

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 January newsletter

I hope you have all had a good Christmas and I wish you all a happy and prosperous New Year.

We had an enjoyable talk last month on the history of the English language, so I hope I don't make any mistakes

I know I keep on but we do need a new treasurer for next year as well as new committee members - please give it careful thought as we would like to keep the branch going but this will not happen without your support. The committee will have to consider, in the new year, whether to close down the branch and what to do with any remaining funds. Obviously this is something we do not want to do.

Remember our branch will not function without a strong committee and it is not fair to leave it to a few willing volunteers so step forward and join the team!!

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.

Don't forget your mugs!

Remember it is your u3a branch and we want you to have your say on what goes on.

Best wishes

Jim

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 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 – Early 2025

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

BROOMFIELD u3a COMMITTEE

Like most similar organisations, our u3a branch relies on volunteers to stand for committee and the various posts necessary to satisfy the u3a Trust minimum requirements and successfully run the branch.

There is no definitive set number for the committee, but as a minimum we must have a Chairperson, Secretary, Treasurer and Membership Secretary. In addition, we need elected members to take on the roles of Group co-ordinator and Speaker Organiser. Other committee members can be co-opted from time to time to perform other duties as and when required and to contribute to discussions relating to the day to day running of the branch and various issues that arise.

The Committee meet once a month throughout the year, usually on the first Wednesday of the month. The agenda is standard, discussing matters arising from the last meeting, finances, membership, groups, and any other business that may, or may not have been notified to the meeting. On average the meetings last between an hour and an hour and a half.

The Trust encourage a healthy turnover in the members forming branch committees and as such put limitations on the duration that individuals can continue in many of the key roles (3 years). There is some flexibility here, but this year will be the last year in office for our Chairperson, Treasurer, Vice chair and several committee members.

The role of committee member, or indeed any of the various designated roles is not onerous but is necessary for our branch to continue to exist. To volunteer would give you the opportunity to have a say in the direction the branch takes going forward and to actively contribute to our continued wellbeing.

If you would like to attend any of our committee meetings going forward to see how we function, please do not hesitate to introduce yourself to any of the committee as we would love to accommodate you.

Calendar for January and February 2025

(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	
Dec	30	31	1	2	3	4	5	January
		New Year's Eve	New Year's Day	Ukulele	Lacemaking			
January	6	7	8	9	10	11	12	
	Badminton Canasta		u3a Meeting	Table tennis	Art Appreciation Lacemaking Tai Chi			
	13	14	15	16	17	18	19	
	Beer Appreciation		Ten-pin	Photography Ukulele	Lacemaking Tai Chi			
	20	21	22	23	24	25	26	
	Badminton Book Group Canasta		Gardening	Table tennis	Lacemaking Tai Chi			
	27	28	29	30	31	1	2	
	Badminton	Geology Scrabble			Lacemaking Tai Chi			
February	3	4	5	6	7	8	9	February
	Canasta		Gardening Ten-pin		Lacemaking Tai Chi			
	10	11	12	13	14	15	16	
	Beer Appreciation	Walking	u3a Meeting		Art Appreciation Lacemaking Tai Chi			
	17	18	19	20	21	22	23	
	Badminton <i>Book Group</i> Canasta		Ten-pin	Photography	Lacemaking Tai Chi			
	24	25	26	27	28	1	2	
	Badminton	Geology Scrabble			Lacemaking Tai Chi			
							March	

Notes and Notices, January 2025

To Start With

As our 'new' website comes into proper operation, we'll be opening a gallery of group members' images, so keep a look out in the new year. We would like to encourage all u3a members to submit any photos they have taken of local Broomfield landmarks, signs, buildings or landscapes for inclusion within our new website.

Any photos for submission should be submitted as JPEG email attachments. They will need to be of good quality (eg no rubbish bins, blurry/pixelated images or people's faces without permission) and the Committee reserve the right to edit if necessary for quality / size reasons.

Please telephone or e-mail one of the committee, if you're interested and want to discuss this further.

Talks and Events

The Mindful Life Group has an upcoming free online course available for Essex resident older adult carers. They have been funded by Essex County Council to offer their "Mindfulness for Older Adults who Care" programme for free to over 65s across Essex. The next program starts on Monday 27th January, 11am-12noon.

The program is designed by a Chartered Clinical Psychologist who specialises in older adult mental health, and is delivered by a BAMBAs-Registered Mindfulness Teacher. They have had really good feedback from participants, and know that it improves carers' wellbeing and sleep, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. Visit <https://the-mindful-life.com/> for details.

The talks at the Essex Branch of the Historical Association continue. On Saturday January 11th, Don Jordan will speak on "Charles II's revenge on the men who killed his father - retribution or justice?" Don has written or co-authored a trilogy of books on Charles II. "The King's Revenge" will be the basis for this talk. But "The King's City" about Carolean London and "The King's Bed; Sex, Power and the Court of Charles II" are also good reads. On Saturday February 8th Dave McCall (aka writer Dave Ebsworth) will speak on "The Zulu War - ten things you (maybe) didn't know". Dave is an historical novelist and this talk will spring out of his research for his book The Kraals of Ulundi. More details are at <https://essexbranchha.com>

Gresham College's programme for January includes "Breaking the Fourth Wall of Sound: The Paradox of Screen Music" by Professor Milton Mermikides (Thursday, 16th); "The Hidden Risks of 'I Know Something You Don't'", by Professor Raghavendra Rau (Monday, 20th); "The Value of Public Space" by Professor Liza Fior (Tuesday, 28th) and "Green Immunity – How Do Plants Fight Infection?" by Professor Robin May, Wednesday, 29th). As ever, full details of this and of their other talks can be found at: <https://www.gresham.ac.uk/whats-on?see-all/>

New Year, New Kitchen?

Are you thinking of replacing your kitchen? There's nothing like the stress of cooking Christmas dinner to highlight the parts of your kitchen that could have been better designed. Which? has uncovered the seven most common renovation regrets so that you can avoid the same pitfalls.

Go to <https://www.which.co.uk/reviews/fitted-kitchens/article/7-things-people-regret-most-about-their-kitchens-acEI66q5zBtY>

and finally...

Happy New Year!

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART APPRECIATION

The group has had its inaugural meeting but, **please note**, will in future be meeting on a different day of the week and at a different time. Our future programme will be a mix of outings to galleries/places of interest and of discussions at the Pavilion, South Street, Great Waltham and we plan to identify a draft schedule at our upcoming meeting.

Our next meeting will be held on FRIDAY January 10th from 1.00 - 3.00 pm at the Pavilion and subsequent meetings are going to be on the second Friday of the month. If you are interested in joining us, please contact me.

Glynn

BADMINTON

The Badminton Group dates are as follows:

- January 6th, 20th, and 27th.
- February 17th and 24th

12.00 noon - 1.00pm at the Sports and Athletics Centre, Melbourne.
(There is no badminton on January 13th or on February 3rd and 10th.)

Wishing everyone a very merry Christmas and a Happy New Year. Have fun and see you in 2025.

Maxine

BEER APPRECIATION

As usual the Ale House could be relied upon for a choice of beverages but regretfully the choice seemed to be limited, possibly as the 'screens' were not in operation and thus the full range on offer could not be seen.

To kick off the New Year we will return to the Railway Tavern (opposite the station) for our next meeting on Monday 13th January 2025.

Please let me know if you are able to come

Malcolm

BOOK GROUP

Our next meeting will be on Monday, 20th January 2025 at 2.30 pm in Broomfield Library where we will be reviewing *Dombey and Son* by Charles Dickens and *Platform Seven* by Louise Doughty.

Barbara

BUS PASS

Happy New Year to everyone.

The group is taking its usual winter break. We'll resume when the days lengthen.

Carol

CANASTA

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

Marie

GARDENING

There are no January meetings for either Chelmsford u3a Garden Group or Little Waltham Gardening Club. Details of February's Chelmsford u3a Garden Group meeting have yet to be published. Little Waltham Gardening Club's February talk is on *Soil, and how we can take care of it*. It's by Ian Mercer and at Little Waltham Memorial Hall on Wednesday 5th at 7:30pm.

Broomfield Cottage Garden group is meeting on Wednesday 22nd January when the talk will be on *The Asian Hornet and the Pollinators*. Meet at Broomfield Village Hall at 7:15pm.

Pat

GEOLOGY

Our next session is on Tuesday 28h January at 2pm as usual when we shall have a discussion about Minerals and Rocks from the perspective of chemical elements - following on from David's presentation which looked at the origin of the Earth and, indeed, the other planets, from a chemical view point.

We will try to alternate members' contributions with discussion of the underlying geological concepts in our sessions during the coming year. Do bring your interesting and maybe 'mystery' rocks to share. Most mysteries are solved if we know where the rock was found.

Looking forward to some interesting and rocky talks.

Ros & Ian



Plagioclase-Feldspar

HEALTH MATTERS

We had discussed moving the timing of our meetings. We will now be meeting on the 4th Friday of the month at 2pm but at the Pavilion, Great Waltham as before.

For a variety of reasons, we are unable to meet again until March 28th next year.

Gill

LACEMAKING

Lacemaking is now happening!. We meet nearly every Friday but please contact me beforehand to confirm that we are meeting. New members are always welcome and we have equipment available to get you going.

Wendy

NATURAL HISTORY

The Natural History Group met at the Rose and Crown on Writtle Green for an excellent Christmas lunch. A very happy end to a good year of looking at our natural world.

The group planning meeting will be held on 21st January, at 10am. Please contact me if you are not on my mailing list, members will be contacted in the usual way.

Happy new year everyone.

Sue

PHOTOGRAPHY

Portraits were the subject of the last Photography Group meeting. We looked at key issues such as lighting, the story behind the portrait, positioning, street portraits amongst other things.

The annual Taylor Wessing photographic portrait exhibition is currently on at the National Portrait gallery and is well-worth visiting. For information visit the NPG website.

The Photography Group meets at Little Waltham United Reformed Church on the third Thursday of every month. New members are always welcome, whether 'beginners', 'improvers' or 'experienced'. It doesn't matter whether you use a camera phone or a digital camera, if you enjoy taking photos and are interested in developing your skills and sharing knowledge or ideas, in a friendly environment, this group may be for you!

If you're interested in joining the group, or would like information, please contact me.

Glynn

SCRABBLE

Our next session will be on Tuesday, 28th January 2025 at 2:00 pm in The Globe, Rainsford Road,.
Barbara

TABLE TENNIS

We will be getting back to normal in the New Year with Table Tennis on Thursdays, 9th and 23rd January at 11.00am. The cost will be £1.50, to be held at Melbourne Sports and Leisure Centre. Come and join us for a friendly game.

Jean

TAI CHI

Tai chi is going very well, we have moved on to every Friday instead of fortnightly.

We are looking forward to January 10th when we will be returning to our practice sessions. And we will be celebrating the Chinese Lunar New Year on Friday 31st January after the morning session: The year of the Snake.

Cheryl

TEN-PIN BOWLING

Ten-pin bowling takes place on the 1st and 3rd Wednesdays 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:

- January, Wednesday 15th (not the first Wednesday which is, of course, New Year's Day).
- February, Wednesday 5th and Wednesday 19th.

Lorna

BROOMFIELD UKULELE GROUP (BUGS)

We are meeting at Pat's house on the 2nd and 16th January 2025. We are meeting at Jennie's house on the 5th of February and at Jan's house on the 19th February. We meet at 2pm and play for two hours. We welcome beginners.

New people should contact me for the addresses.

Pat

WALKING

We had a lively discussion at the Cheerful Chai for our planning meeting. In addition to the usual walks, we thought we might look to undertake 'city strolls' – making a full day of it – but preferably when it's brighter and warmer.

Regretfully there will not be a walk in January.

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
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	-
		-
Group Coordinator	Mike	-
		-
	Dick	-
		-
	Julie	-
		-

Many thanks to Malcolm for continuing to act as Website Editor