for more details.

Talks and Events

This month sees another in the series of talks in the “People and Stone” series, relating to Broomfield Parish Church.

This talk is entitled: “The Pity of War – Broomfield’s Great War Roll of Honour” and is scheduled for 2:00pm on Saturday 23rd November. Contact the church or Ros Mercer (see Geology Group) for further details and for tickets (£5)

The next event at the Essex Branch of the Historical Association is a debate, intriguingly entitled “Causes of the American Civil War (1) Bleeding Kansas: Whose side are you on, Butternuts?”. It’s on Saturday, 7th December at Trinity Methodist Church. More details are at <https://essexbranchha.com>

Gresham College’s programme of talks for November includes “The Health Gap: Achieving Social Justice in Public Health” by Professor Sir Michael Marmot (Wednesday, 6th), “The US Constitution: A Catalogue of Complaints about Britain” by Professor Clive Stafford Smith (Thursday, 7th) and “Making Sense of Conspiracy Theories” by Professor Peter Knight (Thursday, 14th). As ever, full details of these and of their other talks can be found at: <https://www.gresham.ac.uk/whats-on?see-all/>

Volunteering

This month we’ve attracted three very different opportunities for you to use your spare time (!) “doing good”.

The Thames Sailing Barge Trust, based in Maldon, invites Essex u3a members to spare a little time to assist the Trust in helping to preserve the county’s iconic sailing barges. No special skills needed, just a love of Essex history and the barges’ important role in it. For further information e-mail gillian.mariner@btinternet.com.

Essex County Council are looking for School Governors. They say “Effective school governance has the power to transform young lives and gaps on a school board can result in, potentially, a decline in educational outcomes. Individuals from a diverse range of backgrounds can develop their own professional and personal skills whilst enriching schools’ boards with their own experiences and knowledge”. If you are interested, please contact Amy Hagan, Education Operations Advisor. Her e-mail address is amy.hagan@essex.gov.uk.

Essex County Fire and Rescue Service (ECFRS) say they are committed to ensuring the safety and well-being of their communities. To effectively assess and manage fire and rescue risks, they are developing a Community Risk Management Plan (CRMP). This plan serves as their strategic framework for addressing potential dangers and enhancing the safety of the residents in Essex. They want to produce a CRMP that supports ECFRS in becoming one of the best fire and rescue services in the country. To achieve this, they need feedback from the public. They have put together a survey: <https://www.smartsurvey.co.uk/s/TellECFRS/>

Winter!

Households trying to save money amid the cost-of-living crisis are searching for tips on how to cut the costs of utility bills. With bills set to soar during cold winter months, experts from Quotezone.co.uk have identified eight ways to help save energy that cost nothing or very little. See <https://www.radiotimesmoney.com/savings-and-investments/how-to-cut-utility-bills-without-spending-any-money/>

Driving

Drivers have been warned they could be breaking the law if out on the roads after taking cold and flu medicine this autumn. Motoring experts are warning drivers to ensure they aren't taking medication which could impair their ability to drive. For more details but not specific medicines. See

<https://www.radiotimesmoney.com/news/your-cold-could-leave-you-with-a-nasty-fine-or-worse/>

and finally

If you're the victim of a scam, your bank should now replace [almost] any lost money. See

<https://www.radiotimesmoney.com/news/if-youre-the-victim-of-a-scam-your-bank-should-now-replace-any-lost-money-says-paul-lewis/>

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART APPRECIATION

This new group meets for its inaugural session on 3rd December at the Pavilion, Recreation field, South Street, Great Waltham, 10.00am - 12.00 noon.

If you'd like to sign up for the group, contact me.

Glynn

BADMINTON

The dates for the badminton group are as follows

- 4th, 11th, 18th and 25th November
- 2nd, 9th and 16th December

12.00 noon - 1.00pm at the Sports and Athletics Centre, Melbourne.

If you are interested in joining the group, please contact me.

Maxine

BEER APPRECIATION

We had an excellent 'session' at The Ale House in October, but regretfully, as usual, the national & international figures whose actions were discussed were unavailable to take note of the advice given.....

Our traditional (early) "Christmas Lunch" will be at The Woolpack (Odeon roundabout at Parkway) on 11th November at 12.30pm. Seats & table have already been booked – if you have not let me know you are coming, please do so urgently, otherwise we will be unable to accommodate you.

Malcolm m

BOOK GROUP

We met on Monday, 21st October in Broomfield Library where we reviewed *A Terrible Kindness* by Jo Browning Wroe. It is October 1966 and 19 year old William is having the night of his life at his first black tie do. As the evening unfolds news hits of a landslide at a coal mine which has buried a school in Aberfan. William decides he must act and volunteers to attend, it will be his first job as an embalmer and one he never forgets. His work that night will force him to think about the little boy he was and the losses he has worked so hard to forget. Compassion can have surprising consequences because, as William discovers, giving so much to others can sometimes help us heal ourselves.

This proved to be a very thought provoking book and reviews reflected this. The average score was 8/10.

Our next meeting will be on Monday, 25th November at 2.30 pm in Broomfield Library where we will be reviewing *The Co-op's Got Bananas* by Hunter Davies.

Barbara

BUS PASS



We had a good day in Harwich last month. The sun shone, travel (by train!) was quick and we were entertained by numerous shanty groups across the town. A few of us caught an illustrated talk on the history of the Electric Palace and we also visited the Redoubt, where there were yet more singers.

This was to have been our last trip for this year but following the very interesting



talk by Nick Wickenden at the October meeting, he has kindly offered to give us bus travellers a guided tour of the Wilkins museum in Tiptree. This will be on Friday 22nd November. Some people have already put their name down so there are just a very few places left. If you would like one of these places, please get in touch as soon as possible so that I can confirm numbers.

Carol

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

GARDENING

Chelmsford u3a Garden Group's talk for November is "The National Garden Scheme". The talk will be given by Rachel Wallaston and will be on Thursday 28th November, at 2:00pm in Boreham Village Hall.

Broomfield Cottage Garden Society has the same idea! They will be having a talk by The National Garden Scheme on Wednesday 27th November in Broomfield Village Hall. Arrive by 7:15pm.

Little Waltham Gardening Club's last talk for this year is "Unusual Edibles" given by Matt Oliver, on Wednesday November 6th at 7:30 in the Memorial Hall, Little Waltham.

Pat

GEOLOGY

Our last session about Moving Continents provoked much mind stretching and discussion. Just to think that Essex started life on a continental sliver near the south pole 500 million years ago is mind boggling! We watched a video of the continents waltzing round the globe from 600 million years ago and into the future.

You can find several versions on YouTube to various tunes. It was also good to discuss the specimens brought to the session - every pebble tells a story!

Our next session will be on Tuesday 19th November, a **week earlier than usual**. David Hall is planning to lead this session "On the Origin of Species (of minerals and rocks)". Sounds fascinating. Maybe the answer is 42. Do come to the session to find out. All are welcome.



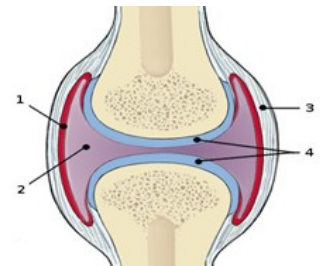
Ros & Ian

HEALTH MATTERS

At the October meeting we talked about the roles of the Skin and of some of the disorders which can occur to it. There are over 700 in all!

Our next meeting will be on November 20th at 2pm in the Pavilion, The Street, Great Waltham, where we will be talking about Joints and Bones. Why do the joints seem to ache more as we age?

Refreshments are available and new members are always welcome.



Gill

LACEMAKING

Lacemaking is now happening. We meet nearly every Friday but please contact me beforehand to confirm that we are meeting. We will not be meeting on 29th November, 6th December and, probably, 27th December.

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

Wendy

NATURAL HISTORY

The Natural History group did not meet this month due to members feeling a bit under the weather. On November 26th we will be bird watching at Hanningfield Reservoir. Meeting at 10am.

Future meetings:

- December 17th Admirals Park to the Rose & Crown at Writtle for Christmas Lunch.

Sue

PHOTOGRAPHY

Meets third Thursday in each month, new members are always welcome. Contact Glynn, group co-ordinator for further info.

Meetings are at Little Waltham United Reformed Church, 10.00am - 12.00 noon.

Glynn

SCRABBLE

Members had a very enjoyable afternoon in The Globe public house, Rainsford Road, playing several games of scrabble. Our next session will be on Tuesday 26th November at 2:00pm in The Globe.

Barbara

TABLE TENNIS

Table tennis will be on the following Thursdays at Chelmsford Sports & Athletics Centre at Melbourne, each day at 11:00am: 7th November and 21st November, also 5th December, at a cost of £1.50 each. Hope to see you there for a fun game.

Jean

TAI CHI

Tai chi is going very well, we have moved on to every Friday instead of fortnightly. Forthcoming dates are for November 1st, 8th, 15th, 22nd and 29th and for December 6th and 13th.

(We will resume on 10th January.)

Cheryl

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.

The dates for the next two months are expected to be:

- November, Wednesday 6th & 20th
- December, Wednesday 4th & 18th.

Lorna

BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group will be meeting at Pat's on the 7th November and at Jan's on the 21st November. We are meeting at Jennie's on the 5th December. We will not be meeting again until the new year. We meet at 2pm and play until 4pm.

New members are very welcome and should contact Pat for the addresses. We are happy to have beginners or people who play another instrument.

Pat

WALKING

Regretfully circumstances meant that our walk in October had to be cancelled.

This month we will be visiting The Naze, at Walton. A variety of land, and sea, scapes – heathland. meadow and waters' edge. A walk of 4/5 miles – it can get chilly so please ensure you have layered up!!

A contribution of £5 per head for parking and fuel costs please. We will meet at 9.00am in the car park of the Royal British Legion, Saxon Way Broomfield on Tuesday 12th November.

As usual mobile 07375 604506 operative on the day.

Please let me know if you are coming and if you are willing to drive.

Malcolm

GROUP LEADERS

Art Appreciation	Glynn
Badminton	Maxine
Beer Appreciation	Malcolm
Book Group	Barbara
Bus Pass	Carol
Canasta	Marie
Gardening	Pat
Geology	Ros
Health Matters	Gill
Lacemaking	Wendy
Natural History	Sue
Photography	Glynn
Scrabble	Barbara
	<i>(for now at least)</i>
Table Tennis	Jean
Tai Chi	Cheryl
Ten-pin Bowling	Lorna
Ukulele	Pat
Walking	Malcolm

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	-
		-
Vice Chair & Speaker Coordinator	Glynn	-
		-
Treasurer	Gill	-
		-
Secretary	Roger	-
		-
Membership Secretary	Peter	-
		-
	Dick	-
		-
	Mike	-
		-

Many thanks to Malcolm for continuing to act as Website Editor