



A Little While, A Little While (*abridged*)

A little while, a little while,
The weary task is put away,
And I can sing and I can smile,
Alike, while I have holiday.

A little and a lone green lane
That opened on a common wide;
A distant, dreamy, dim blue chain
Of mountains circling every side;

A heaven so clear, an earth so calm,
So sweet, so soft, so hushed an air;
And, deepening still the dream-like charm,
Wild moor-sheep feeding everywhere.

That was the scene, I knew it well;
I knew the turfy pathway's sweep
That, winding o'er each billowy swell,
Marked out the tracks of wandering sheep.

Even as I stood with raptured eye,
Absorbed in bliss so deep and dear,
My hour of rest had fled by,
And back came labour, bondage, care.

Emily Jane Brontë



Our monthly meetings are held on the first Friday of every month in the Village Hall, Arcadia Road, Burnham-on-Crouch CMO 8EF. List of dates: p.3.

Email: info.u3a.boc2@gmail.com

Telephone: 07388 153930 Website: www.bocu3a.org

Facebook  *Burnham-on-Crouch u3a*

From the Chair

Hello Members,

At the beginning of June we held a social event in lieu of our usual speaker, the cream tea seemed to be enjoyed by all the people I have spoken to, and the spread was fantastic, all freshly baked by members of the committee so a big thank you to all of those involved. The committee did have a side wager on how many people would put the cream on first, rather than the jam!

Currently we are in the process of planning our u3a stall at the Burnham Carnival (Saturday 27th September). Many of you will remember how successful this was last year, if any of you have some free time (just a couple of hours) to help the stall please contact Jo Gray, the Carnival is a great way to spread the word about our u3a community. See below for more details.

Regards

Carl



Burnham Carnival – Saturday 27th September 2025 Volunteers Needed Please!

As we did last year, we're planning to have a stall at the Burnham Carnival. We will need volunteers, please, to staff our stall on the day, tell visitors about the u3a and encourage them to join. We'll organise a rota so that no one needs to commit more than a couple of hours. **If you think you'll be able to help, please will you let Jo Gray know?**

Also, we'd like as many of our members as possible to jot down just a couple of lines saying what you most enjoy about belonging to the u3a, what your favourite activities are, why you joined us, etc. The idea is to have a display featuring members' (anonymous) comments for the stall. **Again, please send your sentences to Jo Gray.**

Thank You

Monthly Meeting Dates

(2.15 for 2.30 pm)

Burnham Village Hall CMO 8EF.

Dates (Fridays)	Speaker	Subject
4 th July 2025 £2 (cash please)	Andrew Babicz	Great Gardens <i>What makes a garden great? Is it the imposing house, the plants, the landscape or how good their tea and cakes are?! Andrew will take us on a visit to gardens all over the UK.</i>
1 st August 2025 £2 (cash please)	Tammy Blest	Fraud Prevention <i>Tammy is an Essex Police Fraud Prevention Officer and will talk about the latest frauds and scams to watch out for. An opportunity to raise awareness, and get useful tips on how to avoid being a victim of crime. Members attending will get a free Fraud Prevention Pack.</i>
5 th September 2025 £2 (cash please)	Barry Butler	Quiz <i>Barry has arranged many quizzes for various groups – our quiz will have around 20-30 questions, and should be a lot of fun!</i>

Interest Groups

There is a full list of Interest Groups towards the end of this newsletter.



Website – www.bocu3a.org

Our Burnham u3a website is at www.bocu3a.org. Do have a look at it to find information about our u3a and its activities, as well as upcoming events organised by the u3a beyond Burnham.



Burnham-on-Crouch u3a Facebook Page



Please check out our new 'Burnham-on-Crouch u3a' Facebook page.

We are hoping to use it to advertise the vibrancy of our u3a, raise awareness of our group activities and to encourage new members to our branch, hopefully some with the skills and enthusiasm to launch new and exciting groups.

If you would like to contribute you are more than welcome to send me your pics and your text and I will upload your message. The more the merrier.

I am still working on raising awareness, so your likes and shares will be very welcome indeed.

Jo Gray

The June Social Event

Didn't we have a lovely time at the u3a cream tea?

The hall was buzzing with people chatting and tables laid with home-made cakes on red and white gingham table cloths. (On plates, of course.) There is something special about a homemade cake, bought in ones are all very well but a butter cream iced butterfly cake is always appreciated (and a reminder of Sunday afternoon tea in the 'best room' for many of us me thinks). Alongside them were a 'delight' of banana and ginger cakes, brownies, teacakes (also gluten free options) and scones with jam and clotted cream and yes, we did have the usual jam versus cream debate. Not forgetting the scrumptious – homemade – sausage rolls.

To exercise our brains whilst chatting were two table quizzes; British Landmarks and Name the City. Our table did notice the South West bias of the landmarks and debated Tintagel or Corfe (we put the wrong one) with a 'curve ball' of Edinburgh Castle put in. The city sheet did test our brains for one particular clue, we ran through all the deer/tool types we could think of; Doebit, Buckwood and Bracehart (and more) until arriving at Boredoe (Bordeaux). So obvious when you know it!

So thank you to all the hard work of the cake and savoury makers, tea and coffee pourers, table layers and tidy uppers. Thank you for a very pleasant afternoon.

Judi Embling



Pétanque

The weather has been kind this month so we were able to play two games.

On 2nd June Caroline, a new member of the group, and Phil played John and myself. We were evenly matched but John and I came to win in the end.

On 18th June, a very hot afternoon, Caroline, Margi and Gwen played the men, Phil, Don and John. The men very quickly scored 13 points, the required number of points to win.

Ladies' score: nil!

We started again and the ladies eventually won 13 to 8 points. It was now just after 4pm and time to cool down.

Gwen Pocock

Luncheon Explorers

Dear All,

Would you like to join one of our lunch groups? Our Luncheon Explorers group travels to visit restaurants and pubs up to a 15-mile radius of Burnham. Each month, one of the members of the group chooses the venue for the following month, so everyone gets a choice. We meet on the 3rd Friday of each month at lunchtime, of course!

The group has been unable to take on new members for a while, but we're now keen to welcome a few more. First come, first served (excuse the pun!) Please let me know if you would be interested in joining us.

I look forward to hearing from you.

Josie Scroggs



Photographic Group

At our meeting on Monday 9th June, we viewed the various images on transport and bridges which had been submitted by members since our last meeting. It was interesting to see the diversity of pictures taken and how well-travelled people are. The second half of the meeting we were treated to a presentation on Black & White photography by our very own Vincent Hernan. Vincent not only talked about what pictures benefited from conversion to black & white but professional photographers who made their careers selling their monochrome photography from the likes of Alan Schaller to Sebastiao Salgado. It made sense for next month's theme to be black & white photography. So each member can submit up to four images for discussion at the next month's meeting. This will be coupled with a follow-up presentation by Vincent on black & white editing.

We have also agreed to visit the railway museum and viaduct at Chappel Essex on Wednesday 2nd July 2025. And the seal sanctuary at Horsey, Norfolk on Monday 24th November 2025.

If you have a smart phone and/or a camera and you would like to improve your photography you are more than welcome to join us at our next meeting on Monday 14th July 2025 at 10:00 – United Reformed Church, 53 Station Road, Burnham-on-Crouch, CMO 8HF.

Happy snapping!

Richard Hartley



Pitch and Putt

13th June 2025

Five of us met to play on a very warm and sunny day. Yve was also with us but as she had broken her hand playing badminton 3 days earlier was unable to partake, but just came along for the fresh air and to give Steve H. some golfing tips. Tony teed off first and his ball went very high as usual but into a tree on the right. It bounced out and landed just a few feet from where he had hit it. Unlucky really.

Karen started very well with a 4 and a 3 and a 3 and a 4. That's 2 pars in 4 holes. By the time we got to the 7th, Karen was still in first place, but tied with Ian who managed to par that particular hole. Karen then dropped a shot to Ian on the 8th who managed to par that one as well, and then both players scored an unhealthy 6 on the last hole. Lowest score of the day went to Ian with a 37. That gives him 9 wins in total but he is still only second to Lynn who has 12. Karen came second with a 38, which is her best score ever apart from a 37 which she got on her very first outing with us back in February 2023. Phil got 41, Tony 42, and Steve H. 46. It has to be said that with Yve's help and coaching, Steve greatly improved on his previous best score of 52.

Most of us went for lunch as usual at the Fox and Hounds, Cock Clarks.

The next meeting will be on Friday 11th July at 10.30am.

Ian Parrott



André Rieu fans?

Would any members be interested in attending an André Rieu concert next year? If so, please let me know to arrange a meeting to discuss options. Thank you.

Geoff Charge

Art, Architecture & Design

Reminder: after a break for the Art Trail, we shall be back again on Friday 18th July with two more subjects. Our main illustrated talk will be *The Art World's Wife: Seven Women Artists Overshadowed by 'the Other Half'*. For the second part, 'I Collect...', we shall look at a collection of enamel jewellery including early Adie and Lovekin, Monet brooches, Japanese cloisonne and hippy bo-ho pieces from the '60s. If you have any enamel jewellery, and are coming to the meeting, bring it along and we can discuss the date, design and style.

Delia and Mike Allen

<p>THE ART WORLD'S WIFE SEVEN WOMEN ARTISTS OVERSHADOWED BY 'THE OTHER HALF'</p>  <p>AN ILLUSTRATED TALK FOR THE BURNHAM ON CROUCH u3a ART, ARCHITECTURE AND DESIGN GROUP</p> <p>DELIA and MIKE ALLEN</p>	<p>WE COLLECT... ENAMEL JEWELLER'</p>  <p>WHETHER BROOCHES, BRACELETS, RINGS OR PENDANTS ENAMEL JEWELLERY TRANSCENDS THE WORLD</p> <p>MIKE AND DELIA ALLEN</p>
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Artificial Intelligence for Everyone Talks by Ian Hawker and Don Mowbly

Essex u3a Network

Friday 4th July 2025

[Stanway Village Hall](#) Villa Road Stanway, Colchester CO3 ORH

Doors Open 1.15pm–Finish 4.30pm

(Sandwiches and drinks available from 1.30pm, talks start at approx. 2.15 pm)

Absolutely Free Event!

Book Your Seat at Essex Network Homepage

<https://chelmsford.u3asite.uk/essex-u3a-network-home/>

Event Sponsored by the Third Age Trust

10-Pin Bowling

5th and 19th June 2025

5th June

Although we are a friendly group, we also do bowl competitively, and no one is more competitive than Lynne. Normally absent for the summer months, the thought of Tim who scored 211 in our last session – making him our top scorer – enticed Lynne back to try to challenge him.

All was going well for Lynne who bowled 150 in the first game, marginally beating me by 6 points. Not to be outdone, games 2 & 3 went my way with 151 and 154, giving me both the highest score and the highest series of the day.

Diane R improves every session and bowled an average of 100 per game with her highest being 121. Bowling on the same lane, Phil was well-pleased with his high score of 130. In all the excitement of last time, I completely forgot to mention that one of our newer members, Babs, scored a Turkey, three strikes in a row – sadly this week she didn't do so well.

Looking at the scores, I notice that all bowlers improved on their scores as the afternoon progressed; Lynne bucked the trend blaming the 'coffee curse' for her decline.

Diane Caulkett

19th June

Eleven of us turned up at Bowling today and, as always, we had a fun afternoon. Although Tim couldn't quite match his amazing 211 of recent fame he still managed the highest score in a round (144) and overall (387). Anne Langley was 2nd overall with 340 and Julie was 3rd with 334. Tim also managed a turkey in the last round which was great but he was not alone in that as Anne W also got a turkey in round 2!

We'll want to do well with our bowling but it really is the game that counts and everyone is very supportive of each other.

Next meeting is Thursday 3rd July.

Anne Wodhams

Bird and Wildlife Group

Tiptree Heath, Wednesday 11th June 2025

On a lovely sunny day, 11 members of the group met initially for a coffee at Clare's café (on the main road just before the heath). We then all parked and began our wander through this pleasant spot which covers 24 hectares of mixed trees and open heathland. We heard a lot of birdsong but saw few actual birds because of thickness of the foliage at this time. However, there was a wealth of different types of flowers and other species. There was something about this environment that left most of us with a great sense of calm. The area is significant for its range of heathers and between us we spotted all 3.

Birds: Great tit, Wood Pigeon, Robin, Rook, Carrion Crow, Green Woodpecker, Chiffchaff, Greenfinch, Red Kite (very close, just above us, which was a real treat).

Other species: Grey squirrel, Black tailed bumble bee, Grasshopper, Small heath butterfly, Cinnabar moth, Speckled Wood butterfly, Bracket fungus.

We identified 26 different flowers (mainly due to Jill's expertise), including the 3 types of heather – Ling, Bell Heather and Cross leaved Heather. Also, Jill identified Heath bedstraw, a pretty, dainty white flower which we had never seen before.

(The flowers in the following lists which are marked with an asterisk are "weeds" which probably grow in most of our gardens!)

Yellow flowers: Meadow buttercup*, Perforate St.John's Wort, Creeping Cinquefoil, Herb Bennet*, Birdsfoot trefoil (bacon and eggs), Honeysuckle, Tansy, Catsear*, Yellow Iris, Gorse.

White flowers: Elder*, Lesser Stitchwort, Cleavers (Goosegrass)*, Heath bedstraw.

Red flowers: Red Champion, Common sorrel*, Sheep's Sorrel, Scarlet Pimpernel*

Mauve flowers: Bell Heather, Ling, Cross-leaved heather.

Pink flowers: Dog Rose, Rosebay, willowherb.

Blue flowers: Self-heal*

Green flowers: Stinging nettle*, Soft rush.

Next meeting: 9th July. Tesco Maldon Cafe 10am (for coffee and facilities), then walk to Beeleigh Falls.




Lynda Ewers



Community Voluntary Service



Burnham u3a is a member of Maldon & District Community Voluntary Service, a charity which aims to support communities across the Maldon district. Many of you will already know about these organisations, but even if you do, you may find it useful to have their details (below) to pass on to friends and family if appropriate. Or you may feel like exploring opportunities to volunteer with them.

Pete Wardle

 <p>Action for Family Carers</p>	<p>(website; phone: 0300 770 8090; email care@affc.org.uk) <i>Action for Family Carers is a charity which offers information, advice, support, counselling, activities and respite day care to carers who provide unpaid help and support to a partner, child, relative, friend or neighbour who could not manage otherwise.</i></p>
<p>AL-ANON FAMILY GROUPS UK & EIRE</p>	<p>(website; Free confidential helpline 0800 0086 811, open 10am-10pm 365 days of the year) <i>Al-Anon Family Groups UK & Eire is for anyone whose life is or has been affected by someone else's drinking.</i></p>
<p>Carers First</p>	<p>(website; helpline: 0300 303 1555; email: hello@carersfirst.org.uk) <i>Carers First works directly with and for carers, providing personalised information and tailored support in the way that suits them, helping them find balance and to live their lives to the fullest.</i></p>
	<p>(website; phone: 01621 875774; email: via website) <i>Citizens Advice, an independent charity, provides free, high quality, independent information and advice on a wide range of subjects.</i></p>
 <p>Essex Wellbeing Service</p>	<p>(phone: 01376 574341/0800 977 5858; email: enquiries@caessex.org.uk) <i>Community Agents Essex, part of the Essex Wellbeing Service, is a countywide network of agents and volunteers who support older people and informal carers to find and develop independent living solutions from within their local community.</i></p>

 <p>Essex Home Help Service</p>	<p>(website; phone: 01245 806440; email: essexhomehelpservice@gmail.com)</p> <p><i>Essex Home Help Service are a registered charity who are offering a FREE telephone befriending service. We can also support you with the following (paid) services: Housework; Shopping; Sitting/Companionship.</i></p>
	<p>(website; phone: 01621 851891; email: admin@maldoncvcs.org.uk)</p> <p><i>The Social Supermarket offers the chance to buy a weekly shop at a fraction of regular supermarket prices.</i></p>



Maldon Cluster Group

(Maldon & District, Blackwater, Limebrook, Dengie & District, Burnham-on-Crouch, Crouch Valley and South Woodham Ferrers u3as)

As a member of Burnham-on-Crouch u3a, you are free to attend Interest Groups, including theatre trips and outings, organised by a number of other u3as in the area, if there is space.

Follow this link for more information about Interest Groups across the Maldon Cluster Group:

<http://www.maldonu3a.co.uk/activitygroups/ClusterGroupActivitySchedule.pdf>



Third Age Trust – the u3a nationally

As a member of Burnham-on-Crouch u3a you also have access to:

Offers and discounts via 'u3a Friends Extra'

(https://u3afriends-extra.org.uk/a_/)

The 'u3a Friends' (sign up to the newsletter)

(<https://www.u3a.org.uk/get-involved/u3a-friends>)

A u3a podcast

(<https://www.u3a.org.uk/news/u3a-radio-podcast>)

The u3a learning programme

(<https://www.u3a.org.uk/learning/national-programmes>)

Online learning via Zoom

(<https://www.u3a.org.uk/events/educational-events>)

'Third Age Matters' magazine – you can read the latest issue via the link below
(<https://www.u3a.org.uk/news/u3a-matters/screen-reader-editions/u3a-matters-summer-2025-screenreader-edition>)

Interest Groups

* - Groups marked with an asterisk are currently Full: but please let the group leader know if you would like to join a waiting list. Also, if the group you're interested in is full and you'd like to start a second group – or if you'd like to start a group not on the list, contact anyone on the committee and we will do our best to help you get one going.

Day	Interest Group	Group Leader
Mon 10.00am (2 nd)	Photographic	Diane Raddon
Mon 2.30pm (2 nd & 4 th)	Recorders	Linda Baxandall
Mon 2.30pm (weekly)	Table Tennis 1 *	Eric Tremlett
Mon 2.30pm (last)	Garden Views *	Margaret Heel
Mon 2.30pm (3 rd)	Book Lovers *	Frances Harris
Tue (am) (4 th)	Walking	Diane Caulkett
Tue 2.00pm (weekly)	Badminton	Colin Thompson
Tue 5.00pm (weekly)	Line Dancing	Anne Dowman
Tue 2.00pm (2 nd)	Literary *	Jacqui Cousins
Tue 7.00pm (weekly)	Bridge *	Liz Smith
Wed 10.00am (weekly)	Archaeology	Sue Spiers
Wed (am) (2 nd)	Bird & Wildlife	Lynda Ewers
Wed 10.30am (3 rd)	Family History *	Mary Hyde
Wed 10.30am (3 rd)	Garden Topics *	Pamela Burton
Wed 2.00pm (fortnightly)	Scrabble	Sandra Stocker
Wed 2.30pm (4 th)	Winter Readers	Bev Abbott
November - April		
Wed 2.30pm (weekly)	Table Tennis 2 *	Roy Hutchins
Wed 2.30pm (last)	Our Ancestry *	Peter Banham
Wed 3.00pm (1 st & 3 rd)	Pétanque	Gwen Pocock
Thur 10.00am (weekly)	French *	Pam Eastham
Thur 2.00pm (fortnightly)	10-Pin Bowling	Diane Caulkett
(Currently paused)	Artisan Crafts	Jenny Newman
Thur 3.00pm (2 nd)	The Literati	Phyllis Brame
Fri 10.30am (3 rd)	Art, Architecture & Design	Mike & Delia Allen
Fri 10.30am (2 nd)	Pitch and Putt	Ian Parrott
Fri 12.00pm (4 th)	Luncheon Homebirds	Diane Raddon
Fri 12.30pm (3 rd)	Luncheon Explorers	Josie Scroggs
Fri 2.00pm (weekly)	Mah Jong *	Terry Sims
Sat 10.00am (weekly)	Archaeology	Sue Spiers
As Arranged	MOTO (Members On Their Own - formerly 'Life Anew') *	Liz Smith
As Arranged	Quizzing	Ian Parrott

Committee

Position	Name
Chair	Carl Hughes
Vice-Chair	Dave Rae
Secretary	Jo Gray
Membership Secretary	Phil Flack
Groups Co-ordinator	Pete Wardle
Treasurer	Diane Raddon
Webmaster	Graham Newman
Social	Lorraine Jarvis
Social	Marilyn O'Doherty
Speaker Co-ordinator	Maureen Rae

Committee meetings are held at the Olde White Harte Hotel on the 3rd Thursday of the month, at 10.00am. Members are very welcome to attend; if you plan to do so, please let our Secretary, Jo Gray, know in advance.



Upcoming Committee Meetings

17th July; 21st August; 18th September 2025.



The deadline for copy for the August 2025 newsletter is NOON on Thursday 24th July. Please email your contributions to Pete Wardle. Photos are welcome, but please email them separately from the text you are sending.

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