

u3a **learn, laugh, live**

Maldon and District
Newsletter



Garden Group visit to Blunts Hall—photo by Alec Fraser

Membership renewals are now due, see page 3 for details

July 2024

www.maldonu3a.co.uk

Registered Charity 1086182

FROM THE CHAIR



Our talk in June about the Women's Land Army was accompanied by some very interesting slides and clearly quite a few members had memories of those far-off days. It was so encouraging to hear about a time when all wanted to contribute to the wartime effort, and it is difficult to envisage an environment less suitable to young women than the farmyard at that time.

We now have a new government and are left wondering whether the change of government might affect the u3a. It looks like not at all.

Around the Groups, the Engineering Group, which I recently attended, is going well. In 1989, there was an earthquake near the San Andreas fault in California resulting in the partial failure of the Cypress Street Viaduct. I found it really interesting how the reasons for this failure were teased out of the evidence. No doubt there are others who have a morbid interest in great engineering disasters but, at this Group, there are also excellent lectures on building design.

The new London Walks Group has started with the first walk on 16th July already close to capacity. There are plenty of opportunities for visits in London and according to Dr Johnson, when you are tired of London, you are tired of life.

And now, let's look forward to our afternoon tea with musical accompaniment by the Purleigh Philharmonic and, of course, a quiz to keep our minds active.

Looking forward a bit further, we are planning that our Christmas meeting will feature talent from within our u3a, so we are looking for volunteers to entertain us with music, poetry, stories or even a vignette.

Ken Hazell

Maldon & District u3a
1st September 2024 to 31st August 2025
Membership Subscription Renewals

Subscriptions: are due by no later than 31st August 2024

Please use our web site maldonu3a.co.uk and complete the forms under Membership Renewal. If you are unable to do this then renewal forms are available from the Membership Secretary. **Each member must complete a separate form.**

Annual subscription is **£20.00 per person**, which can be paid by bank transfer into Barclays Bank. Account name – **Maldon U3A; sort code 20-54-30; Account number 53198995**, the reference you use MUST be your forename and surname – with no space e.g., johnsmith. If you wish, you can pay by cheque which should be made payable to **Maldon & District u3a**, or you can pay by credit/debit card (please contact the Membership Secretary if you wish to pay by this method).

Using the web site and paying by Bank Transfer is the preferred way

The completed form(s) together with your payment must be made before the **31st August 2024**. We do not accept cash. The forms together with your cheque (if paying by cheque) MUST be returned to the Membership Secretary at 30 The Spinnaker, South Woodham Ferrers, Chelmsford. CM3 5GL.

Data Protection Law and Data Base: The renewal forms are used to check our database, please indicate on the form if your details are unchanged from your original renewal. If there are any changes then please advise the Membership Secretary.

Emergency Contact: Where couples are both members, please avoid using each other as emergency contacts. Please also ensure that you have the consent to use the name and telephone number of the person/s named as your emergency contact.

Gift Aid: Please indicate on the form “I want to Gift Aid” if you able to gift aid your subscription.

DO IT NOW: you do not have to wait until the end of August

Membership cards have already been sent to you (white plastic bar coded credit card size) in May 2020 or when you joined if after this date.

MONTHLY MEETING

Monday 19th August

Wickham Bishops Hall

Doors open at 1.15pm for 1.45pm start

Our talk this month is by Prof. Stephen Brown,
a u3a Trustee, on CHASE Africa

The CHASE charity supports partner organisations in Africa that enable access to family planning, healthcare and rights, whilst protecting the environment and building resilience to climate change.

Please remember your membership card

MONTHLY SPEAKER SCHEDULE 2024

16th September	Eve Regelous	Everything Strictly A glittering journey starting back in the '50s when <i>Come Dancing</i> and formation dancing was at the fore up to the latest series of <i>Strictly Come Dancing</i> . Behind the scenes information on a TV favourite.
21st October	AGM Andrew Wiltshire	Fungi & Flagstaffs The fascinating connections between Beatrix Potter, Kew Gardens and mycology
18th November	Tim Turner	Going, going, gone A history of auctions. Tim returns to delight us with this history of the world of auctions.
16th December	Christmas Event	Home 'groan' entertainment , tea and cake
20th January 2025	Gainsborough's House	A talk on the recently extended and refurbished house in Sudbury and on the painter, Thomas Gainsborough.
17th February 2025	Blesma: The Limbleless Veterans Brian Chenier	Blesma, The Limbleless Veterans, is an Armed Forces charity dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or sight. We support these men and women in their communities throughout the UK.

If you know of any speakers that you can recommend please contact our Speaker Secretary: Theresa Byles

LONDON WALKS

London Walks take place on the 3rd Tuesday of each month.

We will meet a professional guide at 11.00 to be taken on a 2-hour guided walk. The distance walked is not vast as we stop many times to be told interesting and entertaining information.

After the walk you are free to join others for coffee/lunch or plan other things to make the most of your day in London. Travel arrangements are made by yourselves. (I personally find a good option is to use the Park & Ride at Sandon to get to Chelmsford station).

The first walk for our Group is on **Tuesday 16th July** with the theme – *Past the Palace*. Just a couple of places left!

Our schedule for the remainder of the year is as follows:

Tuesday **20th August**, *Inside Covent Garden* is the theme.

Tuesday 17th September we will explore the *Unknown East End*.

Tuesday 15th October we're off on *A Soho Saunter*.

Tuesday 19th November sees us exploring *The Old Palace Quarter*.

Tuesday 17th December we find out about Christmas food in *Eating Christmas*.

The cost for each of the walks is £10 per person, except for the September walk which is £11.

Payment by cheque in advance please – payable to Maldon & District U3A. One cheque per event please.

I'm looking forward to being able to report back on our July walk in the next Newsletter. To reserve your place or for any further info please contact: Julie Lake

WITH REGRET

It is with regret that we have to inform you of the passing of Keith Midgley.

Keith had been a member since June 2017.

LOCAL HISTORY GROUP

First of all, our thanks to those of you who attended the last meeting on Roman Colchester despite the very warm weather. There was certainly a lot of information to assimilate, but the logic that the East Gate could have been the main entrance into the city with easy access from the river made a lot of sense.

There are official tours of Roman Colchester which include recent archaeological sites, and others no longer visible but the subject of conjecture.

The Roman Circus site is just off Butt Road with a small museum showing a model of how it might have looked and the grounds do show where the foundations of the starting gates would have been.

There is so much to see and learn about!!

Our next meeting is on **Monday 22nd July** at 2p.m. at Maldon Town Hall.

Our speaker is local u3a member Ed Skinner who will tell us about Maylandsea, a village on the river Blackwater which Ed knows well.

There will be NO MEETING IN AUGUST

We look forward to seeing you on 22nd July but meanwhile enjoy the summer weather.

Best Wishes

Kathy and Sylvia

WELCOME

A warm welcome to our new members:

Roger Bond

Julie McMillan

James Skelly

Janet Cloke

Jean Thompson

STROLLERS SUNDAY

Sunday Strollers Walk 16th June

We set off from Great Totham on what promised to be a showery morning, armed with raincoats and walking boots. The clouds gathered and at one stage it did seem as if we would get wet but that did not last long.

We walked to Shut Heath Wood and, following the recent wet weather, the nettles and ferns had grown very high. It was unusually wet underfoot, but the wood ants were still active. The sun shone and the birds sang, and we seemed to have wood to ourselves. We even took a bit of a detour in the wood and doubled back on ourselves: it was all very pleasant, and we even spotted the wild orchids.

Following our walk, we had a 'bring and share' lunch and as the weather had unexpectedly turned warm we were able to sit in our garden to eat. Lunch was very pleasant, and I think we need a special mention for Sue's lovely homemade quiche which we all enjoyed. Thank you to our walkers and lunch contributors who made it a very enjoyable day.

Brenda & Robert Heal



Sunday Strollers – **21st July**

Our July walk will be taking place around Wickham Bishops.

The walk will commence from The Green Man, CM8 3LB meeting at 10.15 for a 10.30 start.

Parking has been arranged with the landlord of The Green Man, with lunch booked there for 1.00 pm.

Please let us know if you would like to come on the walk and whether you wish to stay for lunch.

We look forward to seeing you,

Frank and Sue Golden.

Future dates for the Sunday Strollers group are: 18th August, 15th September, 20th October, 17th November.



Sunday Strollers—**18th August**

We have planned a walk in Mundon taking us passed the ‘Petrified Oaks’ and down to Mundon Creek and back.

We will be lunching at the White Horse pub in Mundon, where they will open from 10:00 am to allow us to park and pre order lunch. The walk will commence at 10:30 so please get there by 10:15.

The White Horse pub post code – CM9 6PB

Please let me know if you will be joining the walk and whether or not you will be staying for lunch by no later than 9th August.

Robert Heal

STROLLERS TOO

Our walk on Tuesday **23rd July** will start at the Braxted Bakery, Witham Road, Little Braxted, CM8 3ET, whence we will return for lunch on completion of the walk.

Please arrive at 10.15 for a 10.30 start and car share wherever possible.

The walk is roughly one third on rural roads with the remainder on farm tracks and field paths. Approximately 250 yards are on quite a busy road where care will need to be taken. David Griffiths

Tuesday 27th August – Boreham 3.75 miles

The walk takes us on an outward route above the valley bottom, past Paper Mill Lock, along the river Chelmer and through fields. Please meet and park on the road (free parking) outside the Queens Head Pub, Church Road, Boreham CM3 3EG at 10:00 for a 10:30 start. Lunch is available.

Please let me know if you are coming/require lunch by Monday 19 August.

Gill Stone

Future dates for the Tuesday Strollers group are: 24th September, 22nd October, 26th November.

GARDEN GROUP



On Tuesday 18th June the Garden group enjoyed a return visit to Blunts Hall in Witham. Our return visit didn't disappoint with more work having been carried out in both the main garden and the parterre.

The owners, Alan & Lesley, are dedicated to their gardening project and we look forward to visiting again next Spring to see the snowdrops and daffodils.

Blunts Hall

Cornucopia

Photo by Alec Fraser



Our garden visits in July are now fully booked, however, we will have a visit in September to 59 East Street in Coggeshall. Details for this will be advised in next month's newsletter.

As we mentioned to our members that visited Blunt's Hall we are looking at the possibility of some local trips during the winter months and perhaps some further afield, by coach, during spring and summer next year.

There is a new entry to the National Garden Scheme in Maldon. It's called Old Timbers , opposite St Mary's Church down by the quayside. They have an open day on Friday 16th August from 11-4.30. Admission £5.

Best wishes

Theresa Byles

Kris Taylor

ASTRONOMY GROUP

On Monday 24th June, several members of the Astronomy group, together with others of our u3a travelled to the National Maritime Museum, Greenwich on the Community 360 bus, to visit the Royal Observatory and the Planetarium. The Royal Observatory was founded in 1675, and John Flamsteed was appointed as Astronomical Observer. This has since become known as the Astronomer Royal.

On arrival, we all went our different ways to view the Maritime Museum and its many exhibits, one of which is the coat worn by Admiral Lord Nelson on the day he was shot – it has the bullet hole on the left shoulder.

The visit to the observatory was very interesting with many exhibits to view, especially the John Harrison clocks which were used to determine longitude at sea. Harrison was awarded the Longitude prize – then worth £20,000, in today's money over £2.5 million – eventually and grudgingly by Neville Maskelyne, the Astronomer Royal.

The visit to the planetarium was excellent, more so as it was a hot and humid day, and the planetarium was air conditioned. The display, a thirty-minute show with a very interesting commentary, was of the night sky in spring and early summer.

All in all, a very interesting day.

Malcolm Case





The next meeting of the Astronomy group is on **Monday 22nd July**, starting at 7:30 pm, meeting at Chigboro Fishing Club, Chigborough Road, Heybridge, for a talk by Joe Marshall on the Great Equatorial Telescope which is housed and on display at the Royal Museums, Greenwich Observatory. This telescope was built in 1893 and marked a turning point for the Royal Observatory.

Malcolm Case

MARITIME GROUP

The next event for the Maritime Group is a visit to Sutton Hoo on **Monday 5th August** to see the Burial Ground and artefacts and then on to Woodbridge to see the Viking Longship replica of the original which was discovered at Sutton Hoo.



We will leave from West Maldon Community Centre at 8:00, please park your cars at the far end of the car park. Traffic permitting, we should arrive at Sutton Hoo by about 10:00. A guided tour of the Burial Ground will start at 11:00. We plan to leave Sutton Hoo by 1:00pm to arrive at Woodbridge by 1:15pm. There will be a guided tour and a talk about the construction of the Viking Longship. Lunch, which is not included, can be taken at Woodbridge.

We will depart from Woodbridge at about 4:00/4:30pm .

MARITIME GROUP

Monday 2nd September Trip to **Chatham Dockyard**. Includes tours of the Ropery, the Submarine, the RNLI 200th Anniversary exhibition and the 40th Anniversary exhibition of the Dockyard and a tour of the store where the National Maritime Museum keep their models which are usually on display at the Museum.

Cost pp is £40 including coach and entry. There is still availability on this trip. For further details on this trip, please contact Malcolm Case.



- Monday 7th October Talk by Gordon Davies on **Emigration 1850 style**. In the 1850s over a third of a million people left the UK for a new life in Australasia, travelling there by sailing ship on a voyage likely to take 3 or 4 months. Who went? Why? What were their experiences en route? What support did they have?
- Monday 4th November Talk over Zoom by Roger Butler, with a colourful introduction to all aspects of **Waterway Heritage**. Roger will include fascinating engineering and architecture, historic boats, and plenty of unusual landmarks. He will also weave in some archive images as well as important contemporary features such as the Falkirk Wheel in Scotland. Aspects include grand warehouses and quirky cottages, tall lock flights and sweeping aqueducts, deep tunnels and a vast array of bridges and even tiny bollards. Many such buildings and structures still reflect the work of the original distinctive canal companies, including of course, the famous Roses and Castles canal boat artwork.
- Monday 2nd December Talk by Julie Hobby and Chaplain Ruth on the work of the **Seafarers' Centre**, Tilbury. The talk will cover all aspects of their work for seafarers and will include details on how your donations to the centre are used. The talk will be followed by some Christmas cheer, nibbles and discussion on our 2025 programme.

Malcolm Case

AVIATION GROUP

Hello Everyone,

At our meeting on the 28th June we had a Show & Tell gathering at Woodham Mortimer Village Hall where we brought along items of aviation or military interest sometimes with a story to tell---and we weren't disappointed!

We started off with a short film about the ubiquitous Airspeed Horsa transport glider; recently released by the De Havilland Museum.

Very informative, who knew that they were used to take paratroopers on a 10-hour flight before putting down behind beach landings on Sicily? Or that over 3500 were made by the Lebus furniture company in their Tottenham factory?

We then progressed to members contributions. The various contributions were so interesting that we were too busy listening and looking to capture photos of all the items on display. Six members including myself shared stories about family members or in my case aviation items such as clocks, a trench periscope, and a replica handheld Dam busters bomb sight.

The items were on display, and we had a chance to browse and chat about before we started. We then heard from Joe Marshall, Steve Collis, Mike Bagshaw, Mike Childs and Nick Sizer.



Mike Childs brought along a Marconi Crystal set radio in its original box and a letter of provenance found in his father's shed.





New member, Steve Collis, brought along his father's kit from his time in 9 Battalion, the Parachute Regiment including his issue Fairbain-Sykes fighting knife. A fearsome weapon still issued to Special /Forces to this day

Mike Bagshaw brought along one of his father's many flying logbooks covering service throughout WW2.



and Nick Sizer told us about his father's long and illustrious flying career initially with the RAF then as a commercial pilot.



Joe Marshall told an amazing but poignant story of the father of his elder brother's wife who sacrificed his own life by opting to stay with and guide his damaged Stirling bomber away from two villages in France, saving countless lives but losing his own in the process. An act commemorated by the villagers on this memorial plaque.



On **Wednesday July 24th**, we plan to visit the Norfolk & Suffolk Air Museum at Flixton near Bungay----see details below. This is a joint trip with the Garden Group which will be visiting nearby Bressingham.

The coach is now full, but I have started a reserve waiting list, just in case folks drop out.

Wednesday 24th July A visit to the Norfolk and Suffolk air museum at Flixton, Suffolk. A superb "small" museum with many interesting exhibits. More info on <https://www.aviationmuseum.net/>

No entrance fee but a donation is welcome.

August No meeting but a Zoom spectacular is planned!!

Friday 27th September Opening meeting after the summer break with an illustrated talk by Joe Marshall about the wartime incident when a Hurricane force landed at Stow Maries Great War Aerodrome followed by some flypast gems from the past.

Meeting at Woodham Mortimer Village Hall at 11.00

Friday 25th October	<p>Illustrated talk about Operation Exodus & Dodge by Chris Samson and fellow member David Gillespie. These operations were put in place to airlift and repatriate thousands of Allied POWS as their camps were overrun by the Allied Armies.</p> <p>Meeting at Woodham Mortimer Village Hall at 11.00.</p>
Friday 22nd November	<p>Illustrated talk about the history of RFC Goldhanger by local historian David Newman.</p> <p>Meeting at Woodham Mortimer Village Hall at 11.00.</p>
Friday 20th December	<p>Meeting at Woodham Mortimer Village Hall for an Aviation related quiz with Christmas nibbles followed by a light lunch at a venue to be determined.</p>
Chris Samson	

Birdwatching Group Programme 2024

August	No meeting	
7th September	Maldon Prom	Meet by Rossi's Kiosk
6th October	Heybridge Basin	Meet in the car park
2nd November	Walton on the Naze	Meet in the Visitor Centre car park
1st December	Hanningfield Reservoir	Meet in the Visitor Centre car park
Mike Bagshaw		
Peter Gaywood		

THE BIG BALTI

The next curry night will be held on **Monday 29th July** at the Balti Bhujon restaurant, Mill Road, Maldon. 6.30ish start.

To add your name to the list please contact:

Graham Evans

Bob Gowers

TENPIN BOWLING

Do you fancy a chat and a cup of coffee with some tenpin bowling thrown in? The bowling, although it is good exercise and a chance to improve your coordination skills, it is not the main reason for coming. In fact, when the group was originally envisaged more than 20 years ago it was as a social group to meet for



coffee with the bowling an added extra., and that has remained the case. A good morning is not necessarily a high score, but did you enjoy yourself?

We play every Wednesday and Thursday mornings from 09.45 – 12 noon at Madison Heights, Park Drive, Maldon.

If you are interested, please contact:

Alan Buck

David Coombes

POETRY GROUP

There will not be a poetry group meeting in August. The next meeting of the group will be on **Thursday 5th September**. Further details on this meeting will be in next month's Newsletter.

Jo Robson

ART APPRECIATION GROUP

Thirteen members of the Art Appreciation Group (and Betty, the dog) met for a return visit to The Art Cafe in West Mersea on a cloudy but dry day, our first outing of the year. The relatively



small art collection on show and the unfortunately closed local galleries, did not spoil the cake, tea and refreshments we all enjoyed in the cafe.

This outing followed several in-house sessions over the winter months studying coverage of the National Gallery's outstanding art collection presented by *'The Great Courses'* series.

Our next meeting will be on **Tuesday 23rd July** (not our usual Wednesday) at **2pm** at the West Maldon Community Centre.

We will be joining forces with the Blackwater u3a to hear Rosalind Mercer's talk on Rosemary Rutherford (1912 – 1972) a relatively little known, but outstanding local artist.

Tea and cake will be provided.

Please let Judith or myself know asap if you wish to attend.

Andy Simmonds

Judith Johnston

FILM GROUP

Both film selections were given good reviews overall. **Burton and Taylor** was generally well received with praise for Helena Bonham Carter as Elizabeth Taylor, who looked and sounded the part. Dominic West was also good but there was some who thought his voice and Welsh accent were a bit off, although others thought he got it right. The film certainly brought to life the tempestuous relationship they had and their addictive personalities, both to themselves and other substances. Score: 8

The other film under review was, to say the least, completely different. It would be difficult to say we enjoyed watching **Nowhere Special** as the subject story is so sad but this is an excellent film with superb acting by James Norton as a terminally ill single parent looking for a home for his four year old son, Michael, played also excellently by Daniel Lamont. Tissues definitely needed. Score 8

Next time:

The Railway Station Man – 1992 British drama film starring Julie Christie, Donald Sutherland and John Lynch. Northern Irish woman Helen Cuffe (Julie Christie) is overwhelmed with sadness when her husband is killed by the IRA. She moves with her son to a tiny town to start life anew. She meets a mysterious American (Sutherland) who is in the area to restore an old railway station. Romance blossoms but so does involvement with a violent political group – tragedy looms. Available on BBC iPlayer

The Wife – 2017 drama film starring Glenn Close, Jonathan Pryce and Christian Slater. The story follows a woman (Close) who questions her life choices as she travels to Stockholm with her husband (Pryce) who is set to receive the Nobel Prize for Literature. It soon becomes apparent that all is not as it seems in the both the marriage and work. Available on BBC iPlayer until 25th July.

Our next meeting is Wednesday 31st July, 7.30pm by Zoom, as usual. If you would like to join us, please get in touch.

Shirley Macro

JUST JAZZ GROUP



Our next meeting is **Monday 15th July** from 7.30—9.30pm, in the Little Ship Club, Hythe Quay, Maldon. The bar will be open so pop in for drink, some music and a chat. We look forward to seeing you.

Pete Condon

David Coombes

PADEL TENNIS GROUP

The session is every **Wednesday** from **2.30 to 4pm** at Padel United, Park Drive Health Club, Maldon. There are three indoor courts plus an outdoor court, and we normally have the use of two courts. We cater for between 3 and 10 members without anyone having to sit out for more than a few minutes and things have gradually evolved such that we get just about the right number.

If anyone is interested in joining the Group or perhaps having a “taster” session, please contact Ken Hazell.

MAHJONG

Mahjong has vacancies for new members. We are a small, very friendly group that meet every other Friday in the Linton Room, West Maldon Community Centre.

If you haven't played Mahjong before we are very happy to teach you. Our next meeting is on **13th September** from **2—4pm**

For more information, please contact Mags Pell.

CROQUET GROUP



This group is now fully subscribed. There is not space on the lawns to take any more.

However, there is space with the Heybridge u3a group who meet on the second and fourth Wednesdays. If any one is interested in joining this group please get in touch with Geoff Macro in the first instance.

Geoff Macro

PETANQUE GROUP



The group meets **Thursday afternoons**, start time 2.00 p.m. until around 4.00 p.m.

We play on the Petanque pitch opposite the Marine Lake at the Promenade Park, Park Drive, Maldon CM9 5JQ.

No charge is made to play but you must be a member of Maldon & District u3a or one of the Maldon u3a cluster groups.

New players are always welcome to come and give it a try, so why not come along and have a go. Car parking is available at the park, but please note that Maldon District Council make a charge. We may be able to loan you some boules to get you started, but you will need to purchase some of your own to play regularly.

We only play if the weather is dry. The season is April to October.

For more details please contact:

Jack Veash

Geoff Macro

DONATIONS for the SEAFARERS CENTRE, TILBURY

The centre is asking for donations of – knitted items – hats, scarves, gloves, jumpers, socks, any size any colour. They are also requesting coats suitable for male and female (must be clean). Toiletries suitable for male and female. DVDs, Jigsaws, and sweets with a long use by date. All donations are gratefully received and appreciated by the Centre.

If you can give a donation of any of the above, please bring them to the monthly meeting, or to the Maritime group meetings, or contact me and I will arrange for any donated items to be collected. On behalf of the centre, thank you.

Malcolm Case



Have you logged onto our website recently ? On the left hand side you'll see **Links to other websites**

This will take you to many links, not only to other local and national u3as but online courses, general information on how to, and in particular to a sign up for u3a Friends, a monthly email, and to a sign up for **Friends Extra**.

u3a Friends Extra – is a new range of benefits, offers and services exclusively for members of our u3a Friends community. The benefits include discounts for shopping, travel, insurance and more – and we hope really add to your u3a experience.

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

0800 4708090 www.thesilverline.org.uk

The Silver Line
helpline for older people

From Chelmsford u3a

Dear Members,

Chelmsford u3a is hoping to start an Amateur Dramatics Group if they get sufficient interest to make it viable. With that in mind they are opening the group to any existing u3a members in the surrounding area.

Please note we will not require members of other u3as to become associate members of Chelmsford u3a. We call this 'Visitor' membership, and it is free to join on this basis, although a contribution toward group running costs will almost certainly be required.

I am looking for any u3a members that would be interested in:

Script writing Set design Directing and producing

Musical backgrounds Costume design Make-up

Set construction Lighting Stage crew

Narrating Health and Safety on stage

Not forgetting any budding Thespians.

I have probably forgotten to mention many skills that would be required but have listed what I know. If there is sufficient interest, I will arrange a date for us to meet and discuss how we might achieve this.

If you are interested, please drop me an email @ alan.caddy@btinternet.com

Dengie u3a Cycling Group

Hello. We are trying to restart the Dengie u3a cycling group

We keep the distances low and usually plan a coffee stop. The speeds are never high, and the rides are always local and wherever possible on the quieter roads. We also try to pick dates and times that suit the majority of the riders. ebikes are also welcome to join us.

Please come and join us, we cycle at a very sedate pace, and you can walk up any hills with Brian.

Best wishes Edward

Possible new Group—Carpet Bowls

Is this something you would be interested in ?

We have been approached by the organiser of Maldon Carpet Bowls club to ask if we would consider encompassing the club into our u3a. This would require one of our members to take on the role of the group's coordinator.

The club has been running for over 12 years and meets every Thursday evening in Maldon Town Hall. It is well attended, but unfortunately none of the club's members are willing to take on the running of the club when the current organiser steps down and it could then cease to continue. Some u3a members are attendees.

If you think that you would be willing to take on this role, please contact Malcolm Case for further details.

Malcolm Case – Groups Coordinator

GERMAN CONVERSATION

Please note that our next meeting is not until **3rd September**.

Please contact me prior to the meeting if you will be attending.

Howard Broadbridge

Committee members

We continue to look for volunteers to join our committee. Would you be willing to spend a couple of hours a month to attend committee meetings and to assist at monthly meetings ?

Please give this some thought and contact one of our committee members if you feel you could help. Thank you.

First Aid

Following on from our well attended First Aid Courses in April, we are looking to arrange a further course later this year for those who were unable to attend. We have also had interest from our Cluster Groups in joining us.

As previously, the session (s) will take place at West Maldon Community Centre, Sunbury Way, CM9 6YH. A session lasts approximately 4 hours with a tea/coffee break

It covers:

Resuscitation Bleeding Choking Fainting Nosebleeds Falls

There will be a demonstration of resuscitation using a mannikin plus basic information on the use of a defibrillator should you wish.

Course with Qualification

The NUCO Emergency First Aid at Work Qualification covers all the procedures above plus all candidates must complete CPR and Defibrillation on the floor as well as correctly answering all the questions to gain the qualification.

It is a one day course of 6 hours including a one hour break time (2 x 15 minutes+ 30 min lunch).

The course is valid for 3 years from completion.

(Members who expressed an interest in this qualification course earlier have been noted.)

Any members who wish to participate in either course please email me:

Kris Taylor news.maldon3a@gmail.com

FROM THE EDITOR

Thank you for your contributions, please keep them coming and don't forget to include your photographs. The deadline for the next issue is **Tuesday 6th August**.

Kris news.maldon3a@gmail.com

YOUR COMMITTEE

Chairman	Ken Hazell
Vice Chairman	Alec Fraser
Business Secretary	
Treasurer	Steven Clarke
Membership Secretary	Malcolm Case
Newsletter Editor	Kris Taylor
Minutes & Speaker Secretary	Theresa Byles
Groups Coordinator	Malcolm Case
Committee	Andy Simmonds Carol Bates
Trustee	Geoff Cory
Webmaster	Tony Groves
Social Group	Michael Childs
Publicity	Andy Simmonds Irina Vahonina

GROUP CO-ORDINATORS

Art Appreciation	Judith Johnston Andy Simmonds
Aviation	Chris Samson
Astronomy	Malcolm Case
Balti Night	Bob Gowers Graham Evans
Bird Watching	Peter Gaywood Michael Bagshaw
Bridge	Gill Cory
Canasta	Iris Slaney
Cribbage	Pat Clements
Croquet	Geoff Macro Shirley Macro
Discussion	Pat Jones
Engineering	Tony Groves
Film Club	Shirley Macro
French Conversation	Ann Lester
Garden Visits	Theresa Byles Kris Taylor
Geology	Sylvia Cousins
German	Howard Broadbridge
Handicraft	Marian Manning Brenda Heal
History—Victorians	Kathy Goff
Just Jazz	Peter Condon David Coombes
Local History	Sylvia Cousins Kathy Goff

London Theatre Outings	Rosemary Case Sheila Childs
London Walks	Julie Lake
Meet & Eat	Joan Cummins
MahJong	Mags Pell
Maritime	Malcolm Case
Padel Tennis	Ken Hazell
Petanque (Boules)	Jack Veash Geoff Macro
Photography	Tony Groves
Poetry	Jo Robson
Reading	Patrick Forsyth
Rummikub	Janice Martin
Russian Conversation	Irina Vahonina
Scottish Country Dancing	Diana Rogers
Sing for Pleasure	Sue Garnham
Strollers Sunday & Tuesday	Malcolm Case
Tenpin Bowling	Alan Buck David Coombes
Wine Circle No. 2	Graham Boswell
Wine Circle No. 3	Mary Burd
Wine Circle No. 4	Ann Goody
Writing for Fun	Patrick Forsyth

Comment on *u3a matters* via
Patrick Forsyth

Schedule of Events – August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
			1 Ten Pin Bowling Poetry Rummikub Petanque	2	3	4
5 Maritime Trip to Sutton Hoo	6	7 Ten Pin Bowling Padel Tennis Croquet Bridge	8 Ten Pin Bowling Royal History- Victorians Scottish Dancing Petanque French Conversation	9 Singing	10	11
12 Discussion Handicrafts	13 London Walk Engineering & Inventions	14 Ten Pin Bowling Padel Tennis Meet & Eat	15 Ten Pin Bowling Rummikub Petanque	16	17	18 Strollers
19 Monthly Meeting Just Jazz	20 Art Appreciation	21 Ten Pin Bowling Padel Tennis Croquet Bridge Photography	22 Ten Pin Bowling Scottish Dancing Petanque French Conversation	23 Singing Reading Cribbage	24	25
26 Bank Holiday	27 Strollers Wine Group	28 Ten Pin Bowling Writing Padel Tennis Film Wine Group	29 Wine Group	30 Aviation Zoom	31	