

### **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 Sofa(!)**

Welcome to our August newsletter.

Last month's talk was unusual! It's not often that our speaker has to change clothes before giving the talk (although I could see why it was necessary in this case).

I don't think we are expecting the same thing to happen this month although, atypically, we do have a speaker for the August meeting. (But, beyond the title, I have no clue what his presentation will be about.)

August sees the end of our membership year. We sincerely hope you have enjoyed being a member of Broomfield & District u3a and will renew your membership for 2025/2026. Printed copies of the new membership forms should be available at the August meeting and will soon be available on our website.

Changing topics, 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.

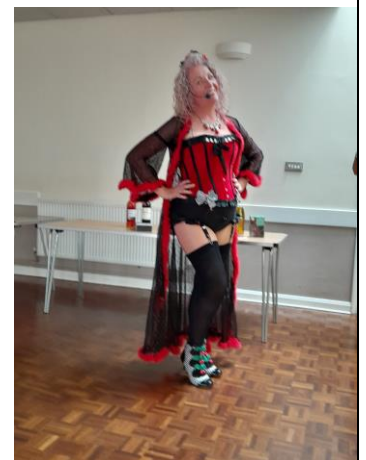
Remember it is your u3a branch and we want you to have your say on what goes on.

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!

Best wishes

**Peter Radford**



## **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 Radford ([peterradford799@btinternet.com](mailto:peterradford799@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 – Most of 2025**

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

# Notes and Notices, August 2025

---

## To Start With

Fancy a bit of archaeology with a difference? We've had notice of a "volunteering opportunity" from Cotswold Archaeology (they do have a branch in Suffolk!) who will soon be undertaking a project on behalf of the DPAA – the USA's Defense Prisoner of War / Missing in Action department – who act on behalf of the American government, to locate, recover, and repatriate the remains of fallen service personnel, and thereby provide closure and accounting to friends and family.

They will be excavating the crash site of a P-47 fighter plane, and are hoping to recover remains, or material evidence, of the aircraft's pilot, who was killed on a training flight during WWII. The site is located just north-west of Braintree.

Opportunities to volunteer for the project will run from Wednesday 27th August – Thursday 2nd October 2025, and there will be a range of task types available for each day of the working week (Monday to Friday). These include:

- Metal detecting
- Fieldwork
- Finds processing
- Surveying

There's a bit of red tape to be sorted before you can join in but it doesn't look too onerous. If you are interested, contact me and I'll pass on to you the details of what to do.

## Talks

August is a quiet month as far as talks go but there are advance notices for talks in September. I'll give more details next month but in summary...

The next "People & Stone" talk is on Saturday 27th September when our own David Marcus is going to talk about the church bells, with demonstrations.

Talks to the Essex Branch of the Historical Association resume on 20th September, when the topic will be "Henry VII and Elizabeth of York". More details are at: <https://essexbranchha.com>

Similarly, Gresham College talks also resume in September. Among the early topics are "Automation Anxiety" (on the 9th) and "Earth – Our Planetary Life Support System" (on the 11th). More details are at: <https://www.gresham.ac.uk/whats-on?see-all/>

## Courses

We've been contacted by The Mindful Life Group to ask if you might be able to help spread the word about a free opportunity for older adult carers in Essex.

They are running a free, online Mindfulness for Older Adults who Care course, open to local residents aged 65+ who are caring for someone. It's a gentle, supportive course led by a Chartered Clinical Psychologist specialising in older adult mental health and delivered by a registered Mindfulness Teacher.

Participants say it helps them feel less stressed and isolated, sleep better, and manage low mood or anxiety. It also provides a calm, friendly space for carers to focus on their own well-being - which is often the thing they neglect most.

The next course starts in October.

You can use the following links to:

- Look at their website: <https://the-mindful-life.com/>
- Send them an e-mail <[enquiries@the-mindful-life.com](mailto:enquiries@the-mindful-life.com)>
- Apply to the course: [https://openss.qualtrics.com/jfe/form/SV\\_a05BckYwh71tS3I](https://openss.qualtrics.com/jfe/form/SV_a05BckYwh71tS3I)

## Visits

We received the following a few days ago:

Have you or your group considered attending a Visitor Centre Tour at one of our airbases?

Essex & Herts Air Ambulance have a Visitor Centre at both of our airbases at Earls Colne and North Weald. Whether you are an individual interested in our work or a group looking at fundraising opportunities we have something for everyone, and we look forward to welcoming you. Immerse yourself in our exciting 999 Experience, you might want to put on a helmet and sit in the pilot's seat! Listen to interesting facts and a wealth of background and operational information provided by our volunteer tour hosts. Play our interactive game and test your knowledge with the quiz. Our Visitor Centre Tours are at ground level, free to attend and we have accessible parking and accessible toilets.

Public or bespoke Tours can be booked by visiting the web site: <https://ehaat.org/about-us/visitor-centre-tour/> or alternatively please respond to Graham Hobbs ( [graham.hobbs@ehaat.org](mailto:graham.hobbs@ehaat.org) ) if you require further information.

## Events

On 1st to 4th October 2025, Southend Operatic and Dramatic Society (yes SODS!) are performing Oklahoma! at the Palace Theatre, Southend

To book tickets go to

<https://trafalgartickets.com/palace-theatre-southend/en-GB/event/musical/oklahoma-tickets>

## Water Bills

The other week I received my second bill since Essex & Suffolk water took over billing for Anglian Water. (The former supply our water, the latter take it away!) This bill included the April price rise and that triggered two thoughts. The first was the incongruousness of rounding consumption to the nearest cubic metre but then charging for it at a rate specified to one hundredth of a penny! The second was the difference in cost depending on whether you have a water meter or not. If you don't have a water meter and don't consume vast amounts, it would be worthwhile looking into having one.

## and finally...

Some of the committee and a few other volunteers braved the weather to set up and man a stall at the Broomfield Summer Fayre a couple of weeks ago. As a result we may have made our u3a more widely known and even recruited a few new members. Thanks go to everyone who took part.



## **BROOMFIELD & DISTRICT U3A – GROUP REPORTS**

### **ART APPRECIATION**

At our July meeting we were pleased to welcome 3 new members to the session on the works of eminent American portraitist John Singer Sargeant, who was working in the second half of the 19th and first 2 decades of the 20th century.

Our next session will be on 8th August and will be a visit to the National Portrait Gallery to see the current international portrait competition entries.

Any non-member wishing to join our visit should contact me ASAP re the arrangements.

Glynn

### **BADMINTON**

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

The dates for September are: 1st, 8th, 15th, 22nd and 29th.

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

Maxine

### **BEER APPRECIATION**

Our July visit was to The Woolpack – another favourite that can always be guaranteed to have a good selection of ales matching all tastes.

We do not usually meet in August but (once again) we decided to have a beer tasting (pale ales & IPA) at The Lockdown Inn on Monday 11th August 2025 at 2.00pm. Cost £3 per head

Our views, I have no doubt, will be made known in next month's newsletter.

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

Malcolm

### **BOARD GAMES GROUP**

The next session will be on Tuesday, 5th August at 2:00pm in The Globe, Rainsford Road.

We hope to meet on Tuesday, 2nd September but this date will be verified at our August meeting.

Barbara, Carol & Lorna

## **BOOK GROUP**

The Book Group met at the end of July to discuss TROUBLED BLOOD by Robert Galbraith (pseudonym for JK Rowling). It was a weighty tome of over a thousand pages. It is the fifth book in the private detective Cormoran Strike series. It was well received scoring an average of 8 out of 10.

We will not be meeting in August so now have 2 books to read for discussion on 29th September. OUT OF THE DARK by Gregg Hurwitz and THE GIVER OF STARS by Jojo Moyes. I will send an email when there are more copies of the Jojo Moyes book available. Chris says it's a holiday read so is well timed.

Lyn

## **BUS PASS**

A hot but enjoyable day was spent in Thaxted. Some people caught an organist playing in the church, others enjoyed a circular walk encompassing the village and surrounding fields. Good food was enjoyed in both The Swan and The Maypole.

This month we'll try again for Hyde Hall in the hope it's not quite as hot as the last attempt. This will be on Saturday August 23rd when, as well as the gardens, we can browse the marquees of the Contemporary Craft and Design Fair and also the Eastern Region Textile Forum exhibition in the Hilltop Lodge. All this for the usual admission price of £11.80 for non RHS members arriving by bus. Further details to members of the group soon.

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**

Little Waltham Gardening Club begins its series of Autumn and Winter talks on Wednesday September 3rd at the Memorial Hall. "The Science of Plants" by Brian Carline will explore how plants work and how gardeners can get the best out of them. Talk begins at 7:30.

Chelmsford u3a Garden Group's next outing will be on Thursday 28th August. They will be visiting Brook Cottage, Laindon Common Road, Little Burstead, Billericay, CM12 9TA. (NGS Booklet p10) Brook Cottage is a traditional cottage with front and back gardens and an additional 3 1/2 acres of meadow and woodland. There are colourful beds and borders and some surprises.

Booking for the Brook Cottage visit has to be by 21st August.

Contact me for more details of both of these events.

Pat

## **GEOLOGY**

At our Bring & Share session in July the items brought by members provoked wide ranging discussions - you could say that we covered "Life, the universe and everything"! Thinking geologically brings a much wider and longer perspective to a piece of rock that may have previously been thought of as just 'a stone'.

We shall rest our minds during August, but keep alert to notice the subtleties in the landscape that betray the lie of the rocks beneath.

Our next session will be on Tuesday 23rd September when we will share our understanding of Flint, that familiar material that makes up most of our pebbles, but which originated as a mineral deposited in the burrows of the Chalk Sea around 100 million years ago.



Ros & Ian

## **HEALTH MATTERS**

At our July meeting we talked about the kidney, how it functions and the very complex role it has in our bodies involving the cardiovascular system as well as producing hormones. We considered how kidney dialysis works as well as the different types of diuretic medication.

We are not meeting in August but our next meeting (26th September) will be in The Pavilion (South Street, Great Waltham, CM3 1DF), where we will be talking about Blood.

Please let me know if you are considering attending.

Gill

## **LACEMAKING**

Lacemaking meets 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**

We spent a very pleasant morning walking around Centenary Wood which was planted to celebrate one hundred years of parish councils. We made our first visit in 2015, we found that some of the trees that were very crowded have been removed, so those that are left are able to grow to their full potential. There is still watercress growing in the spring area. We also spotted Meadow Brown and Common White butterflies. The parish council run woodland school is there and parents were there with their young children enjoying the natural environment.

There is no meeting in August. Our next meeting will be a visit to Danbury Ridge.

## **NATURAL HISTORY (continued)**

Future meetings:

- 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 10:00am. 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**

The Photography group's next meeting is at 10:00am – 12.00 noon on 28th August at the United Reformed Church, Little Waltham.

New members are always welcome.

Glynn

## **SCRABBLE**

The next session will be on Tuesday, 26th August at 2pm in The Globe, Rainsford Road, Chelmsford, CM1 2QJ.

We hope to meet on Tuesday, 23rd September but this will be verified at our August meeting

Barbara

## **TABLE TENNIS**

Table Tennis is normally on Thursdays, at Melbourne Sports and Leisure Centre, at 11:00am, cost will be £2 a session.

Tables have been booked for 14th and 28th August at 11 am, cost £2.

September dates have not been finalised yet but am hoping they will be 11th and 25th.

New players are always welcome to our group.

Pauline

## **TAI CHI**

There are no tai chi classes in August.

From September 5th, there is a 5 week, 1 hour beginner's course starting at 10:00am and also from the 5th is the normal tai chi class returning at 11:00am.

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:

- August, Wednesday 6th and Wednesday 20th.
- September, Wednesday 3rd and Wednesday 17th.

Lorna

## BROOMFIELD UKULELE GROUP (BUGS)

The ukulele group is meeting at Jennie's house on the 7th August and at Jan's house on the 21st. We meet as usual 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

Our July walk took us to Bradwell-on-Sea and the Saxon Chapel of St Peter-ad-Murum. It was a beautiful sunny day (not too hot) with a gentle breeze.

We started along, what had been, the Roman road giving access to the Roman fort of Othona, built to assuage attacks from Saxon pirates. From here our path took us through the Bradwell Wind Farm to join the last few miles of St Peter's Way.

This pilgrim route took us through saltmarsh and along to the sea wall. The Chapel (built in the 4th century by St Cedd on the remains of the Othona gatehouse) remained visible in the distance – but never seemed to get any nearer!



The clear air did not resonate with birdsong but we did see an egret and a couple of swallows overhead but along the seawall the air resounded with the buzz of pollinators – bumble bees, solitary bees, large white butterflies, gatekeepers (SBJ's!!), an occasional Meadow Brown and the odd peacock (all butterflies).

Our destination was reached after passing a large pillbox with arcs of fire both inland and out to sea, and Walter Linnet's Cottage – now a bird counting station.

Pleased with our success we sat down to a well deserved picnic and the usual banter and conversation.

We will not be walking in August, but recharging the batteries for our September walk.

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

-