

General Meetings are held on the **second Thursday** of the month at 2.00pm
at Christ Church, 164 New London Road, Chelmsford CM2 0AW

General Meeting Speakers

Thursday 8th August at 2pm. Karen Lawrie – An Interactive Fitness Presentation (Described as entertaining and humorous by somebody that witnessed it recently).

Thursday 12th September at 2pm Amanda Sutherland – Make Do And Mend - Reuse, Recreate and Restyle your Wardrobe.



Thursday 27th September at 7.30 pm Chelmsford u3a Late Summer Concert Featuring SongCycle. See page 19 for further details

This event is free but it is advisable to reserve your place go to <https://chelmsford.u3asite.uk/a-concert-by-song-cycle/>

Thursday 10th October at 2pm Jo O'Brien – Chiropractor.

Thursday 14th November at 2pm Mary and Graham Brace – Wildlife Photographers & Conservationists with a presentation on Brazil



Friday 6th and Thursday 12th December at 2pm Christmas Party with Tony Harris as Henry VIII

Last year we had more members wishing to attend the Christmas Social than we could safely accommodate in the hall. This year therefore we are having two Christmas Socials. On Friday 6th December and Thursday 13th December, both starting at 2:00pm. We have the same entertainer booked on both days and will endeavour to make both events as similar as possible. We will be selling raffle tickets at both events to raise money for our Am Dram Group to help pay for costumes, props and scenery for their production scheduled for April 2025.

We will need volunteers on both days to help run the event. I am looking to form a committee to organise and run our two Christmas Socials this year. If you would like to help in any way please contact me on: ejwood34@gmail.com 01245 601359.

So that I can keep an eye on numbers for both safety and catering, could members please let me know on which day you would like to attend.

View from the Chair

Last month's Summer Social with its scrumptiously delicious Cream Tea, fiendishly difficult quiz and opportunity to 'meet the Groups', went off quite well in the end, despite the fact that so many people (about 25%) pulled out at the last minute, leaving us with a scone and cake mountain to dispose of! This obviously isn't good and we will have to start scaling down our refreshments to avoid such waste and unnecessary expense in the future.

Many people commented that the House of Games quiz was difficult, but felt they would have come up with the answers had more time been allowed. We admit we should have had fewer questions per round but we just couldn't decide which ones to leave out, they were so funny!! On the whole, people enjoyed trying to come up with the amusing rhyming answers, solving the 'one letter changed' titles of the fictitious fairy tales, using a set of pictorial clues to name the towns marked on the map, and finally 'smashing' together the answers from two sets of clues to form a made up word! Look out for more examples at future events!



I'd like to thank the Group Leaders who set up their stands in the small room opposite the church hall, it made a very eye-catching display. I know there weren't many groups represented but as our membership gets bigger and bigger (currently 592 members), so many of our groups are becoming full to capacity and can't take on any new members for the time being. What we really need is some more groups to start up. The possibilities are endless, you only have to take a look at some of the u3a groups that operate elsewhere in the East of England for ideas and inspiration.

[uniqueandunusualu3agroups2023projectjune24version.pdf \(u3asites.org.uk\)](https://www.u3asites.org.uk/projectjune24version.pdf)



I have often said we should have a Quiz Group. There must be a number of people interested and willing to share their knowledge or enthusiasm? So what is stopping you from forming such a group? Is it because the group would need a 'Leader' and you wouldn't be any good at that? Well, try thinking of the leader as a 'Convenor' i.e. someone who calls people to a meeting. They don't

need to be an expert in the chosen subject matter, neither do they have to be the one who makes all the decisions about how the group operates. This should be decided by the group members themselves. Experience suggests that a group operates more efficiently where there are two or more group 'leaders'. Sometimes the leadership may vary, passing from one member to another or be shared among a number of members.

We recommend that anyone interested in starting a new interest group should publicise it in the newsletter, on the website and also at the monthly meeting, asking all those interested to 'sign up' for it. If it looks as though there are sufficient members interested in the subject to make it viable. You can then agree to meet at a given place and time to discuss the arrangements. I'll help you make these arrangements. The room hire costs will be paid from u3a funds and I'll personally support you at the initial meeting. So why not contact me and we'll get started.

Email: lesleywood54@yahoo.com or Tel: 01245 601359

Committee Vacancies:

The committee currently has one casual vacancy and one co-opted vacancy. Persons successfully appointed to fill these posts will hold office until the next Annual General Meeting in February 2025 when they can stand for election.



I mentioned last month that we are seeking to recruit members on to the committee to fill two vacancies that will occur when our Secretary and one of our Monthly Meeting organisers step down, having both served the maximum number of years permitted under our constitution . The committee meets, once per month on the 4th Wednesday at Christ Church from 10.00 until 12.00 noon. If you are interested in one of the above roles, or would just like to find out what goes on at a committee meeting and what being a trustee involves, please let me know and I will make the necessary arrangements for you to attend one of our meetings.

Third Trust Update:

Allan Walmsley has been elected as the new Chair of the Board of Trustees of the Third Age Trust. Allan said "I'm delighted to become Chair-Elect. It will be an honour to lead one of the UK's leading member organisations, and a movement that already influences the lives of so many people. I hope to lead on continued growth and creating an ever-widening range of learning and social opportunities for our members.". Allan will start his role on Wednesday 16th October after the AGM.

Lesley Wood

London - The City & its People Group

Leader: Berry Cornell



July visit to the Inns of Court. Photos by Paul Levy.

If you would like to join the London Group please contact the membership secretary Chris Rycroft for further information: Tel no. 01245 473047 email: c.rycroft123@btinternet.com.

The Group **usually** meets up on 4th Monday of the month at 2pm but **dates in bold** are exceptions due to Bank holidays, Christmas and availability. Meetings are held at Christ Church, New London Road, Chelmsford.

Future Programme 2024

- 19th Aug Talk: "Bridging" London, speaker Katie Davies.
- 23rd Sept Visit to "Shakespeare's Globe, Story and Tour". **There are still some places left for this visit so please see Flyer on page 17 of the newsletter.**
- 28th Oct Talk: Along London's Capital Ring Walk, speaker Tony Tuckwell
- 25th Nov Visit to Wimbledon
- 16th Dec** Visit Essex Records Office – films (Details to follow), tea and cakes.

Committee: Berry Cornell Convenor 01277 355823, Susie Fowkes, Chris Rycroft, David Marsh, Dave Sayers, Bob Smith Deputy Convenor.

Spanish Conversation Group

Leader: Lindsay Whitehouse

Ten of us met in the library. We started by sharing our news (noticias) about what has happened in our life since the previous meeting. A few of us have been travelling. One went to Thailand, one went on a cruise to the Adriatic and, coincidentally, two went to Bournemouth quite separately from each other. Closer to home one member told us about her regular Thursday coach trip to different destinations around Essex. Everyone enjoyed their travels.



One member enjoyed attending the wedding of one of his adult children. Another had fun making money at the Sandon car boot sale. Inevitably, at our time of life, some of us had to make visits to receive medical treatment for things that started to break down!

We shared a brief tale of watching the Euros on TV, and how, at the last moment, England's result left us disappointed. We are used to it by now though.

Again, we translated colloquial phrases from Spanish into English, it is devilishly difficult to do it, because the literal translation of the words make no sense in English. Context is all important. We now know the Spanish way of saying "Put all your eggs in one basket, Put your Head in the Clouds, Painting the town red, Make a mountain out of a molehill, To turn a deaf ear".

We took it in turn to read paragraphs from a short story about Murillo, a famous Spanish painter from the 17th Century who regularly produced work for El Rey (the King). On one occasion, at a restaurant, Murillo paid the bill by producing artwork on a serviette. One is left to wonder what happened to it?

The group is operating at full capacity but anyone who is interested should contact me via the website, we are always looking at opportunities to engage more members in Spanish conversation.

Lindsay Whitehouse Group Leader



IT Group

Leader: Lyn Parsons

A reminder that the IT Group will not be meeting in August & September. We will resume our meetings in October.

The Chelmsford u3a committee met on the 24th July and I received the following information from that meeting: *The IT Group is seen as being in the best interests of Chelmsford u3a, we are increasingly using technology and would like members to be comfortable with that. Hopefully a better grasp of IT could make members less vulnerable to the numerous scams being perpetrated these days. We would like to pay for the hire of the room for the monthly IT meeting from communal resources.*

We are very grateful to the committee for this support, we have for a while been struggling to cover costs and I feared that the group would not be able to continue.

I recently sent to our members information about a company that produces printed manuals for IT devices phones/tablets/camera etc. They have manuals for a large number of manufacturers. This may also be of interest to u3a members who do not belong to the IT Group.

Their newest printed manuals are for Apple iPhone & Apple iPad. If you want to check out any manuals here is the link to their website. <https://www.smartphone-manual.com/email>
Email : hello@printed-manual.com

We meet on the 2nd Wednesday of the month 10.00am @ Christ Church New London Road. New members always welcome, please bring with you the device you want help with.

There is no membership fee and thanks to the u3a committee no attendance fee, just a small donation for tea/coffee if you partake. Many people who have come to the meetings have only joined us for a couple of sessions once they have got the information they needed to solve their IT issues.

If you have any IT issues that you need help with please come along. Our knowledgeable support team have helped lots of members with their queries on using laptops/phones/tablets.

Local History Group

Leader: Jane Humphreys 01245 259590



What a relief that Thursday 4 July turned out to be the one warm and dry day that week, just a bit windy. The Local History Group was much luckier than the Gardens Group with their visit to the Gardens of Easton Lodge. Our guides Anne and Jill took the seventeen of us around the lovingly restored gardens while the volunteers got on with their work of grounds maintenance and tending the plants.

We could see the line of birch trees that mark the site of the former home of the Maynard family including Daisy who became Countess of Warwick. In 1902, she commissioned Harold Peto to design the gardens to include a sunken Italian Garden featuring an oval pool with water lilies surrounded by balustrade and six flights of stairs, all in Ham stone from Somerset. She encouraged the work to be undertaken by men from the Salvation Army hostel at Hadleigh. Much of the recent work by the Preservation Trust has been to restore the balustrade, with plans now to replace the gravel with paving as it would have had originally.



Another area which has been restored since 2014 is the Walled Garden, dating to the 18th century. There are a number of heritage fruit trees including an apple of a previously unknown variety. When we visited we saw a stunning spiral of wildflowers using Pictorial Meadows Wildflower Seed Mix. Produce from the garden was on sale near 'Daisy's' Refreshment Area. The gardens include trees which go back to Daisy's time (she died in 1938) but there is also modern planting to attempt to recreate the spirit of different areas. What was once an avenue of pleached limes in Peto's design has grown out but is still recognisably two parallel rows of trees which lead to the treehouse. This is constructed around a dead oak tree but was rebuilt in 2017 to Peto's 1902 design (with minor adjustments for health and safety) – we enjoyed the view from inside.

The volunteers meet at the Gardens each Thursday and open them to the public from 11am to 3pm in summer. They are definitely worth a visit whether you enjoy history, gardens, wild life, or somewhere to go for coffee and a chat. One Sunday a month they open with access to the private garden of the current owners of Warwick House, the surviving part of the Jacobean home of the Maynards.

On Tuesday 6 August we will meet at 2.15pm at Boreham Village Hall to hear from Mike Fogg about Rayleigh Windmill, and on Monday 19 August we will meet at 2pm at Stock Heritage Centre for a guided walk of the village of Stock.

Jane Humphreys

Art Appreciation Group

Leader: Brenda Kelly



This month we travelled to Tate Modern to see the exhibition 'Kandinsky, Muntner and The Blue Rider' - a very different exhibition from our last gallery visit to Tate Britain to see John Singer Sargent. Kandinsky (1866-1944) was a Russian painter and was a pioneer for abstraction in Western art. Born in Moscow he did not really begin painting until the age of 30 when he settled in Munich. He had always been fascinated by colour, sound and light and had a circle of friends who felt the same way, forming the Blue Rider movement, who gathered together painting in the German countryside. In 1933 he moved to France where he spent the rest of his life. He was influenced by Monet's work, particularly his paintings of Haystacks which he felt verged on abstraction.

Women artists were prominent among his friends, particularly Gabriele Muntner, who became his partner, and Marianne Werefkin. The portrait of Marianne Werefkin was greatly admired as was the very colourful abstract painting 'Cossacks'. The application of paint in bold colours and the abstract effects created an interesting and challenging change from the more conventional artists of the time. An exhibition well worth a visit - it is on until October.

In August we shall visit Gainsborough's house in Sudbury, which recently underwent a major reconstruction and in September we will gather to talk about 'Pictures which have hats in'.

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499

The Birding Group do not meet in July so our next meeting will be 23rd August at Cockayne Wood.

Our 2024 Programme

27th September. Rainham Marshes

25th October. Thameside

22nd November. Blue House Farm

New members are very welcome to join us, please feel free to contact me on the numbers above, or by the U3A website email address. We meet at 10am on the fourth Friday of the month at the chosen venue and set off about ten minutes later. The walking is not arduous, we usually spend more time standing or

sitting in hides enjoying the spectacle of nature. There is no fee to join the group and **all abilities are more than welcome** whether an experienced birder or total novice.

If members would like to be added to our growing WhatsApp Group, please let me know and give me your mobile number. As always, if any members have ideas or suggestions for visits, please let me know. I will send all members an email nearer the time, confirming the location and that we can go ahead.

Bus Pass Group

Group Leader: Maurice Austin

Friday 12th July saw us catch the 09.52 X30 from Chelmsford Bus Station. This service has recently had a doubling of its daytime frequency, some minor rerouting and it now serves a few different stops. Great if one is travelling “end to end” but one does have to study the timetable to ensure you don’t get on the wrong bus if one’s trip is a short one. I wonder how long it will be before buses on the new parts of the route are given a new number.

Anyway, 14 of us managed to cope with all this change and had either an exciting trip via Southend Hospital or an uneventful one, depending on the level of one’s enthusiasm for buses! To be fair, the huge double decker was comfortable, pretty much on time for the whole route and was comfortably patronised, i.e. not too full! One of us got off at the Southend Victoria Station to indulge in some personal business and went back on the infrequent service 3 which uses mostly “back roads”.



Rita Eden spotted and photo’d the Angel of Knives in the High Street; this artwork made from confiscated or voluntarily relinquished street knives seems to be doing the rounds as it has appeared in other venues, including Harlow and Chelmsford.

The rest of us went for the almost compulsory coffee and snacks in our selected café, most selecting Tomassys, for its excellent and old-fashioned style service.

We slowly made our way to the pier head for the open-top service to find it wasn’t operating until the school holidays the following week. Our tame timetabling expert (me!) was treated very sympathetically by the group. I deserved to be teased unmercifully for not reading the (admittedly very complicated) timetable carefully enough.

We compensated with a stroll along the front and a Rossi’s ice-cream and a trip on the Pier Train. We were lucky that a quite gloomy day improved significantly whilst we sat and watched the grey waves turn to blue, then brown and back to grey. It was actually rather pleasant and restful.

Southend’s famous Adventure Playground now hosts an array of dramatic “rides”. We spent some time watching people paying to be thrown about in the scariest of ways, and paying for the privilege. We didn’t join them!





All pictures taken by Chris Bellamy.

The party did its usual thing of splitting, doing one's own thing, getting back together again, all a bit like one of those odd lamps really.

We eventually caught a rather late running bus back, which because of traffic conditions and considerable bad luck - e.g. all traffic lights were red – we got home even later!

Never mind, we had a lovely time, the day we went to Southend!

Our next trip is to Lavenham on Friday 9 August. Meet at Chelmsford Bus Station, stand 3 for the 09.50 First Essex 371 to Colchester for the Heddingham/Chambers 753 to Lavenham due 13.36. Returns at 14.40 (Chelmsford due 18.02), 15.50 (19.02) and 16.50 (due 19.39).

There will **not** be a bus pass trip **on Friday 13 September** as the group has a coach trip to Buckingham Palace. However, I will organise another trip to Southend on Saturday 7th September when I hope to be able to use the other open-top bus service to Shoeburyness, East Beach. More details next time.

Maurice Austin.

Book Group

Leader: Andy Moir

The Only Story is narrated by Paul who is looking back on his life and trying to make sense of what happened. The story begins in the 1960s when Paul meets 48-year-old Susan when they're partnered in a mixed doubles tennis tournament at their local club during his first summer home from university in the early 1960s.

At 19, he is cynical, about people like his parents who live complacently in the suburban "stockbroker belt" outside London, and he begins an affair, creating a scandal which results in them being expelled from the Tennis club. Eventually Susan leaves her husband and Paul and she move to London but Susan sinks into depression and alcoholism.

We all agreed that the book is very well written and a number of the group have read and enjoyed other Julian Barnes novels. However as one member said "I enjoyed the book mainly because Julian Barnes writes so well but I found the story somewhat unconvincing. The very fact of a nineteen year-old having an on-going relationship with a middle-aged woman and the strange situation that he was a semi-permanent

resident in her household with the full knowledge and acceptance by her peculiar husband failed to convince.”

As usual it was an interesting afternoon’s discussion.

Our books for the next three meeting are:

Mon Aug 19 th	Act of Oblivion by Robert Harris
Mon Sep 16 th	A Quality of Silence by Rosamund Lupton
Mon Oct 21 st	A lesson in Chemistry by Bonnie Garmus

Church Visiting Group

Group Leader: Brian Greatrex Administrator: Michael Gray

Wednesday 3rd July St James Stanstead Abbots and St Mary the Virgin Ware

We gathered just over the Hertfordshire border at the newly decorated St James for coffee and flapjacks. It’s a redundant church, in the care of the Churches Conservation Trust, with just a few services every year, Advent Carols and Rogation Day being highlights of the calendar.



A warm welcome from volunteers Suzy, who worshipped here as a child, and was married here too, and Anne, who shared some of the church’s secrets: the Booth’s gin connection, the box of medieval glass fragments awaiting restoration, and the tester from the splendid three-tier pulpit, repurposed as part of the screen behind the organ. The three bells were restored in 2007. Notable features include the high box pews, spared from Victorian “restoration”, and the little organ, still pumped by hand, since there is no electricity in the church. We were lucky enough to hear, and see it in action thanks to two of our members, Eric at the console, Chris pumping away behind.



Another “Hertfordshire spike”, but otherwise a complete contrast at St Mary, a busy town centre church, with a modern annexe. Our members were struck by the clean, light interior, with the high clerestories. A good organ here too, with another impromptu recital. We were impressed by the C14 font, with wonderful reliefs of saints, and the kneelers, featuring the High Street as it was in 1980, commemorating the 600th anniversary of the rebuilding of the church, thanks to Joan, the Fair Maid of Kent.

Our next visit is closer at hand, with Holy Trinity Rayleigh, and, St Peter and St Paul Hockley on Wednesday 7th August.

French Conversation

Leader: Marie Neale



We meet twice a month on the second and fourth Wednesday afternoons at Christ Church, New London Road, Chelmsford. There will not be a meeting in August. The next meeting will be 11th September.

Some of us want to improve our French because we visit France, or perhaps having lived there want to keep the language alive and we have varied levels of knowledge of the French language. We work from the Rendez-vous magazine, reading and translating the articles, which are varied and interesting. One week, because we were waiting for our magazine to arrive, we read a play in French.

If you would like to join the group ring Marie Neale on 01245 261099 or on mariedavidneale@btinternet.com.

Lunch Club 3

Leaders: Laraine Linard and Barbara Childs

For our monthly luncheon in June, Lunch Club 3 tried out a new venue and saw us at The Globe on the Rainsford Road.

Surprisingly, about a week or so before our booking we were asked to pre-order our food. Now this is a rarity for us as we normally avoid pre-ordering because part of the experience is studying the menu to see what is on offer the day. Although a last minute request we duly submitted our choices. The food was typical pub grub and on the whole okay, but unfortunately there were one or two minor shortcomings. Nevertheless, we still managed to have a good time. Our thanks to John for hosting.

Then in July, The Miller & Carter, Chelmer Village was the chosen venue. The lunch was attended by fifteen members who enjoyed good food and lively conversation. We extend a warm welcome to a new member, Jacky, on her first outing with us, we hope you enjoyed yourself and look forward to seeing you at next month's lunch. As always, our monthly lunches are a great way to enjoy the company of like fellow diners and of course have a lovely meal in the process and this occasion did not disappoint! Thank you Jean for hosting.

Garden Group

Group Leader: Chris Bellamy Secretary: Val Green

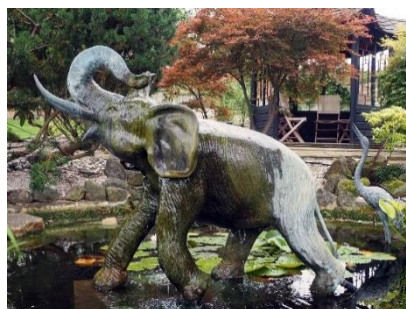
During the spring and summer, the Garden Group arranges visits to gardens within the Essex area who open their gates exclusively for the group in order to raise funds for the National Garden Scheme or other charities.

On 25th July a private viewing was arranged with David and Liz Davidson for our group to visit The mount in Roydon, a village just a few miles west of Harlow. David & Liz bought the property in 1998 and although it had previously been used as a nursery, no planting had remained and the lawn was just a rough area of grass. The grounds extended to three acres and encircled the house, so David and Liz, with the help of family and friends, set about transforming them into the beautiful formal garden we see today.

The large front lawn was bordered with creamy white hydrangeas with giant rounded heads. In the centre is a large ornamental pond with a stone fountain pedestal topped with two dolphins and guarded by a large stone statue of a crocodile! The front entrance to the house is adorned by hanging baskets and elegant pots of petunias, geraniums and fuchsias. Dotted around are various statues and bronzes of children playing ball games, climbing trees and flying kites.



As we walked round to the side garden the vista opened up and there was a large circular paved patio with two bronzes, a horse and its foal. Over to one side was a Chinese rock garden with a lily-pond, winding paths leading to an ornamental footbridge, and topped off by a lotus pavilion. One rather strange and incongruous addition was a large statue of a rampaging elephant on the edge of the pond!



Beyond these features is the entrance to a five acres area of woodland with a central carriageway and various side paths allowing for tranquil walks without even leaving home! The entrance gates are wrought

iron with gold finials and a delightful bronze statue of a boy playing a pipe welcomes you in. Halfway up the central carriageway is a rose arbour and of course another statue – this time of a magnificent stag.



Returning back to the house we came to a raised summer house, with a veranda offering a great view of the gardens. I should have mentioned that our hosts left us to explore on our own but we were accompanied wherever we went by their five friendly tail-wagging dogs. We returned to what was once the pool house and is now used for entertainment, barbeques etc, and were served with tea/coffee and delicious home-made cakes. Donations were made to the NGS and we left feeling both mentally and physically refreshed!

If you love gardens and would like to join our group, get in touch with Chris Bellamy. Our next visit is on Thursday 22nd August to 8 Dene Court, Chignall Road, Chelmsford CM1 2JQ which has a large collection of unusual Clematis.

Report by Lesley Wood

Science Group

Leader: Chris Bellamy

Report on u3a Science Group Meeting on Thursday 18th July 2024

Archaeology and Science – Pleshey Castle Project by Patrick Allen



Patrick is a very knowledgeable speaker and gave us an in-depth look through the 26 slides he prepared and showed. In many cases one or two slides could be used to give another lecture in their own right!

Patrick began the presentation by defining Science from the Latin word Scientia which means knowledge. He gave a brief history of science from people believing in superstition and moving towards knowledge. The invention of the printing press in 1455 allowed ideas to be propagated and the formation of the Royal Society in 1662 demonstrated the new scientific thinking.

History was 'collected' by wealthy aristocrats and ambassadors like Lord Elgin going on the grand tour, who brought back the Elgin Marbles.

Archaeology is a more recent activity along with geology where dating techniques from stratigraphy starts to be used from the mid-19th century onwards. Pit Rivers advanced techniques but it was Sir Mortimer Wheeler and his wife Tessa in the 1930s, and later, in the 1950s and 1960s by television which brought archaeology to many people's attention.

Pleshey Castle was investigated archaeologically from the early 1970s by a variety of techniques – such as aerial photography where drought and very wet conditions show up features that are not visible on the ground. Low sun casting shadows also show up features. Excavations also provide much invaluable information as well as dendrochronology (tree ring dating).

Much more recent scientific approaches such as LiDaR (Light Detection and Ranging) and Geophysics using Resistivity Survey, show features like wall foundations and where buildings were without disturbing the ground. Pleshey is an ancient monument and permission for any investigations have to be approved by Historic England. Examination of soil profiles, dendrochronology and other techniques suggest the castle was completed c.1100 (estimated dates: soil accumulation 1066 +30 – 40, tree-ring dating 1073 +15-35).



The bridge over the moat is a not only a remarkable survivor, it is only one of two of its type in Europe. The bricks are of a standard size and made locally (The location of the other is not known by Patrick!).

The church sited near the castle is an interesting structure. The original church had accommodation for a small group of Canons and there was a Chancel Chapel used by the Nobility. The church was re-build in 1868 and designed by Fredrick Chancellor on the site of the original church but much smaller losing the Canons' accommodation and Chancel Chapel.

An unusual artifact was discovered, an oyster shell used as a pallet for gold coloured pigment. By X-ray and other techniques, it was confirmed the gold-coloured residue was not gold but a gold pigment with a bone ash base and an arabic gum binding agent, suitable for illuminating manuscripts.

Fourteen Illustrated manuscripts from Pleshey Castle are preserved and it is believed the shell could have been used as the palette for some of the manuscripts.

The talk ended on some interesting bones which were found during excavations, including those of an Adult Macaque Monkey probably brought back during the crusades (1177-8) and a Peregrine falcon. Monkeys were adopted as pets by the wealthy in the Middle Ages, whilst falcons were the preserve of royalty and nobility. As Pleshey was owned by successive queens of England in the 15th century, it would have been visited by the king and queen for the hunting.

So much history brought to life through archaeology so close to Chelmsford comes as quite a surprise to many of us.

Report by Paul Chaplin

Coach Outings Group

Leader: Malcolm Lonsdale

This group, set up this year, has made a good start having organised two trips already with another one in the pipeline. Following the initial meeting they formed a small committee and decided to take it turn to organise a coach trip. In July it was Malcolm Lonsdale's turn to arrange a trip and about 52 of us went to Margate. We couldn't have asked for nicer weather, in fact it was too hot at times, but the smart Fords coach had very good air conditioning so we were comfortable whilst travelling.



We arrived at Margate at about 11.30am, alighting the coach on the harbour arm adjacent to the Turner Contemporary Gallery. We were entirely 'free to do our own thing' so some members went in the gallery, others went for a walk along the harbour wall and some went in search of a cup of coffee. There is no shortage of cafes, restaurants and pubs on the sea front and the whole place had a rather continental feel to it with lots of outdoor seating, umbrellas and colourful flower baskets.

Some brave souls made it to the Shell Grotto which was rather a long walk to the back of town, the last bit being uphill, but most agreed it was worthwhile – such an attractive little gift shop too. One member told me she had booked herself afternoon tea at the Walpole Bay Hotel, she said it was lovely gazing out to sea! Others preferred to eat Fish & Chips straight from the wrapping, I hope they managed to avoid the seagulls! Eddie and I went in search of some home-made ice cream – we had to join a rather long queue for it but we weren't disappointed, I can thoroughly recommend their stem ginger and marmalade flavour!

The groups next outing is to Buckingham Palace on 13th September. Members of the group should respond to Eddie's email if they want to go on the trip.

Lesley Wood

Reminder to Group Leaders

**Please send copy for the September 2024 Newsletter to the editor, Andy Moir.
All copy must arrive no later than Friday 30th August 2024.**

Please would contributors use the Calibri Font size 12. For MS Word use Paragraph settings; line spacing single and spacing 0 before and after lines.

Chelmsford u3a Committee

Position	Name
Chair	Lesley Wood
Vice Chair	Alan Caddy
Secretary	Marie Neale
Treasurer	Wendy Hubbard
Membership Secretary	Diane Read 077144 32360
Speaker Organiser/Deputy Treasurer	Eddie Wood 01245 601359
Newsletter Coordinator	Lynn Regan
Monthly Meetings Organiser	David Marsh/Brian Littlechild
Marketing/Recruitment	Alan Caddy
Groups Coordinator	Lesley Wood
Social Media/Deputy Web Manager	Allan Goldsmith
Publicity & Advertising	Peter Anderton
Committee Member	Ann Bell
Committee Member	Nick Bailey

Volunteers not on the Committee:

Web Manager	Andy Moir
Newsletter Editor	Andy Moir

Open To All

Free Art Exhibition

Christ Church Chelmsford URC

Artist: Elizabeth Gray-King

Tues 13 - Fri 16 August (12pm-7pm)

Sat 17 August (10am - 4pm)

Mon 19 - Fri 23 August (12pm-7pm)



Fine artist and theologian Elizabeth Gray-King will be showing 13 intriguing and affirming canvases which explore the equality and inclusivity of God's love.

Revd. Elizabeth, whose insights arise from being both an artist and an ordained minister, is currently working alongside the [Open Table Network \[OTN\]](http://www.opentable.lgbt), a national charity which works to urge and facilitate a wider, safer, authentic inclusion for LGBT+ people across all UK churches.

About the artist & tour dates: www.elizabethgrayking.com

About the Open Table Network: www.opentable.lgbt

Christ Church URC 164 New London Road, Chelmsford CM2 0AW

Email: cchubdesk@gmail.com Tel: 01245 354 529



For further information about the OTN please click the following link: <https://www.opentable.lgbt/>

The artist is Revd. Elizabeth Gray-King, who will be showing 13 intriguing and affirming canvases which explore the equality and inclusivity of God's love. (For further information please visit her website: <https://www.elizabethgrayking.com/>)

LONDON – THE CITY AND ITS PEOPLE GROUP

**VISIT TO SHAKESPEARE’S GLOBE THEATRE
23rd SEPTEMBER 2024**



The Globe Theatre is a faithful reconstruction of the open air playhouse in which Shakespeare worked and for which he wrote many of his most famous plays. Our guide will recreate colourful stories of the 1599 Playhouse, the London Shakespeare would have known and the Globe reconstruction process in the 1990s.

Our guides will also bring the theatre to life, exploring how the wooden ‘O’ works today as an imaginative and experimental space for performance.

We will have the opportunity to explore the new walk-through exhibition space. Immerse ourselves in the sights, sounds and secrets of Shakespeare’s London, travelling through over 400 years of fascinating history. We’ll be able to relive some of the Globe’s most iconic shows with seasonally curated displays and have the chance to get ready for the stage ourselves with interactive costumes and props. Our visit will last approximately 2 hours and starts at 11.30am.

The Globe Theatre



- 9.30am: Lay by opposite Pollards Green
- 9.40am: Anne Knight building bus stop opposite Chelmsford railway station
- 9.55am: The Duck Pond, Writtle Green
- 4.00pm Leave London. Please try to be at coach approx. 10 mins. beforehand

Cost £45.00 pp covers Guided Tour, coach and driver’s tip.

Please note: We cannot offer a refund once you have paid. Any last minute problems contact: Berry 07811 091771/01277 355823 Bob 07790 133727/01245 261077

Visit to Shakespeare’s Globe Theatre 23rd September 2024 Cost £45.00 pp

Ch. U3A mem. No/s _____ No. places required _____ Tel No. _____

Names/s _____ Email address _____

Please pay by BACs if possible to: Chelmsford U3A A/C no. 41153684
Sort code: 40.10.27 Ref. LGGT. / Cheque & slip enclosed for £ _____ made payable to Chelmsford U3A
and sent to: Berry Cornell, 24 Park Drive, Ingatestone CM4 9DT

CHELMSFORD U3A LATE SUMMER CONCERT FEATURING SONGCYCLE

FRIDAY 27TH SEPTEMBER 7.30 PM
CHRIST CHURCH MAIN HALL



*SONGCYCLE, IS AN ALL SINGING, ALL CYCLING
MALE VOICE QUARTET WITH A PASSION FOR
SINGING EVERYTHING FROM BACH TO THE
BEATLES!*

Refreshments will be served during the interval

Free Admission to all Chelmsford u3a members but please reserve your ticket via our website:

<https://chelmsford.u3asite.uk/chelmsford-u3a-ticketed-events/>

Interest Groups (as of June 2024)

You must be a member of Chelmsford u3a before you join an Interest Group. However, if you would like a taster session before you join contact the Group Leader either by phone or by email.

Name of Group	Day of Month	Time	Group Leader	Phone	E-Mail
All Day Walks	2 nd Monday		Berry Cornell	01277355823	Via website
Amateur Dramatics			Alan Caddy		Via website
Art Appreciation	4 th Tuesday	14.00	Brenda Kelly	01277840621	Via website
Art Club	Mondays Weekly	9.30	Peter Anderton	07773074105	Peter.anderton@s cion-uk.com
Art Group	Tuesdays Weekly	9.30	Cynthia Cronin	01245461215	Via website
Birding	4 th Friday	10.00	Alan Alexander	07712818499	Via website
Book Group	3 rd Monday	14.30	Andy Moir	01245440007	Via website
Bridge (beginners)	Tuesdays	14.00	Alan Cardus		Via website
Buss Pass Group	2 nd Friday	varies	Maurice Austin		Via Website
Church Visits	1 st Wed	10.15	Brian Greatrex & Michael Gray	01245258833	Via website
Coach Outings	Various		Malcolm Lonsdale		Via website
Craft Workshops	2 nd Sunday	10.00 – 13.00	Julie Nicholson		Julnic138@gmail. com or via website
Discussion Group	2 nd Tues	13.00- 15.00	Brian Littlechild		brian.littlechild@ blueyonder.co.uk
Family History	4 th Friday	14.00	Lesley Wood	01245601359	lesleywood54@ yahoo.com
Fishing Group	Wednesdays		Alan Caddy		Via Website
French Conversation	2 nd & 4 th Wednesday	14 -15.15	Marie Neale		Via Website
Garden Group	4 th Thursday	14.00	Chris Bellamy Val Green	01277353481	Via website
Information Technology	2 nd Wednesday	10.00	Lyn Parsons		Via Website
International Dining	3 rd Monday	Evenings	Jennie Cappin	01245 358629	Via website
Jazz and Blues Group	3 rd Wednesday	10.30- 12.30	Heinz Kassier		kassier2@gmail. com
Live Arts	Theatre Visits	As & when	John Heathcote	01245380766	liveartsgroup@aol .co.uk

Local History	1 st Tuesday	14.15	Jane Humphreys	01245 259590	Via website
London the City & its people	4 th Monday	14.00	Berry Cornell	01277 355823	Chris Rycroft via website
Lunch Club 1	Last Friday of month	12.30	John Heathcote	01245 380766	Via website
Lunch Club 2	4 th Tuesday	12.30	Harry Glaser	01245 462760	Via website
Lunch Club 3	1 st Thursday	12.30	Laraine Linard Barbara Childs	01245 475444	Via website
Mah-Jong	1 st & 3 rd Tuesday	2.00	Chris Paget	01245 474811	chrispaget@lineo ne.net
Philosophy	Thursday 4-weekly	11.00	Julia McClure	07941 480240	Via Website
Philosophy & Religion	1 st Monday	10.00	Jim Mackay		Jim88mackay@ao l.co.uk
Photographs on Face Book	Online		Alan Mayo	07979 540053	Via Website
Pickleball	Monday Weekly	2.00	Alan Mayo	07979 540053	Via Website
Poetry Appreciation	2nd Wed	14.00	Judith & Tony Boniface	01245 266316	Via Website
Science Group	3 rd Thursday	13.45	Chris Bellamy	01277353481	Via website
Sewing, Knitting & Crochet	3rd Thursday		Jacqui Norfolk	07714 258517	Jacqueline.n@virg in.net
Short Walks	3 rd Friday	10.00	Robert Lloyd	01245466167	Via website
Spanish Conversation	3 rd Wednesday	10.30	Lindsay Whitehouse	01245 356363	Via website
Summer evening walks	4 th Wed	Apr -Sep	Alan Mayo	07979 540053	Via website
Sunday Lunch	1 st Sunday	13.00	Lesley Wood	01245601359	Via the website
Ten Pin Bowling	2nd & 4th Fridays	10.30	Roger & Ruth Spall	01245466486	Via website
Travel Group	See website		Anne Brereton		cu3atravelgroup @outlook.com
Walking Group	1 st & 3 rd Friday	10.00	Alan Mayo	07979 540053	Via website