

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 14th November at 2pm Mary and Graham Brace – Wildlife Photographers & Conservationists
A return visit from the avid wildlife photographers and conservationists, this time with an illustrated talk based on their travels to Brazil



Chelmsford u3a Christmas Socials

6th & 12th December 2024

Christ Church Main Hall

2.00 – 4.00 pm

Our special Guest is Henry VIII, England's favourite King!



Tony Harris, is a professional comedian, raconteur and actor who specialises in historical talks with an hysterical twist!

To book your place at either event email Eddie on

ejwood34@gmail.com

Please state which date you would prefer

Festive Food & Drink Included!

+ Mulled Wine; Savoury nibbles

+ Tea/Coffee, Mince Pies & Cakes.

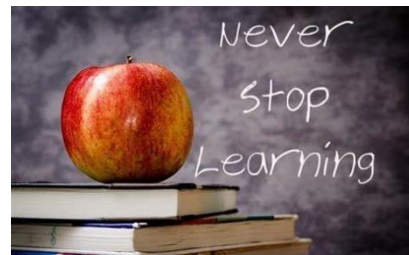
Seasonal Raffle and Table Quiz

View from the Chair

Learn to Live Longer

Last month I mentioned the Third Age Trust were about to launch a new report entitled Learn to Live – a blueprint for better health and wellbeing. The report is now available to download on the national u3a website and makes really interesting reading. It has been added to our website at https://chelmsford.u3asite.uk/u3a_notices/u3a-learn-to-live-report/

In his forward, Sir Muir Gray (one of the world's foremost experts on ageing, an Adviser to both NHS England and Public Health England), says "Most people still assume that 'ageing' namely the normal biological, untreatable process is the principal cause of the deterioration of health from 60 onwards, but this is wrong. The science is now clear. Ageing is not the cause of major health problems for most people until the nineties"! He goes on to say that "Learning is a 'health service' at all ages not only the level of initial education but learning throughout life and it is clear that everybody including many members of the medical profession, need to Learn how to Live Better for Longer".



In her introduction Sam Mauger (outgoing CEO of the Third Age Trust) points out that "the u3a movement has been growing for over forty years now and its success is testament to the power of **non-formal learning** to support an active and vibrant later life, defying ageist stereotypes. Non-formal learning plays a crucial role in addressing the challenges of an ageing population, promoting active citizenship, and fostering community cohesion." Sir Muir Gray recently shared with u3a members that "**learning is the elixir of healthy life,**" and he likened u3a to a "dementia risk-reduction service" highlighting how u3a's non-formal learning model is key to tackling ageing issues. The report ends with a **Call to Action** pointing out that there is plenty that the government can do to reap the benefits of non-formal learning for all.

New Interest Groups

I am pleased to announce that we now have a second 'Book Group' up and running. They call themselves the "Bookworms" and they meet on the first Thursday of the month at the Black Bull pub in Rainsford Road Chelmsford. Full details may be found on our website.



If your interests, passions, hobbies etc are not being catered for by our current group offer (see list at the end of this newsletter) then please let me know. It could be that an existing group on the subject is so popular that it is now 'full' and all we need do is start another group on the same subject. On the other hand It could be that we don't currently have a group that covers that subject and what we need to do is canvas the membership to see if there is sufficient interest to warrant starting up a new one. How about a Film Group or a Wine Tasting Group?. Our walking groups are always popular but some people find that the walks are a bit too long for them, so would there be any interest in starting up a strollers group? If you have an idea, please talk to me about it.

If you are interested in running a new Interest group, but not quite sure what is involved, then you might want to sign up for this online workshop: **Interest Groups Matter**. The next session is on **Monday 18th November from 10am – 12.15pm** It provides you with Information to help you understand the role and responsibilities of Group Leaders and to discuss good practice in running successful groups. Book your place here <https://www.eventbrite.co.uk/e/interest-groups-matter-tickets-1041948575237?aff=oddtcreator>

Celebrating Trustees Week 4th – 8th November

Trustees are volunteers who play an essential role leading and governing charities, and who work as a team to make effective decisions. The U3A movement has over 10, 000 trustees, all of whom willingly volunteer their time to help improve U3A. In fact U3A would not exist without its trustees. They uphold the charity commissions rules, organise the monthly meetings, run the finances and make sure their U3As remain vibrant and continue to grow. At national level the board of directors is made up of trustees who are elected from the regions and from the whole membership.



Celebrating,
supporting and
inspiring trustees



#TrusteesWeek

I would like to encourage you to join us as a Trustee on our committee. As a member of the committee you can help us make a difference by ensuring that Chelmsford u3a can carry on helping people in the local community develop their interests, stay active and generally make the most of life. We can promise you that as a trustee you would get a lot of personal satisfaction from your role on the committee as the decisions you make and the activities you become involved in are bound to have a positive impact on people's lives. As an added bonus, trustees often find that they learn new skills during their time on the committee.

As part of Trustees Week, the Third Age Trust are running a 'Learn & Share' online workshop for u3a members on Thursday 7th November 10.00 – 11.15. It is for anyone who is considering joining a u3a committee but would like to find out more about what's involved. You will hear from three Trustees who will talk about their role and their Trustee journey with their local u3a. This session is a great introduction to the world of u3a Trusteeship.

Book your place now by clicking on this link: <https://www.eventbrite.co.uk/e/what-does-a-u3a-trustee-do-learn-share-tickets-1021771505077?aff=oddtcreator>



If you are interested in joining our committee then please get in touch with me. chair.chelmsfordu3a@yahoo.com

We currently have two vacancies but there will be at least two more by next February. Incidentally if you have been a member of the committee before and have served less than 9 years in total as a trustee, you can apply to come back again for another term. Please discuss it with me before applying.

News from the Third Age Trust

The AGM held last month saw several momentous changes to The Third Age Trust. Not only do we now have a new leadership team, with a new CEO, Chair and Vice Chair, but the meeting also saw members vote on a resolution to change the articles of association. This passed with 905 out of 1073 total votes in favour. The Board and staff will now start working towards a new governance structure, which will include a smaller Board and a Council made up of regional u3a representatives. Both will be in place by April 2025.

Allan Walmsley, the Third Age Trust's new Chair said that he feels as though he is standing on the edge of a brand new future for the Third Age Trust and the u3a movement. He is looking forward to the exciting challenges ahead, but, as we know, creating change in the u3a movement is like turning round a huge ocean going liner – it takes time. So, we shouldn't expect immediate changes, but over time he hopes that improvements in governance, u3a participation, transparency, and Trust accountability will become more and more apparent.

The u3a Woodland

You may recall that in 2021/22 Chelmsford u3a members contributed a total of £650 to purchase a woodland copse of 100 trees which were to be part of the u3a Woodland in the Brecon Beacons. If so you may find this new film of interest.

https://youtu.be/5u2WGSMSv_8?si=NcYqkShfpk55-0Um



Clive Grace, Chair of Third Age Trust Trading LTD, visits the u3a woodland in the Brecon Beacons. Members have donated over 10,000 trees to the woodland, which was one of many ways we marked our 40th anniversary. The film features Rob Penn from Stump Up for Trees whom u3a partnered with for the project. Rob says, "I think it really will start to look and feel like a wood five years from now. Members of the u3a, Stump Up for Trees and a willing landowner have all come together to completely revive a slightly dead piece of land. In the decades to come, it's going to be a place rich with biodiversity and we're so excited about that. So thank you."

Covid & Flu Jabs – Good to Know

Have you managed to book your Flu and Covid-19 top-up jabs yet? One of our members has brought to my attention that the Melbourne Pharmacy 18 Melbourne Parade CM1 2DW provides a walk-in service. She says it is virtually empty in the afternoons, and there is plenty of parking at the Sports Centre 200 metres away.

Lesley Wood
Chair



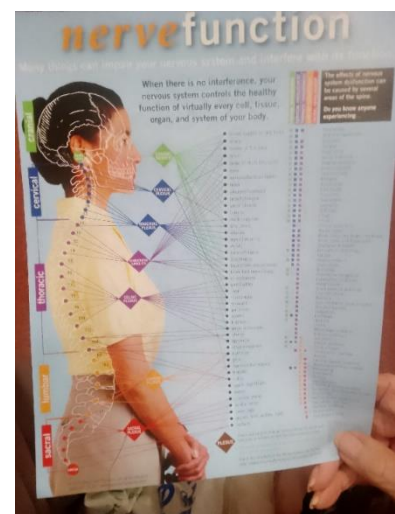
October General Meeting Report Jo O'Brien – Chiropractor

Jo gave an interesting and informative talk. She began by telling us that she was Essex born but moved to Australia and graduated from Macquarie University in Sydney.

Jo based her talk on three themes; Physical, Chemical, Emotional. She explained and how they control everything via the skull, spine and central nervous system. She explained the need to get nerves firing again, check which bones are working. Jo used a model of the spine to demonstrate some of her points. Her main points were:

- your body heals itself but may take months.
- eat natural food not synthetic.
- drugs synthetic, mask problem need to recover from toxicity.
- radiation e.g. radiation from mobile phones in pockets.
- emotional effects from childhood e.g. drama following by being bitten by a dog affects whole life.
- how to start to find out a problem e.g. hold out arms and test reaction.

Jo was suggested by two u3a members, both Jo's patients. Jo gave her talk for free and her business cards were handed out to members at the end.



Chris Bellamy

London - The City & its People Group

Leader: Berry Cornell

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.



The September visit to the Globe Theatre

Remaining Programme for 2024

- 25th Nov Visit to Wimbledon – the flyer is again on page 19 of this newsletter. **This visit is now open to all Chelmsford U3A members, please contact Berry mayberrynotes@outlook.com to book.**
- 16th Dec **Venue Change:** Essex Records office is currently surrounded by construction work associated with the building of a new bridge and is not the ideal venue for the group to meet on a possibly dark winter afternoon. That being the case we will once again meet at Christ Church – still with tea and cakes and hopefully a fun talk. More info in the December newsletter.

Programme for the beginning of 2025

- 27th Jan Talk: Policing East London in the 70's – the "fun side!", speaker Roy Tyzack at Christ Church
- 24th Feb Talk: Famous plaques in the East End. Speaker Gary Lewis.
- 24th Mar To be arranged.

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 gathered for our regular monthly get together at Chelmsford Library on 16th October 2024. We played a Spanish version of the radio show "Just A Minute," whereby a person was given a random topic to talk about for one minute. Topics

included what you eat for breakfast each day; your early years at school; what frightens you most; and what you did when you went to Paris for the first time.

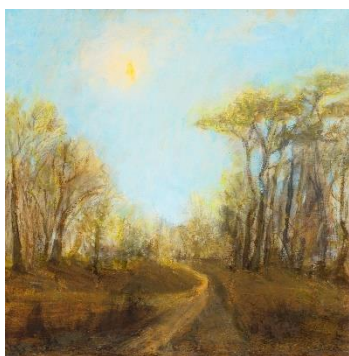
We also asked everybody to bring along a picture and talk about it. One of our members talked about the recent court case concerning a woman in Great Baddow who had murdered her parents and had kept them in the house for some years after. Another showed us a picture of a man in a bath. The person who took it was a professional lady photographer, Elizabeth Lee Miller, a fashion model who became an acclaimed war correspondent for Vogue magazine during World War II. The occupied bath had been in Adolf Hitler's old house in Munich. Moreover, the day on which the photo was taken was 30 April 1945 the day that Hitler committed suicide! On a lighter note, one of our members produced a copy of a painting from a recent David Hockney exhibition and another a photo of the Northern Lights' display over Chelmsford on the previous Friday evening.

If you can hold a basic conversation in Spanish and wish to be put onto our waiting list, please click the link to our website. The next meeting for the group will be on Wednesday 20th November 2024 at 10:30am at Chelmsford Library in a meeting room on the first floor.

David Gout

Art Appreciation Group

Leader: Brenda Kelly



This month we visited an exhibition of art at Fingringhoe (just outside Colchester). The Geedon Gallery is owned by Jacqueline Taber, who used to own the New Grafton Gallery in Barnes. It is in a very attractive large barn from which (if you climb the stairs) you have a wonderful view across the Blackwater Estuary to Mersea Island. Jacqueline has two exhibitions a year in the Spring and Autumn and she shows a wide variety of artists, many of them belonging to London Art Societies and galleries.

There were not only a lot of paintings on view, still lives, landscapes, marine pictures, but also ceramics, pottery, jewellery, scarves and not to forget the bronze resin models of hare, otters, owls, etc. which are great. There were also some dioramas, three dimensional models based on the work of well-known artists like Lowry, Hopper and Vettriano. It was good to see such an exhibition in Essex.



Just one black mark on a good day, the local pub 'The Whalebone' and the Essex Wildlife Trust Nature Reserve Café were both closed (evidently they do every Monday and Tuesday). We could see a lot of people moving round in Wivenhoe across the river where places looked as if they were open! However, Jacqueline came to our rescue by providing coffee, tea and biscuits to keep us going.

Next month we are going up to the National Gallery to see the Van Gogh exhibition 'Poets and Lovers'.

Birding Group

Leader Alan Alexander 01245 248030 Mobile 07712 818499



On 25th October six members of the Birding Group attended the Thameside nature reserve, including one new member. The following birds were spotted: Curlew, Stonechat, Avocet, Robin, Great Black Backed Gull, Goldfinch, Teal, Greenfinch, Grey Heron, Great Tit, Cormorant, Blue Tit, Lt. Egret, Magpie, Redshank, Pied Wagtail, Black Headed Gull, Carrion Crow, Shelduck, Dunnock, Wood Pigeon, Linnet, Wren, Greylag Goose, Starling

It was an enjoyable visit with time spent on the roof of the visitor centre with great 360 degree views and of course the café for coffee etc. at lunchtime.

I am indebted to David Chilvers for supplying me with these details because i was not able to attend this meeting

Our next visit is on 22nd November 2024 at Blue House Farm Essex Wildlife Trust, Blue House Farm Chase, North Fambridge, Essex, CM3 6GU



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

Thirteen of us braved the chilly winds to catch the 0930 First 170 bus to Braintree. A single decker pulled in and the driver left it on stand 8 of the Bus Station. We expected to get on it, but a double decker pulled up behind it and loaded up. One does need to keep one's wits alert as we could have waited for the single deck and been sorely disappointed. Our bus departed on the stroke of 0930, a different experience to some of the tardy departures we have experienced!

We had a pleasant ride through to Braintree taking advantage of the excellent views from the upper deck. At the fairly new Braintree bus park, we had a choice of three competing routes. Flagfinders, a long standing and respected local company which has recently been taken over by one of the national groups, Hedingham which was similarly absorbed a few years ago and Stephenson's of Essex, an independent operator of some repute.

A Flagfinders came in heading in the wrong direction. I asked the driver for advice, and he referred me to the timetable boards and electronic signs. A Hedingham decker came in heading for Braintree station before it was due to return on "our route". I asked the young lady driver if we could travel to the station and rebook for our return journey. She was horrified! It's against company policy. What a policy! She

effectively turned down 13 x 2 passengers and left a group of a certain age to stand in the bitter cold. When she returned, her bus was empty and remained so!

So, we caught a Stepsons which was one of the smoothest rides we have had. For the second part of the trip, we were the only passengers on board, so, once again, we are helping to keep the buses on the road!



In Halstead, the main stop is at the bottom of the steep High Street but well situated for the antiques centre, quite a few cafes and shops. The hill is a bit much for those who are not as fit as they would like to be, but a steady climb gives the opportunity to sit adjacent to the church and enjoy extensive views southwards. The view is really of the rooftops and chimney reaching out into a heavily wooded area beyond the town. And the seats were in a little suntrap!

Several people had recommended The Little Book Café at the top of town. It was so popular; bookings were necessary for much of the day. But it was worth it! A proper chef, a menu which catered for a variety of eating styles, fair prices and lovely service all make a return visit mandatory!

As usual, we went our separate ways, some went home via Colchester, most did the Braintree route. Our second Stepsons driver was pleasantly surprised at the "crowds", he too, gave us a nice smooth ride. That trip was very busy, particularly at the Braintree town end when we met some significant Friday afternoon traffic.

We completed our day out with another pleasant double decker ride to Chelmsford. This was moderately busy until we got to Broomfield Hospital. There must have been a "hiatus" in the C1 service as we picked up about 30 passengers in and around the hospital. Good for the shareholders!

Unfortunately, I didn't have my camera handy as I sighted the Clacton open-top bus, presumably going to its winter resting home. Quite a scoop for a bus enthusiast! Luckily, Jayne Chambers had bought hers and put it to good use, providing some pictures of the antique centre and picture of those loveable rogues Lovejoy and Tinker who gave us all so much enjoyment a few years ago when they filmed their series of antique dealers in and around the Halstead area.

I found out on the way home that member no 14 missed the first bus but made her own way to Halstead and met up with other members of the group; well done, sorry I missed you!

Our next trip will be on Friday 8 November 2024, when we will go to Tiptree via Maldon. Tiptree is a pleasant little place, home of Tiptree Jams and its lovely restaurant and interesting museum and jam shop.

We will have a late start, catching the First Essex 73 from the Bus Station, stand 3 at 1015, this bus goes through Ulting and Heybridge Basin to Maldon. We will change at Maldon, Tesco to the First Essex 75 (a scheduled 11-minute wait) and are due at Tiptree at 1147. Buses back leave about hourly; if we catch the 1437 and change to a 73 in Maldon, we will be back in Chelmsford by 1635.

Maurice Austin.

Lunch Club 3

Leaders: Laraine Linard and Barbara Childs

For our October lunch we chose the Pig & Whistle in Chignal Smealey. This was a new venue for a few of us and it did not disappoint! The food was excellent and although we did have to pre-order I think we were all very satisfied with our choices and thought it good value at £19 for a 2 course meal. There were 14 of us and although we were spread over three tables in a very nice area of the restaurant, we were still close enough to be able to speak to one another.

Thank you Marion for hosting.

Church Visiting Group

Group Leader: Brian Greatrex Administrator: Michael Gray

October 2, Chapels Royal, the Savoy and St James's Palace, London.



A memorable day visiting two fascinating royal chapels, with private tours given by excellent guides who live and work in these historic places. The group is grateful to them, and to Peter Cross, who arranged special access for us.

Phil, our Lodge's driver, dropped us handily on the Strand, and we made our way, a little early, down Savoy Street.

At The King's Chapel of the Savoy we were greeted by Richard Buck, the Steward, and we had time to look around before the talk by the Chaplain, the Revd Canon Tom Woodhouse.

He traced the eventful history of the chapel and the Duchy of Lancaster, no heritage biscuits but an estate of £650m; the Crown can draw profit from it, but cannot sell any part of its 45,550 acres.



John of Gaunt built a palace here, sacked during the Peasants' Revolt, and left to decay until Henry VII had the Hospital of the Savoy built, a charitable foundation for one hundred "poor and needy" men.



Only the chapel now remains, the oldest structure between Westminster Abbey and Temple Church. It has fewer royal connections than the other Chapels Royal, there are Chapels in Scotland and Canada as well as those in Hampton Court, the Tower and St James's.

Like them, it is a Royal Peculiar, so has no parish. Uniquely, its door gives straight onto the street. "We're dealing with riff-raff on a day-to-day basis..." But as Canon Tom remarked, it is a still place, where we can sense the presence of the Holy Spirit.

We adjourned to the Robing Room for coffee and delicious French chocolate biscuits, before finding some lunch prior to setting off for St James's. Where we were greeted first by security, who issued us with passes, and then by the Serjeant of the Vestry, Jon Simpson. He proved a very congenial guide, mixing gossip with the history and the facts. On the way to the Chapels, we walked through the Palace, admiring the parking bays with royal names, the Proclamation Gallery overlooking Friary Court, and Clarence House. Clearly a cut above the Savoy, although he confessed the facilities fell far short, with just one lavatory available, with Tudor plumbing.

This area was marshy fields in the 12th century, between the cities of London and Westminster. So an ideal site for a leper hospital, run by nuns, dedicated to St James the Less. Henry VIII had it demolished for the present Tudor Palace, with the Chapel where the refectory had once stood. St James's was a hunting lodge, and a quiet, discreet escape from Whitehall – hence the ambassadorial role it still nominally plays today. Mary Tudor lived and died here; her heart lies under the altar.



We walked across the Tudor marble floor, and looked up at the wooden ceiling, attributed to Holbein. There is a long tradition of music here, with Tallis, Byrd and Handel among those holding the post of "organist and composer". We admired at close hand some of the "bling", and the heavy choristers' uniform.

The Queen's Chapel, on Marlborough Road, makes a very Catholic contrast, designed by Inigo Jones in 1623. Built for the Infanta, and later used by Henrietta Maria and William and Mary. It has been a store room and a Lutheran chapel since Pepys admired the "singing of the Italian Gentlemen". Now it is used for services [open to the public] in the summer months, and for rites of passage for residents of the Palace. Last year saw 12 weddings, 25 baptisms and 3 funerals.

We were sorry to hand in our passes and leave St James's for the long coach journey home through the heavy London traffic.

Book Group

Leader: Andy Moir

At our October meeting we discussed *The shadows of men* by Abir Mukherjee. The novel is set in 1923 in India at a time of heightened political and religious tension. When a Hindu theologian is found

murdered in his home, Calcutta is on the brink of all-out religious war. Inspector Sam Wyndham and Sergeant Surendranath Banerjee, officers of the Imperial Police Force, need to track down those responsible in time to stop a bloodbath. The investigation takes the detectives from a hot and humid Calcutta to a bustling Bombay.

The majority of the group really enjoyed the book and felt that it painted a vivid picture of life in India in the 1920s. People particularly liked the way alternate chapters in the novel were narrated by either Sam or Surendranath. This gave both a British and an Indian perspective of the Raj.

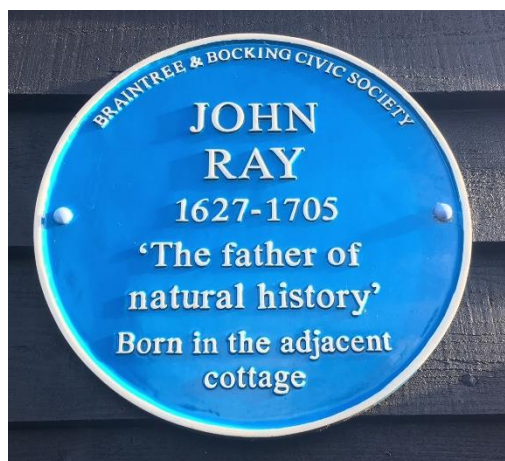
However as often happens in our monthly meetings a minority of the group didn't enjoy the book.

Our books for the next three meeting are:

Mon Nov 18 th	A lesson in Chemistry by Bonnie Garmus
Mon Dec 16 th	The Music Shop by Rachel Joyce
Mon Jan 20 th	The ashes of London by Andrew Taylor

Local History Group

Leader: Jane Humphreys 01245 259590



The new year of Local History Group activities started on 1st October with a talk from Jennifer Rowland on John Ray, the Father of Natural History. It's probably fair to say that while he is poorly known in Chelmsford, John Ray is a local hero for Braintree, and in particular Black Notley where he was born in the blacksmith's cottage in 1627. His mother Elizabeth was a herbalist and encouraged an interest in John in natural history. From the grammar school in Braintree he won a scholarship to Cambridge in 1644, and following graduation became a lecturer. In this period he met Francis Willoughby who invited him into his home in Warwickshire and gave him space to dissect plants and animals, and to travel. In 1660 he published the Flora of Cambridge, and was probably the first to note the dating of trees by rings.

Ray stepped down from the university in 1662 when to continue would have required him to swear an oath under the Act of Uniformity, something (swearing again) he considered his faith did not permit. Willoughby funded his future work, including providing for an annual stipend for Ray in his will. With this security, Ray, now aged 46, married Willoughby's governess Margaret (aged 19) and settled with her in Black Notley. He started to publish books on plants – an English catalogue in 1670, foreign plants (1673), a history of plants based on specimens sent to him from around the world. He defined terms such as 'petal' and 'pollen', and established how to define a species. He also published works on birds, fish, and animals, though the cost of the prints temporarily bankrupted the Royal Society and caused delays to future works. By his death he had started works on insects and geology, supported by his wife and four daughters. He died on 17 January 1705 and was buried outside Black Notley church. His belongings were sold to support his family. He was remarkable for his age as seeing religion and science as not being in conflict: 'The wisdom of God is manifested in the works of creation.'



The John Ray Trust was founded in 1986 and maintains close links with Cambridge University. The Trust awards a science prize to a student for a summer research project at the end of Year 2, and the student talks to pupils at Notley High School. Jennifer encouraged us to look out for projects to celebrate the 400th anniversary of John Ray's birth in 2027.

This month we look forward to a return visit by Phil Lyons. His topic on Tuesday 5 November at 2.15pm will be 'A Sailor's Life'. Visitors are welcome to meetings, held at Boreham Village Hall, for £3.

Jane Humphreys

The Essex Branch of the Historical Association

2.30pm Saturday 7th December 2024

DEBATE: Causes of the American Civil War (1)
Bleeding Kansas: Whose side are you on, Butternuts??

2.30pm Saturday 11th January 2025

Charles II's revenge on the men who killed his father
– retribution or Justice?

Don Jordan. Co-Author, "The King's Revenge"

at Trinity Methodist Church, Chelmsford
All Welcome £5 for non-members

Chelmsford u3a Travel group

Leader Anne Brereton



Our holiday to Ireland was taken up by 28 members. The holiday was blessed by smooth crossings both ways across the Irish sea and good weather. Only on one day did we have a couple of showers.

We stopped in a hotel in Mould in Wales for an overnight stay before catching the ferry. The rain on the way there was horrendous thankfully we were on the coach but we felt for Jason our driver. After a very early start the next morning with breakfast on the ferry all went well from then on. We had a long drive across Ireland to our hotel in Killarney.

Due to the time of year it made our excursions out to the ring of Kerry and the Dingle peninsula so much better without all the tourist coaches.

My only disappointment was Blarney Castle as this is now such a tourist attraction it has spoiled the attraction.

I will have some information about future holidays at our meeting on 2pm on the 13th November in room 3 at Christchurch. I do hope to see you then.

The itineraries for our 2025 holidays are on the Chelmsford u3a website at

https://chelmsford.u3asite.uk/u3a_groups/the-travel-group/

Best wishes
Anne Brereton

Lunch Club 2

Leaders: Harold Glaser

Unfortunately Sandra who was hosting our Lunch at The Angel on Tuesday 22nd Oct was unable to do so and we all wish her well and thank her for organising it. Thanks to Jean who kindly took over the finances.

The meal was delightful and well attended and we all look forward to the next lunch club meet up at the Tin Roof on 19th November

IT Group

Leader: Lyn Parsons

I am pleased to tell you the IT Group resumed its meetings in October after its summer break. We had a very good turnout given that a number of our regulars were on holiday with the travel group.

Once again people came with a variety of different IT issues and were given help by our support team.

As reported earlier this year the Chelmsford u3a Committee now pay for the room hire for this group to ensure that support is available for members in dealing with the complexities of IT. I had feared that due to the group running at a loss we may have to close the group, so this support was very welcome.

So if you are struggling with any IT issues please come along to the sessions, you may only need help for 1 or 2 sessions to get you up to speed with your devices, apps, online banking, security etc.

So there isn't any membership fee and no attendance fee, just a small donation for tea/coffee if you partake.



We meet at Christ Church, New London Road, 2nd Wednesday of the month 10.00-11.30. Please bring the device you want help with and a mug for tea/coffee.

I hope to see you there.

Garden Group

Group Leader: Chris Bellamy Secretary: Val Green

The National Garden Scheme, 100 in 2027
By Richard Wollaston
2pm on 28th November at Boreham Village Hall



Chelmsford u3a Member and City of London Guide Alison Woollard presented a very interesting, amusing and informative illustrated talk about Green London. She showed slides of familiar and obscure green areas in London. They included rooftops, disused areas including abandoned lavatories, small pockets of space which are all 'green' and support a range of plants. The talk was interspersed with anecdotes about unusual places found if you look carefully. A well researched and constructed educational and entertaining talk.

Chris Bellamy

**Chelmsford u3a Gardening Group Lunch,
1 p.m. Thur. 23rd January 2035
At Little Channels,
Pratts Farm Lane West,
Little Waltham, CM3 3PR.**

Family History Group

Group Leader: Lesley Wood

THE LAST HUSSAR 'FROM WORKHOUSE TO ROYALTY'

Enjoy an illustrated talk that explains the surprising history of the last Hussar of a 1900's Cavalry Regiment who charged – like in this painting – saw Queen Victoria's funeral; fought in WW1 against the original guerrilla leader in a forgotten African campaign that went on until November 25th 1918; was a Dad's Army ARP Warden in WW11 and took his first flight, when aged 98, to meet Princess Anne on the Cold War battle front of the East German border.



Family History Group

Leader Lesley Wood

The next meeting of our Family History group will take place on Friday 22nd November in Room 2 Christ Church, New London Rd, Chelmsford, starting at 2.00 pm (doors open from 13.30). Our speaker, Andrew Wiltshire, will deliver the above talk and all are welcome to join us.

Andrew will highlight the importance of keeping family archives, especially photographs, ephemera, and recordings (both written and spoken). He used his 'inheritance' to build a unique history of the life of his father from when orphaned, aged six, he was placed in a Workhouse and who lived from the age of the horse to that of space travel (but doubted the moon landing).

Andrew, the younger son of this 'Military Man,' was fortunate inheriting considerable quantities of his father's personal documents showing the especially important information of 'Who, Where and What' carefully recorded before he died aged almost one hundred.

Perhaps the only benefit of the lockdown periods of 2020 and 2021 was the time it gave Andrew to organise a genealogical trail of eight volumes and a catalogue of all the photographic albums, and these documents, his parents kept safe, in spite of their home being under the flight path of the WWII doodlebugs, which fell nearby. Adding further research from museums and scarce books, Andrew fills out the life of The Last Hussar in the hope that his example will inspire you, too, to build your family history 'before it's too late.'

Non subscribing members of the Family History group will be asked to contribute £5 towards the cost of the hall hire and speakers fee. Tea/Coffee will be included

Our group welcomes new members from beginners to advanced. For more details please contact Lesley Wood by email lesleywood54@yahoo.com or by phone 01245 601359

Science Group

Leader: Chris Bellamy

Science Group Meeting Thursday 21st November Why are Rare Breeds of sheep shown by the media Rare?

by Andrew Notman retired lecturer in Animal Production at Writtle Agricultural College

Television programmes like Countryfile are keen to show the virtues of the wool of rare breeds like the Cotswold. It was the wealth of wool on which many churches were built. Most commercial sheep farmers keep millions of sheep of limited breed types eg half-breds, and are more interested in meat quantity than wool quality. Many sheep breeds were linked to specific regions or counties. This was mainly to fit in with the local environments eg hills (Swaledale) or Islands (Soay), and counties eg Lincoln-Longwool, Shropshire.

The attributes of different breed types on fleece quality along with the effects of ewes rearing lambs will be discussed. A selection of various breeds, common and rare, will be used as illustration.

Report on u3a Science Group Meeting on Thursday 17th October 2024 Nationally Significant Infrastructure Projects (NSIPS) by Toby Risebrow.



Chris Bellamy the Group Chairman introduced Toby who is a Graduate Surveyor for a firm of Chartered Surveyors. Toby gave a truly excellent presentation with an interesting discussion during his presentation. There are rules governing what constitutes a NSIP. For example, a water transfer scheme supplying more than 80 million litres per day would qualify as would a power station generation more than 120 MW. The qualifying criteria are based on size and scale.

A project classified as a NSIP has to go through a rigorous process before permission to construct is granted. Toby used the Norwich to Tilbury pylon project to explain the process. NSIPS are submitted to the Secretary of State, currently Angela Rayner, and Ed Miliband as levelling up Secretary.

As part of the process Project Demand has to be assessed. Toby gave an example of the likely electrical energy demand by 2035. Toby showed a slide which showed the estimated electrical demand needed by replacing road transport and domestic heating by heat pumps. This was then equated with land use and an additional 180,000 acres of land would be required to generate this additional electricity. There is a balance between food and energy production to be made.

Before the application goes to the Secretary of State pre-application surveys are required. These include bore holes and trial pits to establish ground conditions, Ecological surveys and archaeological investigations which include trial trenches about 1m deep and 1m wide and 40-50m long. Drainage surveys are also conducted.

Once all the information is put together, the application to the Secretary of State can be made.

This is a multi-stage process taking many months. (For more information see <https://national-infrastructure-consenting.planninginspectorate.gov.uk/decision-making-process-guide>). Another aspect is compensation and wayleaves for land and property owners which have to be negotiated by Surveyors such as Toby.

The discussion during the afternoon centred on resources. These being both material resources, for construction such as sands and gravels as well as steel, as well as human resources. Human resources means having sufficient people with the right skills and knowledge given the number of NSIPS currently either in construction or going through the processes.

A most enlightening talk giving us a glimpse of what NSIPS are and the processes involved which requires people skilled in so many areas of activity.

Paul Chaplin

Science Group talks are held in the Catholic Church Hall in Melbourne Avenue, Chelmsford CM1 2DU. Doors open at 1.30pm and the talks start at 2.15pm. Tea/Coffee before the talk. **Non-members of the Science group are welcome. £2 for non-members.**



Chelmsford u3a Science Group Lunch

1 p.m. Thursday 16th January 2025,

Ivyhill,

Writtle Rd.

Margaretting, CM4 0EH

£33 for 3 courses

The Menu is available at

https://chelmsford.u3asite.uk/u3a_events/science-group-christmas-lunch/

Contact Chris Bellamy for more details

Chelmsford Science and Engineering Society

20th Nov **Animal Encounters: Grace Dickinson On Human-Animal Relationships.**

28th Nov **Cyber Saxophones And Silent Clarinets by Paul Davey, Audio Inventions Ltd**

For more details see the CES website at <https://cses.org.uk/>

Reminder to Group Leaders

Please send copy for the December 2024 Newsletter to the editor, Andy Moir.

All copy must arrive no later than Friday 29th November 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

LONDON – THE CITY AND ITS PEOPLE GROUP



**Wimbledon – Tour of Courts & Visit to Museum
25.11.2024**

Wimbledon Tennis Courts – the most famous tennis courts in the world. Our award-winning tour of the Grounds is the perfect way to see this world-famous site. Led by a Blue Badge guide we will see the facilities used by the world’s best tennis players as well as broadcasters; learn how Wimbledon’s distinctive grass is cared for and how the site has changed and improved each year. Note: Please wear comfortable footwear, there is lots of walking. Some parts of the tour are outside and continue in the rain so bring rain gear if necessary. Our tour lasts 90 minutes.

Wimbledon Lawn Tennis Museum - This is an opportunity to experience the history and traditions of the championships, get close to the famous trophies and feel the fabrics of tennis fashions from the Victorian period. You can discover how the Championships have developed since 1877. The interactive galleries include original objects from Wimbledon and clothing and equipment donated by top tennis stars. Flick through the pages of Arthur Ashes’ diary, sit on the bench used by Roger Federer in the Gentlemen’s Dressing Room and witness the power of Martina Navratilova plus much more. The museum offers free audio guides.

The Wingfield café supplies cakes, sandwiches, salads etc. plus hot drinks – there is a menu online. Please note all payments must be made by card, no cash payments are possible.

Tour/s start at 2.00 pm

- 9.30am: Lay by near ASDA, opposite Pollards Green
- 9.45am: Bus stop layby near railway station
- 10.00am: The Duck Pond, Writtle Green
- 4.30pm: Leave Wimbledon. Please try to be at coach approx. 10 mins. beforehand

Cost £45.00 Covers Guided tour, museum, 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

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Wimbledon Courts & Museum visit 25.11.24 £45 pp

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

Names/s _____ £ _____ Email address _____

Please pay by BACs if possible payable to: The U3A Chelmsford A/C No 67361669 00
Sort code 08.92.99 Reference LGWV

Or by cheque payable to Chelmsford U3A and sent to:
Berry Cornell at 24 Park Drive, Ingatestone CM4 9DT For confirmation please include email address or telephone no.

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	EMail
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@scion-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		Via website
Book Worms	1 st Monday	14.30	Nick Bailey & Jane Hickman		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	4th 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@lineone.net
Philosophy	Thursday 4-weekly	11.00	Julia McClure	07941 480240	Via Website
Philosophy & Religion	1 st Monday	10.00	Jim Mackay		Jim88mackay@aol.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@virgin.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

THAMES SAILING BARGE TRUST APPEAL FOR VOLUNTEERS

Help is needed to save two of the county's most famous old ladies, the Thames sailing barges Pudge and Centaur which are berthed at Maldon Quay. You don't need any special skills to help preserve these red-sailed beauties for future generations to enjoy. All you need is a few hours' free time every now and then.

We are always in need of volunteers to:

- ✓ "Meet and Greet" visitors and holiday makers on board, point out potential on-board hazards and answer their questions.
- ✓ To work alongside crew members when groups of school children or cadets come aboard.
- ✓ To help sell books, clothing and souvenirs at our Pop-Up Shops..
- ✓ To help serve tea, coffee and home-made cakes on Barge Open Days. Cake makers are among the Trust's most valued volunteers!

We also welcome those with practical skills such as woodwork, engineering, or painting and decorating to join a barge working party to help keep Pudge and Centaur in tip-top condition. Please lend a hand if you possibly can.

*To register your interest in becoming a volunteer, or to arrange a visit to the barges at Maldon and learn more about volunteering, please email John Rayment at the Trust on membership@bargetrust.org or call him on 07587 141054.

School Governor volunteer opportunities

Essex County Council has a number of school governor vacancies across Essex and are looking for people with a keen, inquisitive mind to join their school governing boards. Effective school governance has the power to transform young lives and gaps on a school board can potentially result in a decline in educational standards.

School Boards operate on a strategic level, so they don't get involved in the day to day running of the school; they look at things from a strategic perspective. Individuals from a diverse range of backgrounds can develop their own professional and personal skills whilst enriching schools boards with their own experiences and knowledge.

If you are interested contact Amy Hagan, Education Operations Advisor, amy.hagan@essex.gov.uk



Christmas Fair & Tree Festival
Saturday
30th Nov'24 **FREE ENTRY**
11am-3pm
Christ Church URC Chelmsford
64 New London Road, Chelmsford CM2 0AW
Santa's Grotto, Gifts, Food, Games, Dressing Up, Jewellery Crafts & Much More
For further info please email:
cchubdesk@gmail.com or
call Tel: 01245 354529 (option 2)



Shooting Star Entertainments
PRESENTS
Saturday
23rd Nov'24
1.30pm
Tickets £9 each
BRINGING GREAT THEATRE TO YOU!
CINDERELLA
Christ Church URC
164 New London Road, Chelmsford CM2 0AW
To book tickets please email:
cchubdesk@gmail.com or call Tel: 01245 354529 (option 2)