

## Newsflash - April 2021



### 2021

Hoping you all enjoyed a lovely Easter and were able to meet friends and family.

April brings with it hope and joy or in the words of William Shakespeare

"April dressed in all its trim,  
puts a spirit of youth in everything."

The longer days, warmer (hopefully) weather, blossom on the trees, all lift our spirits and really does signal that spring is here. We also currently, (fingers crossed) appear to be on the right path from the roadmap, in order for life to return to some normality.

Hopefully, this means some of our u3a groups will be able to meet up, albeit in smaller groups and we can all regain a semblance of structure and purpose to our lives.

As you will have seen from your emails, renewal of your Leigh Estuary u3a membership was due at the end of March, so if you have not yet renewed your membership please go to the website (link below) and fill in your details. Payment can be by cheque and sent to the membership secretary or online.

Please note that a capitation fee of £4.50 per member has to be paid to the u3a head office based on our membership numbers. We would therefore, politely request that if you no longer wish to retain your membership you could let us know via the link below or email our membership secretary.

Click the link below to take you to the website for further information.

<https://leighestuaryu3a.org/ho...>



In March we listened to the very knowledgeable Amy Pryor who works for the Thames Estuary Partnership. This was another informative and very interesting talk and if you missed it you are able to catch up by clicking on the link below:-

<https://leighestuaryu3a.org/ne...>

If you attended the talk and would like to view the TEP documentary about the Thames click below:

<https://leighestuaryu3a.org/ne...>

This film tells the hidden story of the Thames: how it has transformed from a 'dead' river to one of the cleanest inner-city river in Europe. The documentary depicts how vital the Thames is for connectivity, biodiversity, wildlife and migrating species. The TEP encourage everyone to feel part of the Thames, and join in helping to look after it, to ensure its' continued vitality.

### **Volunteering Opportunities**

TEP offers a range of volunteering opportunities which can bring a sense of community and accomplishment. Visit their website if interested. Link above.



Thursday 15 April @ 2.30pm via zoom link

## **The secret life of a wood by Roger Hance FRPS**

This talk is about the various forms of wildlife hiding right under your nose in a broadleaf woodland. Roger is a professional photographer based in Colchester. He is an award -winning member of the Royal Photographic Society for whom he judges competitions and also a mentor for Olympus Cameras.

His work covers a wide range of photographic genres - Landscape, Natural History, Sport, Portraiture, Photojournalism and Live Rock Music. To view some of his fantastic photographs take a look at the galleries section of his website, link below.

<https://rogerhancefrps.com>

For the photographic geeks among you, Roger started using Canon Single Lense Reflex cameras, moving to DSLRs. More recently, he has switched to the 4/3 Micro format.

The email link to join the meeting will be sent separately.

## **Feature Article**

This month we have a historical article from LEu3a Local History Group Co-ordinator Jim Sanctuary. The item features on the history of the sixties and with it the history of Southend during this era.

We would really welcome stories from you all, without contributions there will be a very brief newsflash. Please send your own story, whether it be funny, factual, educational or just something you think will be of interest, to [leu3afnews@gmail.com](mailto:leu3afnews@gmail.com). Anonymity can be maintained if desired.

## The Sixties



### REMEMBER THE '60s? – THE DECADE OF CHANGE

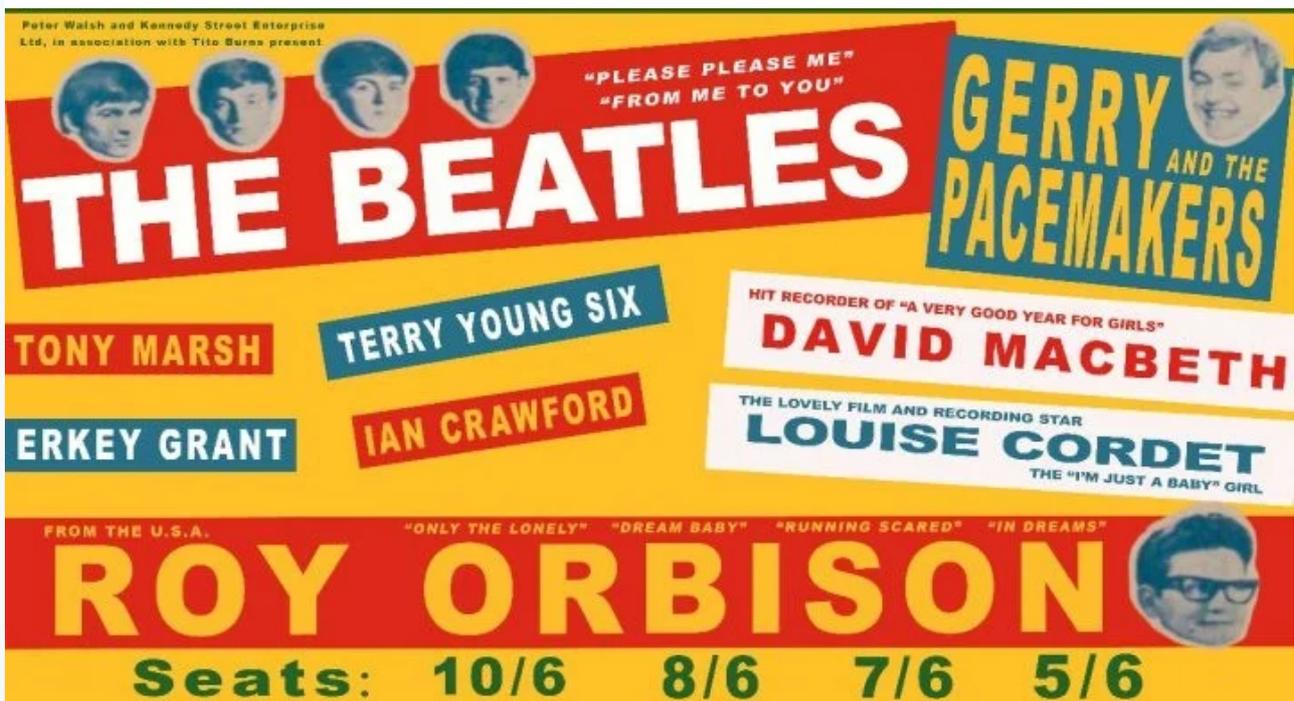
It is often claimed that the *'Swinging Sixties'* has become *the* defining decade for 20th century Britain, exemplified by the perception that the Fifties were black and white, but the Sixties were technicolour! Fashion, technology, design and the arts, including music of course, reflected many of the significant innovations that drove social change in the Sixties. The teenage generation of baby-boomers witnessed the 'permissive society', the beginnings of the 'liberation' of women, and the end of conscription, transforming the social resolve (and responsibilities) of many young men.

It was later suggested that *'If you can remember the '60s, you really weren't there'*, but unfortunately nobody seems to remember who said those immortal words. Was it Pete Townsend, Charles Fleischer, Timothy Leary or Paul Kantner? But is this assertion a truism, or do the youth of the Sixties really not remember this influential decade? For me, as someone who spent all my teenage years in the Sixties, the decade was most certainly memorable – but that's another story!

Before the 1960s, women were encouraged to give up their job – and therefore their independence – when they got married, or on arrival of their first child, and it was seen as a woman's 'duty' to be a 'good' wife and mother. However, the availability of the oral contraceptive pill and the 1969 Divorce Reform Act, enabled

society to become less impeded by the prejudices of the earlier generation that had experienced the constraints of the wartime years. Women were no longer faced with the anxiety of an unplanned pregnancy – and the prejudices that engendered – and could now control their personal lives, including pursuing a fulfilling career and achieving self-dependence.

So, what else happened in the Sixties? At the start of the decade, the war in Vietnam was in its fifth year and the Cuban Missile Crisis, the potentially deadly confrontation between America and the Soviet Union, focussed our minds for 13 days in October 1962. In November 1963, Jack Kennedy, the US president, was assassinated in Dallas, Texas, by Lee Harvey Oswald. Five years later, his brother Robert, standing as a Presidential candidate, was also assassinated, at a hotel in Los Angeles. In 1968, Martin Luther King, the civil rights leader, was assassinated in Memphis.



British pop music dominated the music scene around the world, with iconic bands, including The Beatles and The Rolling Stones. Mary Quant changed the way many young women dressed with her innovative and bold designs, and of course the mini-skirt. In 1966, England won the World Cup and 'pirate' radio stations dominated the air waves for teenage listeners, to the chagrin of the BBC (which was well-known as *Auntie!* for its perceived stuffiness). *Flower Power* and the *Summer of Love* caused bewilderment to our parents, who had difficulty coming to terms with 'free love! On television, *That was the Week that Was* became 'required' viewing on Friday evenings, and the soap, *Coronation Street*, rocketed ITV's viewing figures.

At the start of the decade – in April 1961 – technology saw the first man in space, Soviet cosmonaut Yuri Gargarin, followed a month later by the American, Alan Sheppard. By the end of the decade – in July 1969 – NASA's Apollo 11 mission blasted off from Cape Kennedy carrying the first man, Neil Armstrong, to walk on the moon. Also, in 1969 the first test flights of *Concorde* were carried out. This was a decade with so many outstanding achievements – but what happened in 1960s Southend?

The decade opened with Southend Council publishing their plan for a new Ring Road, although only the northern and eastern section were eventually completed. The town's first supermarket, *Supa-Save*, opened in 1960 at the old Essoldo cinema

building in Warrior Square, and in 1961 parking meters arrived in Southend – together with the much-despised Traffic Wardens! The Rivoli cinema in Alexandra Street was modernised, to be relaunched in 1962 as the ABC, the same year as the Excel Bowling Alley opened on the pier. In January 1963 the Meecham quads were born at Southend Hospital's maternity unit making newspaper headlines across the nation.

Warrior Square -1969 and the Zanzi Bar coffee bar.



In the Sixties, Southend's police constables wore white helmets in the summer months, and if you were an unlucky speedster, you might have got stopped by Southend Police's new Triumph TR4 sports car! Following electrification, on 15th June 1962 the last steam train carried passengers to Southend on the Fenchurch Street line and in the same year, *British Air Ferries* commenced services from Southend Airport to Ostend, Rotterdam and Calais with their Carvair aircraft, which could carry five cars and twenty passengers. A Carvair at Southend Airport featured in the 1964 James Bond film *Goldfinger*.

In the early 1960s, *The Mersey Sound* hit the UK and world's pop music scene, and at the forefront were *The Beatles*, who visited the town in May and December 1963, performing at the Odeon in the High Street together with another Liverpool group on the same bill – *Gerry and the Pacemakers* (see poster left). The grand opening ceremony of the newly-built Cliffs Pavilion took place on 4th July 1964 with the actor *Bernard Miles* officiating, followed by a performance of *Coppelia* by the world-famous *Ballet Rambert*. The first summer show commenced at the new venue on 9th July, starring the popular comedian *Norman Vaughan*, host of *Sunday Night at the London Palladium*.

The 1960s witnessed an exciting decade of live music in Southend, with bands performing at many of the town's pubs and dance halls. *The Monotones* and *Force Five* were regulars at The Elms in Leigh and the *Paramounts* were the house band at Shades Coffee Bar on Eastern Esplanade, a popular haunt for local Mods! *Gary Brooker* of the *Paramounts* formed *Procul Harum* in 1967, and the band's iconic song 'A Whiter Shade of Pale' became a worldwide hit and the anthem for 1967's 'Summer of Love'. Other Southend coffee bars popular with the Sixties generation were the *Zanzi Bar* (photo right) and the *Jacobean*, in Southchurch Road. Also, the *Shrubbery Coffee Bar* on the corner of Royal Terrace and Royal Mews, *The Sorrento* in the High

Street and *El Capri* in Weston Road, opposite the General Post Office, a basement coffee bar – with only one entrance and exit!

### Southend Pier and the first Southend supermarket "Supa-Sava" -1960



In 1964, Southend celebrated its 50th year as a County Borough and many local attractions admitted schoolchildren for 1d, including the Pier and the *Kursaal*. The following year saw the opening of the town's first self-service filling station, *Enterprise Motors*, London Road, Leigh, now the site of Leigh Primary Health Care Centre. Also, in 1965 the *Talza Arcade* at Victoria Circus was demolished to make way for Hammerson Group's *Victoria Circus Shopping Centre*.

With the decline in tourism in the Sixties, Southend Council actively promoted the construction of new office accommodation, mainly centred on Victoria Avenue. One of the first was *Telephone House*, opened in 1963 to accommodate the Post Office Telephone Manager's Office, now British Telecom, and HM Customs and Excise's *Portcullis House* was opened in 1966 by the then Chancellor of the Exchequer, Jim Callaghan. In the following year, The Queen Mother opened Southend Council's new *Civic Centre* in Victoria Avenue. The new buildings brought much-needed employment to the town.

*The Khyber Pass* was the first Indian restaurant to open in the town – in 1966 at London Road, Westcliff, near the Palace Theatre – and in December of that year the first section of the pedestrianisation of the High Street was completed, between Queens Road and Warrior Square. In 1968, the Gasworks Jetty at Eastern Esplanade, viewed by many residents as a 'blot on the landscape', was demolished, and in 1969 Warrior Square Swimming Pool opened (see photo previous page), replacing the old open-air swimming pool on the sea-front at Westcliff. And finally – to bring the decade to an end – on Monday 29th September 1969 a new local newspaper, *The Evening Echo*, was launched, and is still in circulation today.

But what are your memories of the Sixties? Were you still single and enjoying the liberation that the decade had opened up, or by then had you settled down to wedded bliss and the responsibility of bringing up a family? We've all got our personal memories of that defining decade – some good, and perhaps some bad! But whatever memories you have of the 1960s, it was without doubt a significant period for so many of us who were 'young and fancy free!' **Jim Sanctuary, Leigh Estuary Local History Group**

## Leigh Estuary u3a News



### Congratulations

Congratulations to Sue Balkwell for getting her bird photographs featured in the Trust's March newsletter and on their website. Click on link below to view:-

<https://www.u3a.org.uk/learnin...>



### Gilbert & Sullivan

The Gilbert & Sullivan group are in need of a new leader, so if you are a current member and are interested in the role or indeed, would like to take on the role as a new member please contact the Group Co-ordinator by the link below:-

<https://leighestuaryu3a.org/gr...>

## Leigh Estuary u3a News



### Golf



### Current Affairs & General

Anyone fancy joining a golf group? This new group has been suggested by a member, so if you are a keen golfer or would be interested in taking up a new sport contact the Groups Co-ordinator via the link below:-

<https://leighestuaryu3a.org/gr...>



### **Cribbage & Other Card Games**

A new card group in the form of cribbage was suggested a while ago and the idea has again been floated. If you are interested in joining or hosting the group please contact the Groups Co-ordinator.

<https://leighestuaryu3a.org/gr...>

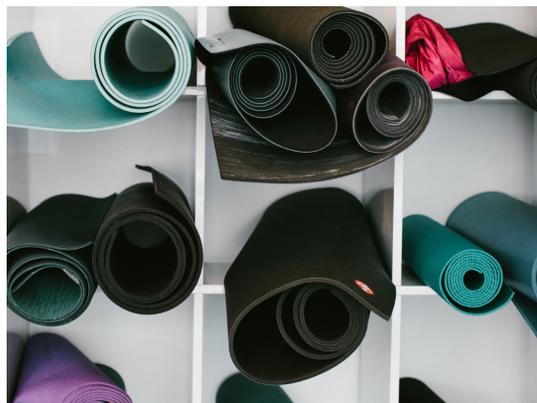
**If you would like to start a new group, or have a suggestion for an interest that is not currently available please email the Groups Co-ordinator via the link below.**

<https://leighestuaryu3a.org/co...>

### **Discussion**

This group were meeting on the 3rd Monday of the month at the Leigh Community Centre, however, they are now in need of a new leader. If you are a current member and fancy running the group or, if you fancy joining as a leader please contact the Groups co-ordinator by the link below:-

<https://leighestuaryu3a.org/gr...>



### **Short Mat Bowls - Group Leader Required**

The Short Mat Bowls group are looking for a new group leader, no experience is required. If interested please contact the Groups Co-ordinator.

<https://leighestuaryu3a.org/co...>



### Podcast

<https://u3a.org.uk/latest-news...>

Episode 6 of the u3a radio podcast has a history theme. It features stories from u3a members about their experiences of the Battle of Britain & the Blitz and an interview with the u3a Egyptology Subject Advisor. Plus we can find out about a 'Speaker Swap' that's been happening across u3a British History groups.

**Please click on the link above.**



### Get Online

The u3a have formed a partnership with ClickSilver, who are a mentoring group helping older people get online and use computers through one to one support. Support will be provided to u3a members over the phone for a period of four weeks. This is a free service and if at the end of four weeks you feel that you would like more help, all you have to do is re-register.

If you or someone you know would like to feel less isolated by using technology or just more confident using the internet, or zoom **call [020 8466 6139](tel:02084666139). to register.**



### Around the World in 80 Words

<https://u3a.org.uk/learning/na...>

This is a new initiative whereby members send in their descriptions and pictures of 'hidden places' of interest or landmarks local to them. Something that other members in your local area might like to go and visit. No more than 80 words to be used for the description.

**Click on the link above to discover more.**



### Live Cookery Demonstration

<https://www.eventbrite.co.uk/e...>

Join roving Vegetarian Chef Alex for 'Is Summer around the corner?' A live cookery demonstration featuring Vegetable Paella.

The fruit scones will suit anyone who has a dietary requirement of Dairy-free, Egg-free or Vegan.

Finishing off with puff pastry tartlets.

Monday, May 10, 2021  
10.30am - 11.30 am

**Click on the link above to register.**

## Online National u3a



## Knitting

<https://u3a.org.uk/learning/na...>

Are you a crocheter or a knitter looking for a challenge? The u3a would like to see your most ambitious and unusual creations or those you are most proud of. Big or small, take up the challenge to have a go at something ambitious and send photos of your creations.

**Click on the link above for more information.**



<https://u3a.org.uk/learning/na...>

Now more than ever, health and fitness have become increasingly important to all of us and u3a members have been finding different ways to stay fit during lockdown. In a new feature this zoom will be focusing on a different fitness activity every month.

This coming month the spotlight will be on **yoga**. The Subject Adviser for Yoga will provide some useful tips and tricks. Plus look out for the Chair Yoga session - May 4 and a 'Yoga for Balance' at a later date.

**Click on the link above for more information.**



## Online Events in April/May

<https://u3a.org.uk/events/educ...>

All events are on zoom and need to be booked in advance

Maths on the back of an envelope - April 21 @ 2.00pm

Caribbean Murder Mystery - April 21 @ 4.00pm

Discovering Japan - April 22 @ 10.30am

Maths Problems & Puzzles - April 22 @ 2.30pm

Wicked Plants - April 27 @ 2.00pm

Exploring Petra - April 28 @ 10.00am

u3a Ukulele jam - April 28 @ 2.00pm

Sophie Scholl & the White Rose - April 29 @ 10.00am



## Online Events in April/May cont'd

<https://u3a.org.uk/events/educ...>

Maths Activities & Games - April 29 @ 2.30pm

Chair Yoga Workshop - May 4 @ 2.00pm

National Trust Talk - May 5 @ 10.30 am

Geology of Britain in the Palaeozoic - May 6 @ 2.00pm

Live Cookery Demo - May 10 @ 10.30am

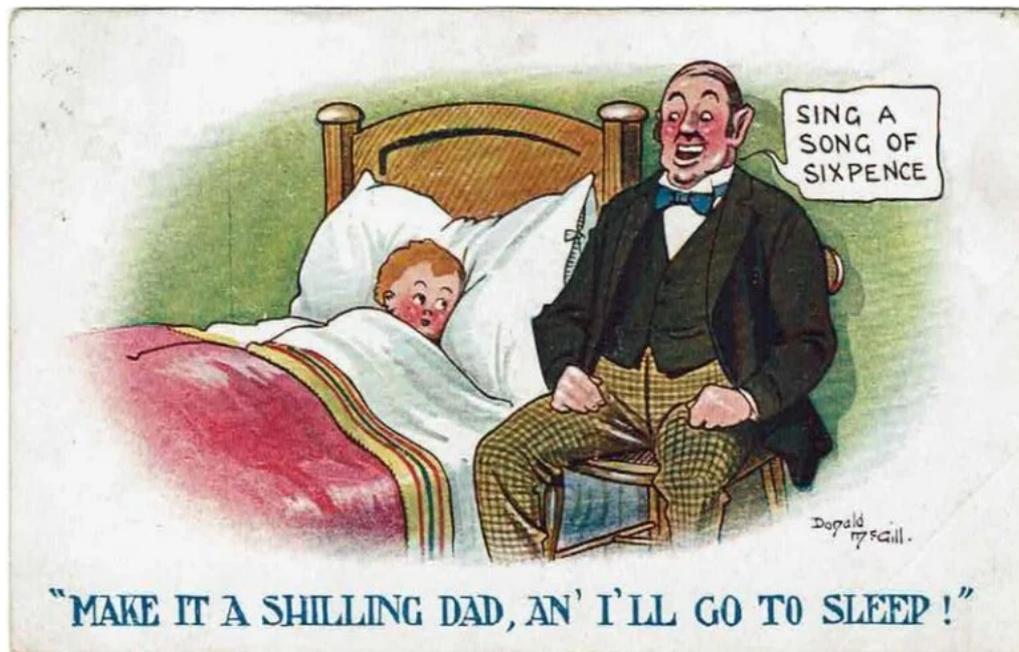
Fire! A century of the Volunteer Fire Brigade - May 12 @ 10.00am

Behind the Scenes of Dame Mary Quant - May 12 @ 10.30am

Yoga Everything & Anything you need to know in the 3rd Age

- May 14 @ 10.00am

## Saucy Postcards



HigMcGill- Pre WW1 postcards courtesy of David White

We really would love your contributions, so if you have an anecdote, photos old or new, memories of u3a outings or anything that can help to make the newflash of varied interest, please email [leu3afnews@gmail.com](mailto:leu3afnews@gmail.com)

## Quiz Answers

### March Answers

- 1) Flora
- 2) Botticelli
- 3) True

4) The Earth is tilted 23.4 degrees! (A circle is 360 degrees.) This tilt is the reason that days are longer in the summer and shorter in the winter. The hemisphere that's tilted closest to the Sun has the longest, brightest **days because** it gets more direct light from the Sun's rays.

5) 14th Century

6) a short-term intravenous hydration fluid

7) Vitamin C

8) Spangles

9) By June 1830 a 600-foot (180 m) wooden pier was opened, based on oak piles.

10)  $(n \times 3) + 3 = \text{next number in series. } 282$

## Quiz Questions

### April Quiz

1. 'It was a bright cold day in April, and the clocks were striking thirteen.', is a quote from which book?
2. 'April is the cruellest month', is the first line of which T.S. Eliot poem?
3. Which birds arrival in mid April, is said to signal the start of Spring?
4. What was first introduced into Britain on the 1 April, 1973?
5. Which event made British news headlines on the 2nd of April, 1982?
6. April's birth flower is often listed as *Bellis perennis* - this is the Latin name of which flower?
7. How can you add eight 8's to get the number 1,000? (only use addition).
8. "What has a bed but never sleeps and runs but never walks?"
9. What is special about these words: job, polish, herb?
10. Your parents have six sons including you and each son has one sister. How many people are in the family?

**Take care & stay safe**

**Leigh Estuary u3a**

United Kingdom

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