



ESSEX ASSOCIATION STUDY DAY

An opportunity for you to take part in two Study Group Sessions of your choice

**TUESDAY 24th OCTOBER 2017, 9.00am to 3.15pm, at
THE PLUME SCHOOL, MALDON CM9 6AB**

The Study Groups will all be led by U3A members who have offered the subjects as listed on the next pages. We are very grateful to them for their work. There is a wide variety of topics, and we have tried to give an indication of what each topic will be about. Most do not involve any previous knowledge, so there is a great opportunity for you to sample a new subject that interests you, or perhaps to take **further** some aspect of a subject that is already familiar to you .

COST: £5.00 per person, (non-refundable). Tea/coffee and biscuits are included in the price.
Please bring your own packed lunch.

LOCATION: The Plume School, Fambridge Road, Maldon CM9 6AB Parking space is available.

PROGRAMME:

9.00 – 9.45: Arrival, registration and refreshments in the Hall
9.55 – 10.00: Introduction (in the Hall)
10.05 – 12.05: Morning Study Session
12.10 – 1.10: Lunch: **please bring your own food**. Coffee and tea will be provided
1.15 – 3.15: Afternoon Study Session then Departure

BOOKING:

Bookings ***must*** be received by Saturday **2nd September 2017**. The Study Day is only open to members of affiliated U3As. Numbers will have to be limited due to restricted facilities at the school and/or the popularity of the subject. Applications will be processed when the cheque is received.

Please complete the Booking Form and send it by **EMAIL** or by **POST** (email is preferred)

Saffron Walden U3A members – please contact Janet Pearson – our U3A secretary for Doug Harryman’s contact details as he does not want these to be on the website.

POSTAL APPLICATIONS: Please enclose a **stamped self-addressed DL envelope** with your booking form with a cheque for £5.00 per person made out to ‘ESSEX ASSOCIATION of U3As’.

EMAIL APPLICATIONS: No SAE required but **you will still need to post your cheque to Doug.**
Group allocations will be made on receipt of your cheque. Cheques will usually be cashed when groups are finalised although note that this isn’t a guarantee that your first choices have been successful. Note also that some groups have expenses for materials as indicated on the groups’ list, payable to your group leader

INFORMATION: details of your allocated study groups, and a location map for the Plume School, will be sent to you towards the end of **September**.

STUDY GROUPS

These are the Study Group sessions being offered. Each session will last for two hours. You will be able to take part in two groups, one in the morning and one in the afternoon, but **please choose three for each session and list them in order of preference on the application form.** Note that some groups are all-day. We will do our best to arrange for you to take part in the

groups of your preferred choices, but this will depend on the number of applications.

MORNING 10.05am to 12.05pm

	Topic	Leader	Description
AA	Painting Group 1 Drawing and Watercolours A WHOLE DAY GROUP	Anita Davey Max 15	Develop your skills – One and Two-point perspective. For those with basic skills in watercolour who wish to expand their knowledge of how to draw and paint buildings and street scenes. Please bring you own equipment – pencils, sketchbook, watercolour paints and paper.
AB	Painting Group 2 Watercolours A WHOLE DAY GROUP	Jo Bowman Max 15	This is a Watercolour workshop for beginners. I will talk about how to approach and plan watercolour painting and I will demonstrate some painting techniques – by the end of the Day you will have produced a beautiful watercolour painting!
AC	Painting Group 3 Be inspired by Acrylics A WHOLE DAY GROUP	Mike Wills Max 15	For anybody who wants to paint in acrylics come along and have fun with a little help and advice thrown in! <i>Please bring with you your paints, painting board and brushes and a palette.</i>
AD	Beading a Seraphim Angel Tassel A WHOLE DAY GROUP	Lyn Farrow Max 12	You will be making a beautiful beaded Angel Tassel. I will bring along all the necessary materials and equipment. No experience needed, just come along and try your hand at beading. The cost will be around £4.
AE	English Crazy Patchwork Cushion A WHOLE DAY GROUP	June Cross & Janet Warner Max 12	You will be making a small patchwork cushion by hand, using small scraps of fabric stitched to a background and decorated with embroidery stitches and other trimmings. Materials will be provided but if you have scraps of fabric or trimmings from previous projects that you would like to use please bring them with you together with your sewing kit and a good pair of scissors.
AF	Recognising trees throughout the year A WHOLE DAY GROUP	Veronica Smith Max 20	With leaves and without, trees can be readily identified. We shall find out how. <i>You will need to bring stationery materials, a hand lens if possible, and perhaps your favourite Tree book. Try to bring a twig from any tree (not a garden specimen) regardless of whether it has leaves, nor whether you know its name. The twig should be about 2ft long.</i>
AG	Hand-Chimes 1 <i>Will be repeated in the afternoon</i>	Diana Wyss Max 8	Enjoy making music in a small group using hand held chime bars (rather like large tuning forks). No previous musical knowledge or strength is necessary although we will follow simple musical notation. You will be surprised how quickly results can be achieved.
AH	Family History research for beginners	Graham Taylor Max 12	We will look at some websites that will help you in your family history research using the internet. You should have started your family history research and be familiar with using the internet and search engines such as Google.
AI	Computers – Photos and Music	Paul Madge Max 15	Two of the most popular uses of a laptop/PC are to organise, edit and publish photos and to organise and enjoy music. This is a look at the ways in which we can use windows and free internet software to do this. You can just watch but do bring along your laptop to join in if you want to – <i>but please make sure it's fully charged(!) to</i>

			avoid trailing wires everywhere
AJ	Creative Writing 1 NON-FICTION <i>Fiction in the afternoon session</i>	Patrick Forsyth Max 15	For anyone who loves to write, wants to write or wants to be published. We will review how to write, what to write and explore the possibilities. The focus here is on non-fiction articles and books: from autobiography to travel writing and features. <i>(Do consider attending both sessions. Note they will be repeats of the last Study Day)</i>
AK	An Introduction to the Five S's of Fitness	Maggie Whitbread Max 20	Please wear loose clothing – beach shorts/tee shirts no problem. Bring a 5/6 feet garden cane for the warm up exercises and two 400+ gram tins of Beans/Tomatoes etc for use in a variety of exercises in the Gym. This will be followed by a discussion/debate on the five S's in a classroom. Both sessions will be enjoyable and light-hearted.
AL	Exploring Drama	Sue Braham Max 25	In this workshop we will explore dramatic ideas using games, scripts and improvisation. It will be a practical session so you need to be prepared to get up and participate. No experience is necessary just an enthusiastic approach and a sense of fun! Please wear comfortable clothes and foot wear.
AM	Country Dancing for Beginners	Frances Coombs Max 24	Learn and dance some simple country dancing (set dancing as in Barn Dancing, the American term). Full instruction given and the moves will be called throughout the dance. Dancing to recorded music from good quality bands. Wear flat shoes and comfortable clothes. More experienced dancers welcome if they are happy to join learners. No partner needed as we will form couples of any gender to suit.
AN	Ukulele for Beginners	Marion Collins & Suzanne Barr Max 12	Would you like to have a go at playing the ukulele? We aim to learn simple chords to accompany popular songs. If possible, please bring a ukulele and music stand, there will be some to borrow
AO	Maths can be FUN	Doug Harryman Max 15	Prime numbers, Polygons, Similar figures and Enlargements, % Increases and Decreases using Scale Factors, Lines and Curves! Do you know how these are linked to Internet Security, to our coins and months of the year, how many years to double your money using compound interest, what happens to the area when a figure is doubled in size, what a Cycloid looks like? If you're intrigued by all of this join me for some FUN. <i>A calculator will be needed</i>
AP	A brief History of Railways in Britain <i>Part 1 – up to 1923</i> <i>You don't have to do both parts</i>	Tim Chandler Max 25	This session will explore the development of the railway network in Britain and in Essex up to 1923. We will look at how the local picture reflected (or didn't) the national one, and the impact of the railways.
AQ	Wines of France	Clare Urry Max 20	We will study why the wines of France are so different from each other and from other parts of the world. (History, climate and manufacture). Will include tastings from 3 of the more important areas. Suitable for beginners and improvers

			Wine Cost £5-6 /head
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AFTERNOON: 1.15 TO 3.15pm

	Topic	Leader	Description
PA	Painting Group 1 Drawing and Watercolours A WHOLE DAY GROUP	Anita Davey	<i>A <u>continuation</u> of the morning group AA - see information from then</i>
PB	Painting Group 2 Watercolours A WHOLE DAY GROUP	Jo Bowman	<i>A <u>continuation</u> of the morning group AB - see information from then</i>
PC	Painting Group 3 Acrylics A WHOLE DAY GROUP	Mike Wills	<i>A <u>continuation</u> of the morning group AC - see information from then</i>
PD	Beading a Seraphim Angel tassel A WHOLE DAY GROUP	Lyn Farrow	<i>A <u>continuation</u> of the morning group AD - see information from then</i>
PE	English Patchwork A WHOLE DAY GROUP	June Cross & Janet Warner	<i>A <u>continuation</u> of the morning group AE - see information from then</i>
PF	Recognising Trees throughout the year A WHOLE DAY GROUP	Veronica Smith	<i>A <u>continuation</u> of the morning group AF - see information from then</i>
PG	Hand-Chimes 2 Repeat of morning session	Diana Wyss Max 8	<i>This is a repeat of the morning session - see information from then, group AG</i>
PH	Jazz Appreciation	Roy Thorogood Max 16	To appreciate this American Art Form, we will be looking into and hearing 3 distinct Jazz Piano Styles – Ragtime, Stride and Boogie-Woogie. We will look at the lives and hear the work of those musicians and composers who created these Piano styles and there will be examples of both solo and band versions of their compositions.
PI	Continue Taking the Tablets!	Paul Madge Max 15	A look at the variety of uses that we can make of our Android tablets both on and off the internet. If you have a tablet bring it along but session could also be useful if you are thinking of getting one. Fine for Samsung Galaxy, Sony, Amazon fire tablets etc Not for Apple ipads or Windows tablets as they have a different operating system
PJ	Creative Writing 2 FICTION Non-Fiction in the morning session	Patrick Forsyth Max 15	For anyone who loves to write, wants to write or wants to be published. We will review how to write, what to write and explore the possibilities. The focus in this session here is on fiction - flash fiction to short stories to the novel saga - or trilogy. Note, this will be a repeat of the last Study Day
PK	What is the point of Philosophy	Julia McClure Max 25	What is philosophy? Is it just "mature" people sitting in armchairs discussing conceptual ideas with little connection to real life? We will be looking at some views of what it is and whether it has any application to

			real life. Then we will take an introductory look at a philosophical problem or at one of the ideas of a major philosopher in history. All welcome, with or without experience of studying philosophy at some level.
PL	History – 2 Talks Westminster Abbey, The Incas	Keith Brame & Gerald Stecker Max 25	Talk 1: The History of Westminster Abbey - its Architecture, Occupation and Memories (the Building, the Churchmen and the Tombs) Talk 2 : The History of the Incas - a mixture of their History and excerpts from my diary of 3 weeks in Peru including my views regarding Erich Von Danagan's "Chariots of the Gods"!
PM	First Aid can be fun as well as being very useful	Doug Harryman Max 20	Do you know what ABC stands for or how to maintain the open Airway of an unconscious casualty? We're going to look at the principles of basic First Aid such as recognising, and helping, when someone is having a heart attack and helping someone who's choking. You can ask lots of questions, and even have a go at a few things!
PN	Latin	Robyn Marsh Max 15	Why learn a dead language? Because Latin isn't dead: through the mighty Roman Empire, it lives on in nearly all European languages and has given us a common European heritage as it spread Greek, Roman, Jewish, and Christian ideas and culture throughout the West. It was the language of education, state and church in Europe for 1500 years and its literature has been enthralling readers for 2000 years. Today will be an entertaining introduction to the basics of Latin and its influence on English.
PO	Ideas for Research and Shared Learning Projects	Jennifer Simpson & Patricia Worgan Max 25	Could your U3A do some research or work in partnership with a community group on a special project? Bring your ideas and we will help you to develop them.
PP	A brief History of Railways in Britain Part 2 – from 1923 <i>You don't have to do both Parts</i>	Tim Chandler Max 25	This session will explore the development of the railway network in Britain and in Essex from 1923 up to the present day. If time allows, we will also look briefly at the future of railways locally and nationally.