

Welcome to the August 2026 Edition of our Newsflash

Special General Meeting

The **Special General Meeting** will now take place at 2.30pm on the 1st September before the Speaker's Meeting (doors open at 2pm) to vote on a new constitution document (already circulated to all members). Voting shall be by a show of hands.

Speakers Meeting / Summer Event

There will be no August Speaker's Meeting but instead of the cancelled Barn Dance, we thought that we would invite everyone to Chalkwell Park on Tuesday, 4th August for a 'bring your own picnic' picnic, weather permitting. Bring your own chair, refreshments and drink. We will meet from 2pm to 4pm by the Chalkwell Park Café near the cricket club. Please come along and join us for a get together and a chat.

Housekeeping Notes

Please remember to fill in the reverse of your Membership Card with your emergency contacts so that Group Leaders have the details in case of need.

Do you receive the u3a Matters magazine (published 5 times a year) but no longer wish to receive it? For every magazine sent out to members, the LEu3a pays £4.20 to the u3a Trust so if you no longer want to receive it, could you please let Jim Jennett, our Membership Secretary, (jimjennett@btinternet.com) giving your name and membership number so that we can cancel your subscription to the magazine.

Group News

The following Groups all have vacancies:

- * **Art for Pleasure**
- * **Board Games**
- * **Church Visiting**
- * **Contemporary Novels** (2 spaces) [for further info contact Frances Devereaux]
- * **Just Sew**
- * **Maritime Group** [contact Phill Major]
- * **Petanque** (2 spaces on Thurs. 12noon to 2pm) [for further info contact Vic Beadle]
- * **Silver Screen**
- * **Table Tennis** (Mondays, Wednesdays & Fridays)

Rummikub group has now been cancelled due to lack of members.

Days Out by Coach Group still has seats available for 17th September during Colchester Heritage week. This day out is for coach travel only as most attractions are free of charge. Join this group to receive the details and book your place. Contact Valerie Lewis for details on 07958 543718.

Exciting news for the Days Out by Coach Christmas trip! We will be visiting the popular Ely Cathedral Xmas market 17th November. Booking and payment is essential asap. Details will be sent to the group soon.

Details for the above Groups and their Leaders can be found on the Leigh Estuary u3a website under the Groups section or by contacting the Groups Co-Ordinator, Barry Freshwater at barryu3a@outlook.com.

Group Leaders If you have any Group spaces or Group news that you would like to share with the LEu3a members, please contact Trish at: leu3anewsflash@gmail.com

Scam Watch

1. **Out of the Blue, not for you**

If you receive unsolicited contact of any sort, be automatically suspicious. Feel free to put the phone down, and in any case, don't share anything that could be used against you – even down to your name. Work on the basis that someone, somewhere has your details, which are being used to gain your confidence. If they do not identify themselves as someone you may need to deal with, then.....

2. **Go out and come back in properly**

Just like you were told to in school, but this time, contact the organization you think has contacted you using a phone number, email or via an app that you have established 100% trustworthy. If they don't know about the initial contact, then assume it was dodgy. If the call claimed to be your bank, contact its fraud department directly by calling 159.

3. **We have all the time in the world**

Louis Armstrong had it right: there is no situation so pressing, no opportunity to unmissable that we can't give ourselves some breathing space. Minutes, hours, days, whatever it takes to come to the right decision. While that money is still in your account, you get to dictate the timeframe, and if you feel you're being rushed, bullied or ground down, step away. These are not the deals you are looking for.

4. **If in doubt, talk it out**

How many times have we heard this story? 'As soon as I transferred the money, I felt sick. I spoke to my brother/partner/priest and we worked out that it was a scam.' It's much better to find that out before you say goodbye to the cash and sometimes you get the coolness and clarity you need by discussing it with friends or family. They might be able to spot something you've missed or have access to information that you don't.

AI adverts - Artificial Intelligence is forming an increasingly large part of our lives and it's ability replicate reality is now astonishing. We are likely to see it used in ever more sophisticated ways. As its capabilities grow, it is vital to be alert to this and if you identify something as an AI image, ask yourself why the advertiser wouldn't show reality instead.

Let's be careful out there!!

Member's Contribution

Oscar's of Leigh Hill – by Carol Edwards

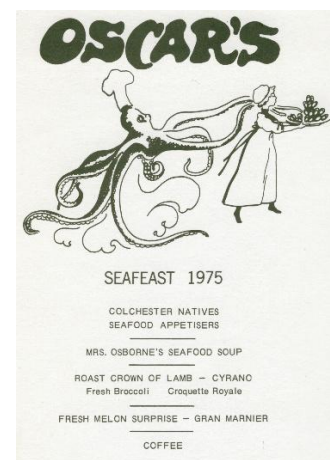
In 1960, Dennis and Moya Hill were looking to set up a catering business in Leigh on Sea. Dennis Hill's previous experience had been as a catering manager in the Officers' Mess at the Tower Of London. During his time there, visitors included Princess Margaret, The Lord Mayor Of London and The Chief Of The Imperial Staff.

The Hill's search took them to Leigh Hill, Nos. 11&13 where they peered into the building through a broken window and, when stepping inside, found the interior totally derelict. The couple, seeing the premises potential initially planned to open a simple eatery, serving steaks, omelettes and refreshments. Had not the flat above come up for sale at the same time, they would have gone ahead with their original plan, instead they purchased the flat and turned the old living space into a mezzanine floor for their venture.

On opening Oscar's, they were offering the diner good food and entertainment, from Gilbert & Sullivan and New Orleans jazz, to the magic of the Viennese waltz. They also installed a pianola (a self playing piano with an electro-mechanical mechanism that played pre-programmed music on perforated sheets). At Christmas, the whole restaurant was decked out in tinsel and all things festive, as well as handing round song sheets to encourage a singalong to round off the evening, sending patrons on their very merry way home. These Christmas parties were very popular in their day with businesses looking to celebrate with work colleagues or just groups of friends and families. At one time, to cope with the heavy demand the couple employed 3 head chiefs, six waitresses and a wine waiter, with Dennis and Moya playing host to their guests.

Although having enjoyed enormous success over the years, with the arrival of more fast food restaurants and public houses offering cheap food, it began to affect their business and in the 1970s when industrial action saw power cuts and the 3 day working week, the couple felt that Oscar's was no longer viable and closed their restaurant.

Although Oscar's was closed, Dennis and Moya remained close to the town, living on Leigh Hill, in a house with a magnificent view from their garden of the River Thames.



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If you would like to write a few words on a topic close to your heart, have an anecdote from a group meeting or something you think readers would be interested in, please do get in touch. Would you consider becoming a regular contributor to a section? Email: leu3anewsflash@gmail.com

Quiz

Thanks once again to our Quiz setter, Shirley Eastwood, who sends in a quiz for us every month. Shirley does an excellent job and I would like to thank her on your behalf.

1. Which 1960's British singer was nicknamed The Singing Milkman “?”
2. Matt Damon stars in which film on current release?
3. Who wrote the book on which the film is based?
4. Which new idea featured in the 1970 football World Cup and has been available in every football match since?
5. How many games did England play in the 2026 FIFA World Cup?
6. Which European capital was previously named Christiania?
7. Marlborough, Central Otago & Nelson are wine producing areas of which country?
8. Which is the largest Royal park in London?
9. Walter Swinburne rode which horse to victory in the 1981 Epsom Derby?
10. Who wrote the Paddington stories?
11. Who played Tom Barnaby in 13 series of Midsomer Murders?
12. Who is the new Home Secretary?
13. Who are the Roman and Greek god of the sea?
14. What nationality was Edvard Grieg?
15. How do we now know The Mr. Robert Newman Promenade Concerts?
16. When did Pointless first air on TV?
17. From which languages do we get the word bungalow?
18. What number is the open top bus which travels along Southend sea front?
19. Who founded the church of Mormon?
20. Which 5 letter word when typed reads the same upside down?

August's Pause for Thought

Breathe the sweetness that hovers in August – Denise Levertov

Everything good, everything magical happens between the months of June and August
— Jenny Han

August is the border between summer and autumn; it is the most beautiful month I know
— Tove Jansson

August is a month of sunsets and cooling winds — Victoria Erickson

August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time — Sylvia Plath

This morning, the sun endures past dawn. I realise that it is August: the summer's last stand — Sara Baume

Less than a month ago, all of August still stretched before us – long and golden and reassuring, like an endless period of delicious sleep.” — Lauren Oliver

August breeze, perched on the flame tree, a red-vented Bulbul — Meeta Ahluwalia

August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms — Victoria Erickson

Today is the first day of August; it is no longer July. Summer passes, and Summer friends will melt away like snow in spring — Rolf van der Wind

The first week of August hangs at the very top of summer, the top of the live-long year. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much colour. Often at night there is lightning, but it quivers all alone — Natalie Babbitt

It is best to be born in April or August when the life-giving Sun is in its exaltation, for then we enter the sea of life on the crest-wave and are backed in the battle of existence by an abundant fund of vim and energy — Max Heindel

One day you discover you are alive... but, not long after, the sun goes out. Snow falls, but no one sees it, on an August noon — Ray Bradbury

August creates as she slumbers, replete and satisfied — Joseph Wood Krutch

August is the month of the high-sailing hawks – John Burroughs

It was August, and the fields were high with corn — Melanie Gideon

August is a time of growing up, of forgotten forever's, full of the sweetest intent — Meka Boyle

Remember to be gentle with yourself and others. We are all children of chance, and none can say why some fields will blossom while others lay brown beneath the August sun – Kent Nerburn

If June was the beginning of a hopeful summer, and July the juice middle, August was suddenly feeling like the bitter end — Sarah Dessen

August is the month where summer gives us one last, lingering smile before saying goodbye — Anonymous

Quiz Answers

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| 1. Craig Douglas | 11. John Nettles |
| 2. The Odessey | 12. Shabana Mahmood |
| 3. Homer | 13. Neptune and Poseidon |
| 4. Red and yellow cards. (from an idea of Ken Aston, born in Colchester!) | 14. Norwegian |
| 5. 8 | 15. BBC Proms (originated in 1895) |
| 6. Oslo | 16. August 2011 |
| 7. New Zealand | 17. Hindi and Bengali |
| 8. Richmond Park | 18. 99 |
| 9. Shergar | 19. Joseph Smith |
| 10. Michael Bond | 20. SWIMS |

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Pond by Lee Keen



Moss – Variation on a Theme by Alan Lyall

Photos courtesy of our Photography Group