

The deadline for contributions to the next Newsletter is Wednesday 24 June 2026

Please send items for publication to the Newsletter Editor

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## Chairs welcome June 2026

Welcome to the June newsletter, whilst I'm writing this, we are in the middle of a heatwave!! We go from one extreme to the other in this country with no acclimatisation. It was nice for all the bank holiday events to have good weather for a change. For me I remember getting married on the May bank holiday and having an unexpected heat wave then as well.



Thanks to Phil and Cathy for a wonderful 5 days organised for the walking group in and around Windermere. We did some high climbs, which were hard, but rewarding once reaching the top. So that week I was dressed in thermal vests, fleeces, hats and gloves as I always feel the cold. We were blessed with lots of sunshine though and only a few bouts of rain. We all thoroughly enjoyed the trip and look forward to the next one. Hopefully Phil will upload some photos later in the newsletter.

For those who attended the inaugural meeting of the wine cheese and pudding club, what a treat we had. Lots of work put in by the organisers Anne King, Anne Hill and Chris Campbel so thank you to them. It was a great event, and I look forward to the next one.

The AGM will start the June meeting with all reports having already been sent out to everyone. Thank you to all those who contributed their reports and to Kathryn our secretary for pulling it all together. Nominations for this year's committee have been received and should hopefully be voted in at the AGM. We are making a slight change to our constitution in line with the main u3a having been worked on by 3 of the committee members and will also be explained and put to the vote at the meeting.

So, I look forward to seeing you on the 4<sup>th</sup> June.

*Marion Cain*

## NEXT MEETING

*4<sup>th</sup> June 2026*

Doors open at 1:15 pm  
Meeting starts at 1:45 pm

## FORTHCOMING SPEAKERS

*4<sup>th</sup> June  
Paul Clancy  
Magician*

*2<sup>nd</sup> July  
Brian Carline  
Tripe & Trotters  
Growing up in the  
40s and 50s*

*6<sup>th</sup> August  
No meeting*

## GROUP MEETINGS CALENDAR

<b>MONDAYS</b>			
Walking	Weekly	9.45	Richard Paternoster, Anne and Ray Hill
Are you Curious	4 <sup>th</sup> Monday of month	2:00 - 4:00	Carol Collins
Beer Appreciation	2 <sup>nd</sup> Monday of month	2:00 - 4:00	Terry Lake
Bird Watching	2 <sup>nd</sup> Monday of the month	TBA	Paul Nice
Card and Paper Craft	3 <sup>rd</sup> Monday of month	1:30 pm	Wendy Paternoster
Discussion	3 <sup>rd</sup> Monday of month	2:30 - 4:30	David & Barbara Hine
Knit and Chat	4 <sup>th</sup> Monday of month	2:30 - 4:30	Barbara Hine
Petanque (Boules)	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of month	10:00	Linda Deadman
Rummikub	Weekly	2:00 – 4:00	Pam Leys
Supper Club	1st Monday of month	6:00 pm	Val Stenson
<b>TUESDAYS</b>			
Book Club (2)	3 <sup>rd</sup> Tuesday of month	10:30	Maureen Pointer
Cross-Stitch	Every other Tuesday	10:00	Anne Hill
French Conversation	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month	2:30 - 4:00	Carol Clifford
Local History (2)	2nd Tuesday of the month	2:00	Graham Collins & Carol Collins
Petanque (Boules)	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month	2:00 – 4:00	Beryl Horrex/Janet Toms
Snooker (2)	3 <sup>rd</sup> Tuesday of the month	11:00 – 1:00	David Hine
Short Mat Bowls	Every other Tuesday	2:00 – 4:00	John Stenson
Ten Pin Bowling	Fortnightly	11:00	Jacqui & Keith Baker
<b>WEDNESDAYS</b>			
<i>Knitting &amp; Sewing</i>	4 <sup>th</sup> Wednesday of month	2:00 - 4:00	Katherine Lake
Line Dancing	2 <sup>nd</sup> and 4 <sup>th</sup> Wed of the	2:00 - 3:00	Jill Nettleship
Local History (1)	2 <sup>nd</sup> Wednesday of month	p.m.	Sandra Dawson
Table Tennis	Weekly	7:30	John Owen
<b>THURSDAYS</b>			
Cribbage (cards)	4 <sup>th</sup> Thursday in month	10:00 - 12:00	Keith Baker
Gardening Group	2 <sup>nd</sup> Thursday of month	2:00 - 4:00	Paul Nice & Marion Cain
Knitting (2)	Fortnightly	2:00 - 4:00	Sue Dodkin
Serendipity	Monthly (Normally a Thursday)	All day	Serendipity Team
Snooker	2 <sup>nd</sup> Thursday of month	11:00 - 1:00	David Lazell
<b>FRIDAYS</b>			
Canasta	2 <sup>nd</sup> Friday of the month	2:30 - 4:30	Ian Foster/Pam Foster
Book Club (1)	3 <sup>rd</sup> Friday of month	2:00	Pat Wilkinson
I.T.	4 <sup>th</sup> Friday every two months - Jan, Mar, May, July, Sept, Nov	2:00 - 4:00	Robert Nickless
Local History (3)	1 <sup>st</sup> Friday of month	10:00	Sue Morris. Sue Mitchell & Karen Hunter
Photography	2 <sup>nd</sup> Friday of month - Inside - Outside	2:30 - 4:30 2:00 - 4:00	Roger Young
Ladder Golf	Alternate Fridays	6:00- 8:00	Anne & Rae Hill
Solo/canasta	4 <sup>th</sup> Friday of the month	7:00 - 9:00	Ian Foster/Pam Foster
Walking	2 Fridays per month	Mid	Phil Kelly
<b>SATURDAY</b>			
Petanque (Boules)	2 <sup>nd</sup> & 4 <sup>th</sup> Saturday of month	10:00 - 12:00	Rosemarie Barrows
<b>SUNDAY</b>			
Sunday Lunch Club	Monthly, various dates	1:00 - 3:00	Carol Collins
<b>Other Various Dates</b>			
Garden Visits			Janet Arrowsmith
Theatre Trips			Claire Ham

**GROUP VACANCIES** - At the moment the following groups from the above list are full but please let group Co-ordinators, Carole Edwards/Rae Hill know if you want to go on a waiting list

BEER APPRECIATION	PETANQUE GROUPS 1 & 2	RUMMIKUB	DISCUSSION
SUPPER CLUB	BOTH SNOOKER GROUPS	SHORT MAT BOWLS	CRIBBAGE
CANASTA	SOLO	SUNDAY LUNCH	LADDER GOLF

# Noticeboard

## Pétanque group



On first and third Tuesdays at 2 pm, at LCC church, the pétanque group has spaces for new members, please contact the group co-ordinators and ask for information.

*Beryl Horrex*

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## **Lunch a Saxon Hall**

*We're hoping to get a group of people to go for lunch at the Saxon Hall. The date would be the 10th of December. The meal would be three course and tea and coffee the cost would be in the region of £35-£40. If you would be interested in this please give your name to Rosemarie at the next meeting. Many thanks. Val Stenson*

# Dates for your diary

## Walks with Phil

On **Friday 5 June 2026** we will meet at Ashingdon and East Hawkwell community hall ready to car share, and to depart by 9.45 am. We will drive to the small free car park at Lingwood Common to walk in a circuit via Paper Mill Lock on the river Chelmer. At Paper Mill Lock we will have a break and buy food and drink to consume at the outside tables of the cafe there and look at the ducks, swans and any moving boats. Total walking time maybe 4 hours including the break. Some ups and downs in woodland, by the river, and through areas of low intensity farming, And some decent views. Back in Ashingdon around 3 pm.

On **Friday 19 June 2026** lets meet at the free car park accessed from Cherry Orchard Way. We will walk via the Lawns and Gusted Hall Lane and the bridleway leading briefly past Toomeys and through the pedestrian subway. Then we will walk along the old Cherry Orchard Lane which is now pleasantly arboreal and narrowed down just for walkers and cyclists. Very close to the end of our walk is a newish Costas with pleasant external and internal seating where we can have a coffee if we like. Otherwise we just need to cross the main road at the roundabout close by which leads directly back to our cars. Some up and down, mainly in the country park, taking about 100 minutes.

New walkers would be very welcome on either or both of these walks. Obviously the first one requires an ableness to walk for longer than the second one. But there are no formalities. If you can manage to walk, with breaks, for up to 4 hours, or up to 2 hours, just turn up with sturdy footwear and a bottle of fluid. But any concerns text me.

Hoping to see you on one or both of these walks

*Phil Kelly*

## Monday Health Walks

Rae, Anne and Richard invite any of our u3a members to join us on our weekly, Monday walks from Magnolia Park. We start walking at 10.am so meet at 9.45.am to a to put on boots etc., to enable a prompt departure at 10 am. Walk distance is about 2 to 3 miles at a pace to suit the ability of the slowest walker. Please use suitable foot wear for unmade sometimes muddy footpaths and bring suitable rainwear etc for our changeable weather.

*Richard Paternoster*

## Serendipity

### ***Serendipity trip to Colchester Castle.***

*Thursday June 18<sup>th</sup>. Fully booked.*

*We will take the 09:17 train from Rochford to Colchester Town, changing at Shenfield.*

*Our booking at the Castle is 11:15.*

*There is not a coffee shop at the castle but plenty nearby. It is advisable to bring drinks with you as we arrive at Colchester at 10:47.*

*Anne and Rae Hill  
Serendipity Organising Group.*

## Group News



u3

*u3a walkers on Orrest Head above Lake Windermere during a visit to the Lake District in May. There is a photo in a newsletter of a previous group in the same location from 2018. If anyone can retrieve this please let Phil know*

## Household Cavalry Museum, Horseguards Parade, Whitehall, London

On Thursday 21st May a group of 20 members travelled to London to visit the Household Cavalry Museum. A Tube Strike was to have been held that day, but at the last minute it was suspended, so our elaborate plans of how to reach Whitehall were not necessary, and we arrived in plenty of time for our afternoon visit.



Upon arrival in Whitehall we joined the crowd around the Cenotaph to see the Band of the Grenadier Guards, various international military dignitaries, and troops wearing the distinctive blue berets, partake in a sombre ceremony commemorating the lives lost in Peacekeeping Actions by the joint United Nations forces.



Only 100 yards away stands the museum, and when we got there we were warmly welcomed by the staff and each issued with an audio/video device for our self guided tour of the many exhibits. We thoroughly enjoyed our visit, which led us through the early days of the formation of the Household Cavalry, up to the present day.

At 4pm that afternoon we were invited to witness the inspection of the mounted troops, and the foot guards.



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### ***Supper Club***

The super supper club has been running now for a couple of years. A very friendly mix of people attend once a month to eat and chat together. There is usually between 20 and 24 people. Along with the laughter and chat, there's plenty of banter our last get together was at the Cherry tree. Where we were all happy to see Jeanne eat all her chips. Next time we're going a bit further out to Rayleigh Lodge.

*Val Stenson*

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## Friday 22nd May: Cheese, Wine, and Pudding Club

We held the inaugural meeting of the Cheese, Wine and Pudding Tasting Club during the early evening of Friday 22nd May at St Andrews Church Hall, Ashingdon.

More than 40 members attended and were treated to samples of four different wines, four different cheeses, and four different puddings which they were tasked with tasting and then, purely for fun, applying a score to each to determine which had been the most preferred. This was followed by a short Quiz, won by Julia Hemmings, who was presented with her prize of a U3A Chief Wine Taster apron. The evening ended with a general discussion as to whether there should be another meeting of the Club. A massive majority were in favour of a further event, so Chris Campbell, Ann King, and Anne Hill will be putting their heads together to try and make this happen. Any offers of help to organise the next event would be gratefully received.



*Rae Hill*

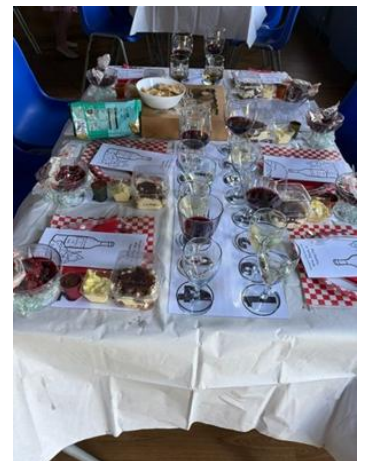
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On Friday Chris Anne and Rae. And their helpers Ann Eileen and Jeff worked very hard setting up the first meeting of Wine cheese and pudding club



Tables were all laid beautifully. We each had 4 wines. 4 cheese and 4 puddings and had to rate them in order of preference. Strangely. Wine number 1 was least favourite. Non- alcoholic!! That must say something.

Everybody loved cheese and the puddings were delicious. We then had a quiz based on the evening And a raffle.



We all enjoyed their hard work and were happy to hear there will be another. Well done to you all.

*Val Stenson*

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## Card and Papercraft Group

In May, we took the opportunity to practice our ink blending skills, with much success, as you can see below.

Initially we used photo insert cards to stencil flowers on the insert and then continued around the frame. We paid attention to shading to add depth and realism, transforming flat flowers into effective 3D forms. We then decorated our envelopes to match and crafted some beautifully co-ordinated gift tags.

Finally, we turned our attention to seamlessly blending inks (see card with blue background). This technique takes a lot of work going forwards and backward to combined two or more inks to create smooth gradients or an ombré effect.

Unique, one-of-a-kind cards were perfectly crafted ready to delight a special recipient.



Claire Ham

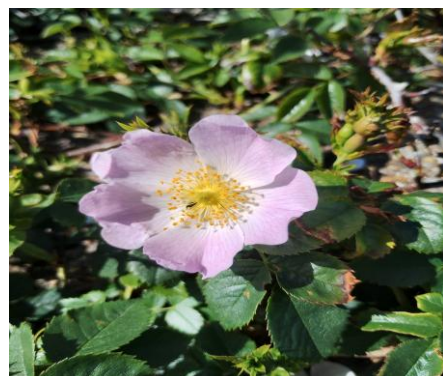
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### Simply Beautiful

After an unexpected gap in our schedule — circumstances entirely beyond our control and a certain surprise birthday celebration — it's good to be back with a fresh burst of photographic inspiration. We also return to: a Bank Holiday weekend that delivered wall-to-wall sunshine, blue skies, and enough SPF to make a chemist smile.

This edition celebrates the quiet magic of noticing the small things. Sometimes it's not the grand vista that catches the eye,



but a single wild rose glowing in the light, or the stark, weathered lines of the WW2 Shoeburyness Searchlight Emplacement looking out across the estuary. Simple subjects, yes — but in the right moment, they become extraordinary.

That’s the joy of photography: the way an ordinary object can suddenly reveal shape, story and character when we pause long enough to really see it. Beauty doesn’t always shout; sometimes it waits quietly to be found. So here’s to May: a month of bright skies, small wonders, and the pleasure of being back in step again.  
Roger Young



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## Committee Members Contact Details

Chair	Marion Cain
Vice Chair	Rae Hill
Secretary	Katherine Lake
Treasurer	Ian Foster
Membership Sec.	Val Stenson
Joint Group Coordinator	Carole Edwards
Joint Group Coordinator	Rae Hill
Committee member	Anne Hill
Committee member	Barbara Hine
Committee member	David Hine
Committee member	Noreen Bishop
Committee Member	Carol Collins
Committee member	Terry Lake
Committee Member	Chris Campbell
Committee Member/ Beacon Admin	Pam Foster
ExOfficio/Minutes Sec & Webmaster	Janet Berry