



Broomfield & District

Newsletter July 2025

GROUPS:

- Art Appreciation
- Badminton
- Beer Appreciation
- Board Games
- 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://broomfield.u3asite.uk/>

EMAIL

broomfieldanddistrictu3a@gmail.com

From the chair

Welcome to our July newsletter

I hope you all enjoyed last months talk about the history of Chelmsford, I am sorry I missed it.

This month we will be learning about 'Burlesque, me and the WI' by Lindsay Barrell, I wait with baited breath!

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 Jenkins

MONTHLY MEETINGS

Please note: the Meeting is open and refreshments are available from 1.45pm – please bring your own cup if you can. The speaker is scheduled to start at 2:15pm.

Please ensure you have confirmed to Peter 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 – Most of 2025

9th July	Burlesque, Me and the WI	Lindsay Barrell
13th August	My life in Magic	John Richard
10th September	Around the World in 50 Fabric Collages	Aruna Mene
8th October	The Secret History of the Essex County Gaol	Lindsay Whitehouse

Calendar for July and August 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
June	30	1	2	3	4	5	6
	Badminton Book Group	Board Games	Gardening Ten-pin	Ukulele	Lacemaking Tai Chi		
July	7	8	9	10	11	12	13
	Badminton Canasta	Walking	Monthly Meeting	Table tennis	Art Appreciation Lacemaking Tai Chi		
	14	15	16	17	18	19	20
	Badminton Beer Appreciation	Natural History	Ten-pin	Photography Ukulele	Bus Pass Lacemaking		
	21	22	23	24	25	26	27
	Badminton Canasta	Geology Scrabble		Table tennis	Health Matters Lacemaking		
28	29	30	31	1	2	3	
Badminton				Lacemaking			
August	4	5	6	7	8	9	10
	Badminton Canasta	<i>Board Games</i>	Ten-pin		<i>Art Appreciation Lacemaking</i>		
	11	12	13	14	15	16	17
	Badminton <i>Beer Appreciation</i>	<i>Walking</i>	Monthly Meeting		Lacemaking		
	18	19	20	21	22	23	24
	Badminton Canasta		Ten-pin	<i>Photography</i>	Lacemaking	Bus Pass	
25	26	27	28	29	30	31	
Bank Holiday Badminton	<i>Scrabble</i>			Lacemaking			

Notes and Notices, July 2025

To Start With

I think I've been publicising the "People & Stone" talks since they began. I didn't realise, however, that there is a series of booklets to go with the talks. The latest one, by Catherine Pearson and Neil Wiffen, is entitled "Broomfield in World War Two". Details of all the booklets and how to get them can be found at:

<https://stmarybroomfield.org/people-stone-publications/>

Talks and Events

The next "People & Stone" talk is on Saturday 19th July at 2:00pm. It's entitled "Churchyard Stories" – I believe it concerns some of the people whose monuments are in the churchyard – and is being given by our own Karen Paxton and Malcolm Taylor. Tickets are £5 at the church door.

Talks to the Essex Branch of the Historical Association have finished for the Summer; they will resume on September 20th. More details are at <https://essexbranchha.com>

Similarly, Gresham College talks have also finished for the Summer; next year's programme will be launched at the beginning of August. If you missed one of this year's talks, it will probably be available to stream. Go to: <https://www.gresham.ac.uk/whats-on?see-all/>

Freezing

Which? Is suggesting that you should save money and time by preserving your food in the best way.

By freezing leftovers before they go bad, you'll save food, time and money, but all that good work will go to waste if you're not freezing your food properly. And if you don't defrost food correctly, you run the risk of making yourself ill. They cover seven mistakes to avoid to make the most of your freezer and your food.

<https://www.which.co.uk/news/article/seven-mistakes-you-might-be-making-when-freezing-food-ar5Z93f226qX>

Spam

I don't know about you but the number of spam emails I've been getting has increased radically over the last two or three weeks. Many of these call for some immediate action ("your subscription is about to expire..."); others offer tempting products (solar panels, smart WiFi, ...). My wife even received one purporting to be from Yodel about a delivery we were not expecting but "purporting" is the key word. If you can look at the actual sender's address (the one with an "@" in it), that's often a simple way of determining that something is spam. (For example you wouldn't expect a BT bill to come from an address ending in ".jp" – that denotes Japan!) If you've any doubts, don't click on anything!

and finally...

Chelmsford u3a's new "Wonder of Words" group (mentioned here last month) has come back to us trying to recruit yet more of our members (they already have some). Their input is too big to fit in this newsletter, so, all being well, it should be included as an attachment when this is sent out. If you have joined the group, please let me know, it would be interesting to have some feedback.

The group contact is Lindsay Whitehouse (telephone 07853 194093, email ljwhitehouse@mail.com).

BROOMFIELD & DISTRICT U3A – GROUP REPORTS

ART APPRECIATION

Our next meeting will be at the Pavilion, Great Waltham (off South Street), on Friday 11th July, from 1:00pm – 3:00pm. The topic of discussion will be the work of John Singer Sergeant.

New members are always welcome.

Please contact me, if you'd like to join or would like further information. |

Glynn

BADMINTONa

The dates for July are: 7th, 14th, 21st and 28th.

The dates for August are: 4th, 11th, 18th and bank holiday Monday 25th.

12:00 noon – 1:00pm at the Sports and Athletics Centre, Melbourne.

Maxine

BEER APPRECIATION

We had a good visit at The Railway Tavern, with an excellent choice of ales. The popular choice seemed to be Woodforde's VOLT IPA. Whilst our reason for going was to review the decorations I think it fair to say they only extended to the exterior of the building – but we weren't there to review the paintwork!!

There seemed to be very limited interest in attending this year's Summer Beer Festival (15th-19th July) so we will return to The Woolpack, on the Odeon roundabout. They, I suspect, will have their usual excellent choice of ales to match the conversation. We will meet in The Woolpack at 2.00pm on Monday 14th July 2025.

Please let me know if you are coming so we can keep an eye out for you.

Malcolm

BOARD GAMES GROUP

Eleven members came to the first Board Games session and everyone enjoyed the afternoon. Our next meeting will be on Tuesday, 1st July at 2pm in The Globe, Rainsford Road, CM1 2QJ. If you would like to come along please let one of us know so the pub can cater for us.

The group expects to meet again on Tuesday, 5th August but this is subject to the agreement of The Globe's new manager.

Barbara,

Carol

Lorna

BOOK GROUP

We met at the beginning of June to discuss THE SIX WIVES OF HENRY VIII. Scores out of 10 ranged from 5 to 8. Comments included - how badly women were treated then, so much research, heavy going, too much information, great research, know most of it anyway, bit like a text book, long complicated sentences with too many clauses.

Most members had read a lot of Tudor fiction that gives all the facts with a story line thrown in.

We will discuss LESSONS IN CHEMISTRY by Bonnie Garmus on 30th June at 2.30pm in the library. Several did not read it or started and did not finish|

Lyn

BUS PASS

It was agreed that it would be unwise to visit Hyde Hall on what was the hottest day of the year thus far, so the trip was cancelled. We hope it won't be quite as hot on Saturday 23rd August when we'll attempt the visit again with the added attractions of the Contemporary Craft and Design Fair and a separate Textile Exhibition as well as the beautiful gardens to admire.

Before that, on Friday 18th July, we'll go to Thaxted. We might be very lucky with the bus connections (in theory a 3 minute wait!!) but if not there will be time for a coffee break in Dunmow!

More details of both trips to be sent out in due course.

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

Chelmsford u3a Gardening Group has not publicised a July visit but check their website.

Little Waltham Garden Group has an afternoon outing to RHS Hyde Hall on Wednesday August 5th, meeting there at 2:00pm. If you would like to go please contact me first.

Pat

GEOLOGY

We had a most interesting and successful geology field visit to Thorndon Park near Brentwood. We followed the way-marked trail detailed in the leaflet produced by GeoEssex / Essex Rock & Mineral Society (and available at the Visitor Centre if you want to go it alone). We saw the development of the landscape in response to the geology and sampled the rock layers - well rock in Essex is sand, clay and clayey sand - and looked at the Pebble Wall which is evidence of outwash streams from the ice sheet that failed to get over Brentwood hill nearly half a million years ago. It was great to have a new member from Broomfield and some members of the Dunmow u3a Geology Group.



Our next session will be on Tuesday 22nd July at 2:00pm, when we will have a "Bring & Share" session. Bring a rock, pebble, gem, postcard of your latest visit etc as a basis for discussion and enjoyment.

We shall have a break during August and resume our sessions in September.

Ros & Ian

HEALTH MATTERS

At our next meeting (25th July) we will be talking about the Kidney. We will consider the important role it has with our heart and cardiovascular system. Other issues such as dialysis and kidney transplantation, why urine samples can tell us a lot about our health, what are 'water tablets' and how do they work: all these areas will be discussed.

We will not be meeting in August but back again on September 26th at our usual venue (The Pavilion, South Street, Great Waltham, CM3 1DF) where we will focus on Blood.

Please let me know if you are considering attending.

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

Our group walked along the River Chelmer and visited a wildflower meadow. It was a perfect morning for a walk, we were joined by two new members. The trees along the river bank are now in full leaf so we were able to identify Grey Poplar, Aspen and Weeping Willow. We were disappointed not to see any fish in the river as we crossed the bridge, is this due to the hot weather? That is a question we don't know the answer to. Turning into the nature reserve, we noted very few wild flowers and few insects. The wildflower meadow displayed many seed heads predominantly Yellow Rattle, this plant is encouraged as it stops grass overtaking the flowers. There was a wonderful show of Ox-eye Daisies, Tufted Vetch, the small pink flowers of Common Centaury ,we also spotted one Pyramidal Orchid. There was a Chiffchaff singing away but we were unable to see it! There were a few butterflies: Meadow Brown and Red Admiral, and Mayflies. We ended our walk sitting in my garden with a well deserved fruit drink.

I will be informing the group of the arrangements for next month's meeting a week before.

Future meetings:

- July. - Tuesday 15th. Hylands Park
- No meeting in August
- September - Tuesday 16th. Danbury Ridge Reserve, looking for evidence of wildlife
- October - Tuesday 21st. Danbury Common, Fungi Foray
- November - Tuesday 18th. Newlands Grove. Autumn fruits
- December - Tuesday 16th. Christmas lunch.

All meetings start at 10am. Anyone interested please contact me, as details are sent to members a week before. As all meetings take place outside, suitable clothing and footwear should be worn and a risk assessment will be given verbally before all walks.

Sue

PHOTOGRAPHY

Our next session will be a photo shoot, in subject-rich Canary Wharf on 17th July.

New members are always welcome, and if you'd like to join the outing whether you are a camera or camera phone user just contact me.

Glynn

SCRABBLE

Our next session will be on Tuesday, 22nd July at 2pm The Globe, Rainsford Road, Chelmsford, CM1 2QJ.

Barbara

TABLE TENNIS

Table Tennis is normally on Thursdays, at Melbourne Sports and Leisure Centre.

Courts are booked for 10th and 24th July at 11:00am, cost will be £2 a session.

Pauline

TAI CHI

Tai chi is now on most Fridays.

- July dates are 4th and 11th.

But then a summer break, restarting on 5th September

A Beginners' 5-week course will be held from 5th September to 3rd October at 10:00am - 11:00am

Cost is £18 - contact me to confirm a place

Then after join in with normal weekly class 11:00am – 12:00noon, £3 a week.

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 10:30am but we request that bowlers arrive at 10.15am, 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:

- July, Wednesday 2nd and Wednesday 16th.
- August, Wednesday 6th and Wednesday 20th.

Lorna

BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group are meeting at Jennie's house on the 3rd July and at Pat's house on the 17th July. The dates for August and September will be sorted out at our next meeting.

We meet at 2pm and play for 2 hours.

If you wish to join us and need to know the locations please contact me by text message or email.

Pat

WALKING

An excellent walk through Purleigh & Stowe Maries – with good weather and good company. Picturesque churches, tiny villages (we were encouraged to write to the local authority to oppose 55 houses – they obviously hadn't seen Beaulieu!!) & the odd vineyard not forgetting WW1 Airfields. Once again an area that proved Essex is far from flat....

Interest was peaked by our path crossing that of St Peter's Way and a discussion around where it went and how long it was. As a consequence this month we will be walking the final leg of St. Peter's Way. A 5/6 mile circular walk primarily off trafficked roads but much on hard surfaces and the final section on the sea wall to the Chapel founded by St.Cedd (Essex' patron saint) on the Roman gatehouse of the fort at Othona – St.Peter-on-the-Wall.

Unfortunately there are no nearby hostelries so please bring a packed lunch (they can be left in the car for our return)..We will meet in the car park of the Broomfield Royal British legion at 9.15am on Tuesday 8th July 2025.. Transport costs £4.



As usual please let me know if you are coming. Mobile 07399 330232 operative on the day.

Malcolm

GROUP LEADERS

Art Appreciation	Glynn
Badminton	Maxine
Beer Appreciation	Malcolm
Board Games	Barbara, Carol & Lorna
Book Group	Lyn
Bus Pass	Carol
Canasta	Marie
Gardening	Pat
Geology	Ros
Health Matters	Gill
Lacemaking	Wendy
Natural History	Sue
Photography	Glynn
Scrabble	Barbara
Table Tennis	Jean & Pauline
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	-
		-