

WHAT'S ON

11th September - Christine Webber -Talk 'Positive Ageing'

19th September Mercury Theatre CO2 production 'We Will Rock You'

25th September Social Xtra Talk- Lucy Lewis 'The first female bomb disposal officer'

9th October – Martin Lloyd -Talk 'Becoming a Famous Author'

12th October -Local Visit to E&H Air Ambulance at Earls Colne.
See inside

23rd October Social Xtra -John Rosie of Braintree Beekeepers Assoc. Talk 'Bees & Beekeeping'

26th NOV Day Trip – 'A Day in Bury St Edmunds for the Cathedral Christmas Fair'
NOW BOOKING see inside

'LIVE LIFE TO THE FULL'

THOUGHTS FROM THE CHAIR

LINDA ANDERSON

I am sitting in front of my computer, having just finished writing the Trustees report for our AGM in November, pondering about what I can enthral you all with in this month's ruminations. I checked the news feed for inspiration and saw that the Bayeux Tapestry will be on display at the British Museum from September 10th this year through to July 11th next year.

Tickets for the first four months of the exhibition, sold out within 24 hours, with more than 80,000 people queuing online.

I then recalled that in early 2024, we had a professional historian as a guest speaker to give us a talk about it. I also recall that some of our members at that meeting had got frustrated due to the speaker standing in front of the PowerPoint presentation rather than using a digital pointer or even a bog-standard stick. She also relied heavily on the tablet in her hand.

But I digress, the origins of the tapestry have been the subject of much speculation and controversy over the centuries. French legend maintained the tapestry was commissioned and created by Queen Matilda, the powerful wife of William the Conqueror, and her ladies-in-waiting. However, it is now widely accepted to have been made in England, perhaps as a gift for William, it tells the story from the point of view of the conquering Normans and for centuries has been preserved in Bayeux, Normandy, France.

Although initially announced in 2018 it would be loaned to Britain for public display in 2022 it did not happen for whatever reason?

However, in July 2025, it was announced that the tapestry would be loaned to the British Museum from September 2026 to June 2027 in exchange for items from the Sutton Hoo site, the Lewis chessmen or the Battersea Shield being loaned to museums in Rouen and Caen.

It would be the first time in 900 years that the tapestry had been in Britain. The tapestry arrived at the British Museum on 10 July 2026. This was even though 40,000 French people signed a petition launched by a French art historian to block the loan claiming that transporting it would damage the tapestry's fabric.

As we all know, the French and the English haven't always been bosom beaus, despite our intertwined history. The French have possibly been the opponents to the English more than any other nation. Acknowledging that

yes, it has taken 900 years to achieve, but with goodwill on both sides and working collaborative, see what can be achieved?

If we can take this down from a national level to a local level, our u3a is a collaborative organisation. We are a mutual aid charity and not a service provider, with no paid staff. To this end we need to have members who are willing to volunteer to make things happen for the benefit of other members, making it OUR u3a.

The happenings don't have to be huge undertakings; they can be as straightforward as helping to tidy up after our monthly meetings; offer to help run a group you attend; as the (in)famous ad on the TV says 'every little helps'.

Please give it some thought. – Thank you. *'Energy flows where the attention flows/In the waves of change we find our true direction.'* (Anon).

Stanway u3a AGM 2026 Notice

Notice is hereby given that the 2026 Annual General Meeting of Stanway u3a will be held prior to the Monthly Members Meeting in Stanway Village Hall at **2pm** on Friday 13th November 2026.

Voting will take place in advance by electronic and postal means, with the results reported at the AGM. All members returning a voting form by post or online will be deemed to have participated in the AGM and count towards the required quorum.

This is in accordance with the resolution passed by the Trustees of Stanway u3a on Tuesday, June 9, 2026.

Full documentation for the AGM will be sent to all current members in a special mailing in late September.

Nominations are invited for new committee members.

Nominations may be submitted by post by members with a postal subscription or online by following the link below for those members with email subscription.

Completed Nomination Forms must reach us by the closing date: 4pm on Saturday, September 19, 2026.

Tom Malcolm

Business Secretary

Stanway u3a

Registered Charity No. 1171008

Nominations to join the Executive Committee

Please consider joining the Committee and help us ensure the continued success of Stanway u3a.

Please note that you cannot nominate yourself. Please ask another Stanway member to complete and submit the form and another member to second the nomination.

If you wish to nominate someone, please ensure you have the agreement of the person you are proposing.
The nominations period closes on September 19, 2026.

How to submit your form.

If you have internet access, please follow this link; complete all required fields and press submit:

<https://forms.gle/5bS9315PYzgT1X2a7>

If you are a postal member without internet access, you can collect a Nomination Form at the September Monthly Meeting. Alternatively, Nomination Forms are available on request from the Membership Secretary, Jean Fatcher on 07803 248317. Please complete the form and mail to arrive by September 19, 2026. The address to mail it to is: Stanway u3a Secretary, 70 Straight Road, Lexden, Colchester, CO3 9BT.

If you have any queries, please email: stanwaysecretary@gmail.com

Text Message Scams

Fraudulent text messages are continually being used to try to steal your money and data. Here are some of the most prevalent ones:

1. Fake DVLA text asking you to update your details.

The DVLA requires your information to be current. Visit <https://> or your driving licence could be affected

2. Hi Mum, Hi Dad text scam is back again. Scammers are sending texts supposedly from family asking you to get them out of a spot by sending money. Call your loved one on a trusted number to confirm the details of the request. Some find it helpful to ask the sender a question that only the real person would know the answer to or ask them for a pre-agreed password.

3. Fake texts about an unpaid parking fine.

We have identified an unpaid parking amount on your account during our latest payment reconciliation. To avoid further charges and any related account administration, please complete settlement at the earliest opportunity.

To view your parking session details and complete your payment, please visit our official website below and enter your vehicle registration number.

<https://>

ParkingEye – Parking Payment Reconciliation Pending

As part of our routine financial reconciliation, we were unable to reconcile payment for your vehicle's recent parking session. To avoid additional charges and any administrative restrictions that may be imposed, please settle the outstanding amount at your earliest convenience.

To view your parking session details and complete your payment, please visit our official website below and enter your vehicle registration number.

<https://>

4. Fake text about an Evri missed delivery.

Evri UK Delivery Notice
At 15:34 yesterday, our delivery team headed out to deliver your parcel but could not finish the task. Important address information was unrecorded, preventing full location verification. Your parcel is stored securely at our regional depot. Please log into our official website within 24 hours to submit all valid address details and select an alternative delivery window.

<https://www.evri>

Don't get caught out by these scams. For more details on these and other scams visit:

<https://www.which.co.uk/news/consumer-rights>

or our own Fraud alerts webpage: <https://stanway.u3asite.uk/fraud-alerts/>

Stay Safe!!

Alec Anderson

IT and Data Security Officer

Friday 11th September at 2pm Stanway Village Hall (doors open 1.30pm)

Christine Webber -Talk ' Positive Ageing'.

Browse our book and puzzle stall.

Join us for Tea, Coffee & Biscuits and chat to friends after the talk.

Admission & refreshments free!



For our first Monthly Meeting after the summer break, we welcome speaker Christine Webber with her very interesting talk on something we all strive for, positive ageing.

Christine trained as a singer at the Guildhall School of Music and Drama but had to re-think her career plans when her professor commented, "Your voice is ok, but your legs are very much better!" Musical theatre beckoned. There was some success. But not much.

Eventually, in 1978, she became a news presenter for Anglia TV. At last, she had found something she enjoyed that other people thought she was good at. It was such a relief that she stayed for 12 very happy years.

Next, she embarked on a freelance TV career and also became a health journalist and an agony aunt for various publications including TV Times, BBC Parenting, The Scotsman and Woman. Additionally, she trained as a psychotherapist and started a practice in Harley Street.

Over a period of 30 years, she was commissioned to write a dozen self-help books, but as she approached 70, she abandoned fact for fiction and wrote four novels in which the main characters are 50 and over. She says, "This is such a rich and transitional period of life, and we all want to read stories about folk of our own age".

Christine's speaking career has spanned interviewing artists such as Sir Bryn Terfel at the Royal Opera House, proposing the motion at a debate at the Oxford Union, chairing medical conferences at The King's Fund and other venues and a large number of book events with authors who include Kadiatu Kanneh-Mason, Carol Drinkwater and Lady Glenconner. She also talks on positive ageing regularly to Women's Institutes, U3A and other organisations. In these, she covers a range of topics that help people of a certain age to maximise their chances of staying as fit as possible for as long as possible.

Now 79 herself, Christine is passionate about encouraging people to make changes that will help their health and longevity. In addition to the talks, she writes a column on positive ageing for six newspapers in East Anglia and has also made over 35 video podcasts which are on her website (www.christinewebber.com)

She was widowed in 2018 after a wonderfully happy marriage to the doctor and medical writer, David Delvin. Since then, she has moved back to East Anglia and taken on various voluntary roles such as Chair of Norwich Chamber Music, and Trustee of Concerts at Cratfield. She keeps fit by walking and taking classes in Pilates and ballet. Two years ago, she met a gentleman who was also widowed, and they now live together, very contentedly, in mid-Suffolk.

Colchester u3a Monthly Meetings

Highwoods Community Centre 1:45pm Wednesdays (talks start at 2:00pm)

16th September 2026 Colchester u3a AGM 2026 followed by Tony Earle talk 'All Aboard the Bus'

Social Xtra Afternoon**Friday 25th September at 2pm Stanway Village Hall (doors open 1.30pm)*****Lucy Lewis talk 'The first female bomb disposal officer'*****Join us for Tea, Coffee & Biscuits and chat to friends after the talk.****Admission & refreshments free!**

As Vicky McClure reprises the role of Lana Washington as series 4 of the popular ITV thriller 'Trigger Point' hits our screens. We thought you might enjoy this informative and amusing talk by the very first British female bomb disposal officer, Lucy Lewis.

Lucy joined the Army on the spur of the moment and after training at the Royal Military Academy, Sandhurst was chosen in 1989 to become the first woman to operate as a Bomb Disposal Officer with the Royal Engineers.



She subsequently served with the Royal Military Police in Germany and Northern Ireland, retiring in the rank of Major to start a family.



In 2018, Lucy made history for a second time by becoming the first woman to be appointed University Marshal at the University of Cambridge and now leads one of the oldest Constabularies in the world.

Stanway u3a Summer Short Story Competition**Doreen Willers - Editor**

Just a few days left to enter your story. Don't miss out! Email to the Editor: u3agen57@gmail.com

CLOSES 31st AUGUST 2026.

Visit To the Essex and Herts Air Ambulance Airbase Visitor Centre, Earls Colne**Monday 12th October 2026**

A visit to the above Visitor Centre, for twenty members, has been arranged and will take place on Monday 12th October 2026.

Essex and Herts Air Ambulance provides a Helicopter Emergency Medical Service to critically ill and injured patients of Essex, Hertfordshire, and surrounding areas.

It is a charity and it provides a free lifesaving service 24/7 by helicopters and rapid response vehicles.

Each critical team consists of a pilot and co-pilot, a pre-hospital care Doctor, and a critical care Paramedic.

During our visit, our volunteer hosts will give some interesting facts and a wealth of background and operational information.

Subject to operations on the day we hope to have the opportunity to meet one of the crews and view their helicopter.

The visitor centre is on ground level and has accessible parking and accessible toilets.

Our visit will commence at 10.30am and everyone attending is requested to arrive at least 10 minutes beforehand.

Booking details are below. **Please remember that all Local visits are arranged on an 'own transport/make your own way' basis.**

Booking Form for the visit To Essex and Herts Air Ambulance Airbase Visitor Centre, Earls Colne on Monday 12th October commencing on site at 10.30 am.

Name/Names:

Membership Number/Numbers:

Email address:

Contact Number:

Emergency Contact Name and phone number:

Please either hand the form to John Hunt or Doreen at one of the September Stanway Community Hall meetings.

Or email the requested information to John using the following email address:

localvisitsstanwayu3a@gmail.com

Thursday 26th November**A Day in Bury St Edmunds for the Cathedral Christmas Fair**

We currently have seats available for this trip featured in last months edition of u3a Stanway News, but please find a brief recap below.

The Cathedral Christmas Fair is held over just 3 days, with our trip taking place on the 1st day. Entrance to the Cathedral and Fair is £2 payable at the entrance. Visitors are welcome to look around this beautiful cathedral. Be sure to pick up an introductory leaflet.

Join us and your u3a friends for some unique festive shopping in a town which cherishes its history.

We depart from the Delta Hotel Marks Tey promptly at 9.00am and plan to start our journey home at 4pm.

Cost is £18 each which includes coach only. Please note that a tip for the driver is not included this time, you can tip him/her on the day if you wish. This trip is open to members of Stanway and Colchester u3as only.

If there are vacancies members will be offered the opportunity to bring 1 non-member guest (**price £20**)

Please send your completed booking form, together with full payment to: Doreen Willers, The Bays, Mill Lane, Birch CO2 0NH (or hand to me at a monthly meeting/Social Xtra event).

Cheques should be made payable to Stanway u3a No.3 Account. Parking is available at the hotel at an additional cost of £6 per vehicle payable in cash on the day.

Please do not include the parking charge with your payment for the trip, as this is administered by Kings on behalf of the Hotel.

Please ensure you include your car registration number on the form, as we must advise both Kings & the hotel 4 working days prior to the day of the trip.

If you do not include your car reg. or change it and not advise, you will have to pay the full day rate via the parking app when you arrive at the hotel.

We have received several requests to pay by bank transfer. Payment details:

Sort Code 08-92-99 A/C 65691441 Payee: Stanway u3a – NO 3 ACC

Ref: Your Surname/Bury Please ensure you quote this so that we can properly identify your remittance.

Please email stanwayu3atrips@gmail.com to confirm you have arranged remittance

Please complete the online booking form by following this link <https://forms.gle/qG3dLy1vj2HVVHmcj6>

We can only confirm your booking once form and full payment received. Thank you

For payments by cheque or cash, please complete the **usual booking form on page 10.** If you do not have a printer please include a note with all requested information.

Doreen

Visit to Chippins Garden, Bradfield, Essex.

On 7th August, a glorious sunny day, 19 members of u3a Stanway's 'Garden Explorers', organised by Lindsay Greig- Smith, visited Chippins garden.

In the 30 years that Kit and Ceri Leese have owned the property, they have created a stunning and immaculate garden around their bungalow. We wandered through a riot of colour created by salvias, dahlias, petunias, lilies, agapanthus, rambling roses, hostas, coleus and so many more. An abundance of potted plants filled every available space.



There were many places to sit and enjoy this garden with its meandering stream and small ponds, also the conservatory filled with more plants. Noticing the owners' beautiful Snow Bengal cat stalking through the undergrowth, I wondered if the absence of pigeons on the roof could be due to its presence!



Not only a talented gardener, Kit is also an accomplished artist, and some of his work was on display in his workshop, which also contained his etching machine.

Our tour ended with tea and delicious cakes baked by Kit's wife Ceri. A great end to a lovely afternoon.

Report by Barbara May, garden group member. Thank you, Barbara,

THE SHIP THAT DIDN'T SAIL by Geoff Carder

Sometimes I feel I'm looking for a ship,
And an ocean to sail across.
A place on some distant shore.
Somewhere to get lost.
Leave this cruel world behind,
No more sifting truth from lies,
No haters or dictators,
All pure air, birds and butterflies.
I won't do what Columbus did,
And confuse East with West.
I'll take a course on navigation,
So I don't get in a mess.

But first I'll get my notebook,
Sit down and make a list,
Of a few things to take with me,
That I would surely miss:
My photo albums and my books,
My record collection and guitar,
My camera and my teddy bear,
And all my model cars.
I'll have to take my loved ones,
My children and my wife;
My grandchildren and my brother;
All those that shape my life.
Oh, I almost forgot my pussycat,
And I wish I could take my garden too.
And the old oak tree by the bus stop.
(This list is starting to accrue!)

What about Mr. Singh and his corner shop,
And the church down the road.
And what about the woodland behind;
Now this is getting quite a load.
I could pack it all into a gigantic ark,
That would make old Mr. Noah,
Turn his head, do a double take,
Pop his eyes and drop his jaw.
But how can I leave out anything,
These are the things that I hold dear.
And I've only just begun the list,
The end is nowhere near!
Perhaps I should rethink it;
Accept the bad things and cherish the good.
And you know:

I DON'T THINK I'LL GO

If you have something you think other members would enjoy, a poem, story or tell us about an interesting hobby or something you are passionate about please share it with us.

Please send contributions for inclusion in the OCTOBER newsletter to the editor at email: u3agen57@gmail.com by latest 15th SEPTEMBER(*earlier if possible*).

Any contribution should be in *Word* and photos/illustrations sent as jpeg. THANK YOU

Registered Charity No.: 1171008
Age Trust or Stanway u3a

The views expressed in this publication are not necessarily those of the Third
E&OE.