



THE UNIVERSITY OF THE THIRD AGE

Saffron Walden
Registered Charity No. 290670

UPDATE

Spring Update 2017



SAFFRON WALDEN U3A

www.saffronwaldenu3a.org.uk

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**OPEN MEETINGS take place on 3rd Monday
at 2.30pm DOORS OPEN AT 2.15pm
AT THE BOWLS CLUB IN ABBEY LANE**

Should any members have difficulty in hearing at our meetings or classes or have difficulty with access through disability, please speak to a member of the Committee to try and make attendance easier and more comfortable

Front cover image: Water Droplets by Gordon Ridgewell

SAFFRON WALDEN U3A

COMMITTEE

Chairman	Alan Nicholls	01799 522260	alannicholls36@gmail.com
Vice Chairman	Trevor Os-bourn	01799 500909	trevor.osbourn@ntlworld.com
Treasurer	Ann Treglown	01799 516707	ann.treglown@gmail.com
Secretary	Ann Crawford	01763 838080	crawford.ann@outlook.com
Membership Secretary	Ann Banks	01799 550328	annjohn.banks@uwclub.net
Activities and Venues	Ann Cousins	01799 219072	anncousins742016@outlook.com
Speakers	Joanna O'Connor	01799 522260	joanna@antoinette39.plus.com
Special Events	Pauline Palmer	01799 502560	pauline.palmer3@ntlworld.com
Co-opted Member and Update Editor	Jim Dwyer	01799 521524	jim_dwyer@btinternet.com
Member	Janet Pearson	01799 540065	jajapearson@hotmail.com

Martin Hugall	Website Manager	01799 527805	website@saffronwaldenu3a.org.uk
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WEEKLY/FORTNIGHTLY ACTIVITIES SCHEDULE

Monday: twice monthly on an ad hoc basis	Writing for Pleasure	Tutor's home	10.00-12.00
Monday	Pilates 6	Fairycroft House	10.15-11.15
"	Latin 1	Tutor's home	11.00-12.30
Monday fortnightly	History Byways	Baptist Room	11.00-12.00
Monday	Line Dancing	URC Hall	1.00-2.15
"	French Conversation	Contact co-ordinator	2.30-3.30
Tuesday	Italian 3rd year	Tutor's home	9.30-10.45
"	Sequence Dancing	URC Hall	9.45-10.45
"	Indoor Bowls	Turpin's Indoor Bowls Club	11.45
"	Pilates 3	Baptist Hall	1.30-2.30
Tuesday fortnightly from 24 January (5 sessions in total)	Building Bridges	SW Community Church (formerly Castle St Methodist church)	2.30-4.00
Tuesday	Art Class 1	URC Hall	2.30-4.30
"	Pilates 4	Baptist Hall	2.30-3.30
"	Pilates 5	Baptist Hall	3.30-4.30
"	Mah-Jong 3	Co-ordinator's home	Contact coordinator
Wednesday	Tai Chi 1	Baptist Hall	9.30-10.30
2nd and 4th Wednesday	Saffron Harmony Choir	Quendon	10.00-12.00
Wednesday	Listening to Music	Baptist Hall	10.30-11.45
First and third Wednesday	Ukulele	St Paul's Mission Room, Tye Green, Wimbish CB10 2XE	10.30-12.00
Wednesday	Tai Chi 2	Baptist Hall	11.00-12.00

WEEKLY/FORTNIGHTLY ACTIVITIES SCHEDULE CONT.

Wednesday cont.	Keep Fit	Baptist Church	11.10-12.10
"	Nice 'n' Easy Fitness	Baptist Hall	12.30-1.30
"	Mah-Jong 1	Members' home	1.30-3.30
"	Improvers Bridge	Bowls Club	2.00-4.00
"	Table Tennis	Widdington Village Hall	1.30-4.30
"	Spanish Improvers	Tutor's home	2.00-3.00
Thursday	Scrabble	Members' home	10.00
"	French Conversation	Members' home	10.30-12.00
Thursday fortnightly	Ramblers 1	L B Leisure Centre	10.00-12.00 appx.
Thursday fortnightly	Ramblers 2	L B Leisure Centre	10.00-12.00 appx.
Thursday	Pilates 1	Friends Meeting House	1.00-2.00
"	Mah-jong 2	Members' homes	1.30-3.30
"	Latin 2	Tutor's home	2.00-3.30
"	Pilates 2	Friends Meeting House	2.00-3.00
Friday fortnightly	Art Appreciation	SW Bowls Club	10.30-12.00
Friday	Bridge	SW Bowls Club	1.30-4.00
"	Art 2	Baptist Church	2.00-4.00

MONTHLY ACTIVITIES SCHEDULE

Various see p. 12	Birdwatching	Contact Co-ordinator	Contact Co-ordinator
First Thursday each month	Easy Riders Cycling	Contact Co-ordinator	11.00
Third Friday	Gardening	Contact Co-ordinator	
Last Wednesday	Literature	Baptist Room	2.00
See Dates for your Diary	Lunch Club	Kate Barwood	12.15 for 12.45
Two meetings each term, contact co-ordinator and see page 7	Mainly for Men	John London	2.30-4.00
First Monday	Philosophy	Joanna O'Connor	10.30-12.30
Second Monday	Poetry	Members' homes	2.00-4.00
Second Monday	Photography	Co-ordinator's Home	2.30
Last Monday	Play Reading	Members' homes	10.00-12.00
Last Friday	Theatre and Travel	Baptist Hall	2.00

www.saffronwaldenu3a.org.uk

**Don't forget to check out our website for updated
information!**

Note from website manager: the Latest News and What's On items on the right hand side of each page just shows the latest five news items and the next 20 events. To see all please be sure to visit the News and What's On pages on the website. Update can be viewed in full colour on the website.

CLASS COORDINATORS

Art 1	Esther Rawlings	01799 520203	egerawlings@greenbee.net
Art 2	Peter Divall	01799 524140	pswdivall@virginmedia.com
Art Appreciation	Ann Crawford Trevor Os-bourn	01763 838080 01799 500909	crawford.simmi@gmail.com trevor.osbourn@ntlworld.com
Ballroom/ Sequence Dancing	Pauline Palmer	01799 502560	pauline.palmer3@ntlworld.com
Bird Watching	Brian Linford	01799 531392	brianlinford@mymailoffice.co.uk
Bridge	Stella McSweeney	01799 520923	stella.mcsweeney@hotmail.co.uk
Bridge (Improvers)	Maureen Davey	01799 521534	mauroy1@btinternet.com
Choir	Joan Shad-bolt	01799 516585	joanshadbolt@hotmail.co.uk
Easy Riders Cycling	Colin and Anne Taylor	01799 543127	colinandannetaylor@live.co.uk
French Conversation	Sue Rooney	01799 525389	marooney@dsl.pipex.co.uk
Gardening	Jo Ware	01763 838654	josphine580@btinternet.com
History Byways	Eleanor Bullough	01799 524783	eleanor.bullough@gmail.com
Indoor Bowling	Grahame Wilmott	07922187361	grahame.wilmott@btinternet.com
Italian	Susan Humphries	01799 500066	susan.humphries@gmail.com
Keep Fit	Helen Verity	01799 550408	helenmverity@btinternet.com
	Lynda Saw-kins	01799 521022	roysawkins@waitrose.com
Latin 1 & 2	Billie Roch-ford	01799 550223	billierochford@btinternet.com

CLASS COORDINATORS CONT

Line Dancing	Sheila French	01799 530364	sheilamfrench@btinternet.com
Literature	Ann Crawford	01763 838080	crawford.simmi@gmail.com
Lunch Club	Kate Barwood	01799 550271	kbarwood@btinternet.com
Mah-jong 1	Christine Greet	01799 531732	johngreet@waitrose.com
Mah-jong 2	Jess Grinyer	01799 500344	jess.grinyer@ntlworld.com
Mah-jong 3	Geraldine Plunkett	01799 599159	ger_plunkett@yahoo.co.uk
Mainly for Men	John London	01799 527729	johnlondon456@gmail.com
Music Club	Philippa Croft	01799 599044	pcroft@waitrose.com
Nice'n' Easy Fitness	Jan Powell	01799 523855	janibobs@ntlworld.com
Philosophy	Joanna O'Connor	01799 522260	joanna@antoinette39.plus.com
Photography	Anne Mount	01763 838271	anne.mount@btinternet.com
Pilates 1	Chris Pickett	01799 542145	chris.pickett@hotmail.co.uk
Pilates 2	Irene Bedward	01799 528178	irenebedward@hotmail.com
Pilates 3 Beginners, Pilates 4 and 5	Ann Cousins	01799 219072	tillyannie@uwclub.net
Play Reading	Gill Williamson	01799 524947	gill.e.williamson@gmail.com
Poetry	Beryl Ihm	01799 502512	berylihm@virginmedia.com
Ramblers 1	Keith Patmore	01799 527568	keithf.pat@tiscali.co.uk
Ramblers 2	Lynne Howell	01799 525581	j.l.howell@btinternet.com
Scrabble	Veronica Sylvester	01799 526932	veronica.sylvester@talktalk.net
Spanish Improvers	Jessica Reeve	01799 522818	jessicareeve@hotmail.co.uk

CLASS COORDINATORS CONT

Table Tennis	Ann Cousins	01799 219072	tillyannie@uwclub.net
Tai Chi	Angela Rowland	01799 521192	mrsarowland@gmail.com
Theatre/Outings/ Travel	Chris Duffy Pauline Smith Mary Ed- wards	01799 599636 01799 521524 01799 551924	chrisduffy146@gmail.com paulinesmith39@hotmail.co.uk
Writing for Pleasure	Diane Drury	07870 900852	dianejgdrury@gmail.com

PAYMENT BY CHEQUE

Please make all cheques payable to :

SAFFRON WALDEN U3A.

Please do not put anything else on a cheque, the bank doesn't like it!

PAYING CLASS FEES PROMPTLY

Please pay your dues promptly. We do need to have money in the bank before we can pay out. Whatever class you are attending, please ensure you pay the class fees **for the whole term** to your co-ordinator **no later than the second class** of that term. If, for whatever reason, after the first class you do not propose to continue to attend, please let your co-ordinator know as soon as possible.

Ann Treglown, Treasurer

CHAIRMAN'S REPORT

A Happy Christmas to you all, and a very warm welcome to all our new members.

As your newly elected Chairman, may I say that I will do my upmost to continue the good work carried out by my predecessor Sue Barton.

Please accept our apologies for the lack of efficiency at our recent AGM. The presence of builders and scaffolding, plus the increased level of Health and Safety regulations made life more difficult than usual. We are seeking a different venue for next year.

Meanwhile we will continue to attempt to increase the number and variety of classes available and welcome any suggestions you may have as to subject matter.

Alan Nicholls, Chair

01799 522260, alannicholls36@gmail.com

MEMBERSHIP SECRETARY'S REPORT

Hello everyone.

Welcome to all our new members, and thank you to all who have renewed for another year.

Also thank you to those who have been able to give us Gift Aid. If there is anyone else who would like to do so, please contact me for a form. You only need to do this once, as it is continuous, until you advise us otherwise.

I hope you have had an enjoyable autumn term, and have been accepted on to the classes/activities that you are interested in. We have been able to start a few new classes since my last report to you in the summer.

My usual plea to everyone is that you notify me of any change in details: address, phone, email etc. as we seem to have lost a few members by them moving away and not letting me know, as it does save an enormous amount of time in trying to contact them.

I shall wish you all the compliments of the season. Have a marvellous Christmas and enjoyable New Year.

Ann Banks, Membership Secretary

01799 550328, annjohn.banks@uwclub.net



INTRODUCING THE NEW EDITOR OF *UPDATE*: JIM DWYER

Hello Members,

I thought you might like a bit of background information on your new editor! I was born in Hampstead, North West London, and also lived in Harrow and Caddington before moving to Saffron Walden in 1998 where I live with my partner Pauline. I am divorced with one son.

After leaving grammar school I studied art and graphic design for 4 years at Hornsey College and had my own graphic design business for 10 years before working for an Essex printer specialising in football programmes – I designed and produced programmes for Ipswich, Norwich and Wolves and also worked on Luton, Sheffield United and Charlton. I then moved to a Hertfordshire printer in 1978 and helped produce the Watford programme, staying with them until I retired in 2005 as production and works director responsible for day and night quality commercial printing.

For the past 11 years I have worked for Essex County Council and am currently a part-time social worker for the Working Age Adults team in Harlow. I will be retiring in April 2017 and my interests are writing and music.

I hope to use my extensive knowledge of the design and printing industries when bringing you future editions of *Update* and look forward to meeting the co-ordinators and tutors as well as attending some of the classes and activities to do some in depth articles. My tenure will start with the Summer 2017 edition so I will be in touch with you then.

Jim Dwyer: jim_dwyer@btinternet.com Tel: 07531 115160 and 01799 521524

...AND IT'S GOODBYE FROM ME!

It's been a pleasure and a privilege to be editor of *Update*. I've enjoyed working with all our dedicated co-ordinators and receiving all the many inspiring contributions from both members and co-ordinators to say nothing of our talented photographers, writers and artists. I will continue to be a member of SW U3A, which I passionately believe to be a great organisation, and look forward to having a bit more time on my hands to join some additional groups. I believe you'll be in great hands with Jim, who has just the right background.

Best wishes to you all.

Jessica Jackson, Retiring Editor

ACTIVITIES CO-ORDINATOR'S REPORT

It is now 3 months since I took over the Activities Coordinator role. Looking at the previous report prepared by Terry Allen I see he has mentioned some groups individually.

Where groups are running very successfully I will not include them here, instead I'd like to focus on ones that have recently started and groups that may start soon. The Ukulele Group, which was mentioned in the last Update, is now very successfully running. Information on joining this group, if you are interested, is in this Update. Spanish Improvers is looking for some additional members, so please contact Jessica Reeve if you're interested in brushing up your rusty Spanish.

We have another Pilates Group now, so we have 6 groups in total. This is proving to be a very successful activity no doubt largely due to Jan, our tutor, who is brilliant. This latest group is being held in the Arts Centre at Fairycroft House.

If anyone is thinking of starting up a group, there are lots of rooms available to hire at Fairycroft House at a very reasonable rate. Please contact me if you are interested in setting up an activity. Following the announcement on the Saffron Walden U3A website about starting a Cribbage Group, I have had one enquiry, so please let me know if you would like to join, it's a fun game - as long as you can add multiples of five you'll be fine!

We do still have some groups with waiting lists which is not ideal. The Committee is looking at ways to solve this issue, which includes looking for tutors, so if you know of anyone who could run a group please let me know, new ideas are always welcome.

As Terry mentioned in his last report ANYONE can start a new group. Groups DON'T need tutors just people who share a common interest and enjoy bouncing their opinions off each other.

I'll be looking forward to hearing from you all!

Ann Cousins, anncousins742016@outlook.com, 01799 219072



BIRDWATCHING GROUP

Our last summer outing to RSPB Minsmere in July was postponed as we had only four likely members for a long journey on a hot day when birds may have been sheltering, so we went in September instead, and it was well worth the delay. Eight of us left early on a fine sunny morning, and we recorded

38 different species with another two elusive (Cetti's Warbler and Bearded Tit) heard but not seen. Highlights included Marsh Harriers soaring, Avocet, Spotted Redshank, Snipe, Pintail, a Grey Plover close by for good camera shots of its delicate markings. Thought we were seeing distant rare Stone Curlews, to be let down by a passing expert with a scope who confirmed an ordinary Curlew (how could we be disappointed with "just a Curlew"?!), but then a Bittern flying away from the last hide set us up for the return home.

Following the New Members Coffee Morning, October found our numbers boosted by new members (including one with a scope to greatly improve our identification) and 11 of us enjoyed a first trip to the Anglia Water/Wildlife Trust's managed Grafham Water Reservoir. More fine weather and masses of Coot, Tufted Duck, Great-Crested Grebe on the water, plus many Cormorants resting high up in trees and on



shoreline, then many Teal, some Pochard and flying Lapwing flocks. Later a Red Kite mobbed by crows until it got away and came closer to give fine views of its distinctive shape and lovely under-wing markings, especially when a Buzzard flew near to allow us to compare the two impressive raptors. Another 37 species scored between the group.

Welney Wetlands Centre and RSPB Fowlmere coming up in November and December.

We now have about 30 listed members, and while we are fortunate that each outing has had manageable numbers, that may not last and we will find ourselves having to split the group amongst hides. We therefore can only take further names on a waiting list for the time being, with a view to contacting you if and when others drop out, or to consider a possible second group.

Dates and proposed venues for Spring Term (all subject to weather and late changes – see U3A website for updates and times):-

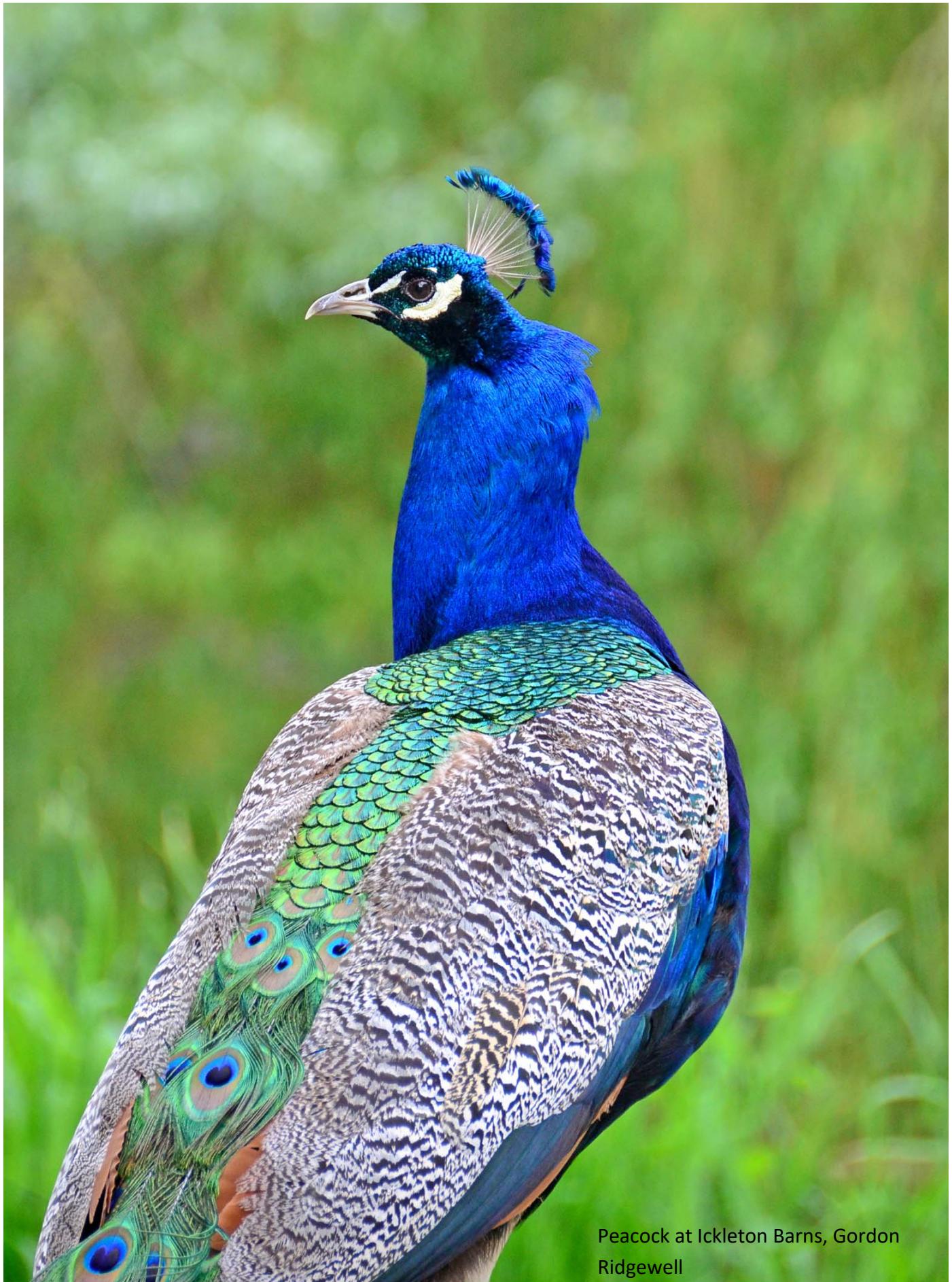
Mon 23 Jan - Ouse Fen or Fen Drayton

Wed 22 Feb - Fingringhoe Wick

Fri 24 Mar - Lackford Lakes

Tue 25 Apr - Snettisham late afternoon wader spectacular

Brian Linford, 01799-531392 or brianlinford@mymailbox.co.uk (images by Brian)



Peacock at Ickleton Barns, Gordon
Ridgewell



EASY RIDERS

5 May: Tony and Sue White very kindly led this very successful cycle ride in our absence. On a hot sunny day, the group left Newport headed towards Arkesden then onto Duddenhoe End, around to Langley Upper Green and Langley Lower Green, then onto The Woodman pub at Nuthampstead! The Woodman is quite famous with the added attraction of American air base history. The return journey took the group through Brent Pelham and Clavering.

2 June: We met up at Great Chesterford and took the road through Ickleton, Hinxton, Duxford, Whittlesford and the loop towards Newton. We

went back to the Tickell Arms, Whittlesford, which proved perfect for a relaxed, convivial lunch. We returned to our starting point by the same route in the reverse order!

7 July: we attempted something quite different: a visit to the newly re-opened Henry Moore Foundation. It was a lovely sunny day for our ride around this very picturesque area - we took in Perry Green, Allen's Green and Green Tye. We stopped for a beer at The Prince of Wales pub, which has its own brewery and we bought tomatoes and cucumbers from the local grower. Conditions were perfect for a picnic lunch amongst the sculptures, and the talented artist, Tony White, to undertake some (extraordinarily) quick sketches....

4 August: we met at The Plough, Fen Ditton, cycling to Chesterton where we crossed the Cam, cycling on to Bates Bite Lock. We visited Milton Country Park enjoying the scenic villages of Landbeach and Waterbeach before stopping for a delicious lunch at The Crown and Punchbowl, Horningsea, completing the loop back to Fen Ditton after a very satisfactory excursion.

1 September: the outing was quite exciting – in all sorts of good ways, incorporating countryside, urban areas, river and canals. It was a lovely sunny day and the track was very dusty in places but very flat which is always a bonus! After meeting at Broxbourne station we ‘bimbled’ south along the banks of the River Lea, taking in the Lee Valley White Water Centre, pressing our noses against the windows at the Beam Engine Museum and eventually reaching Hackney Wick. We took a walk through the Olympic Village to Stratford where we all caught the train back to Broxbourne.

6 October: we started out from Widdington at the usual time of 11am, having met at Anne and Colin’s house. In stark contrast to September’s outing, this ride took in leafy lanes, attractive tracks and beautiful bridleways. We saw some interesting birds, including a heron, and plenty of rabbits. We rode from Widdington on the western side of our route and as far as Debden to the north, then to Tilty to the east and down to Broxted in the south. A pub lunch – with the choice of real ales – was enjoyed about two thirds of the way around at the Prince of Wales at Brick End. The total distance of this ride was about 19 miles.



Cont./...



Afterwards Colin and Anne laid on afternoon tea for 'Easy Riders' and their partners.....

3 November: Autumn was well and truly with us on 3 November so a route which is partly protected from the elements was chosen for this ride. In brilliant autumnal sunshine, we met at Little Dunmow and picked up the Flitch Way eastwards towards Braintree. This trail follows a redundant rail route and is flanked by trees and bushes; the other advantage of the ride is that it doesn't have any steep inclines (we are Easy Riders, after all!). Luncheon was taken at The Booking Hall Café at Rayne, which spe-

cialises in homemade cakes and proper tea and coffee. The (doorstep) sandwiches were spectacular and no one left the café hungry! We took a route back to our start by travelling via Felsted and, by popular demand, took a beer stop at the Swan Hotel. There was a distinct chill in the air upon our return to our vehicles – the 12.5 mile ride was just about right!

Our numbers are gathering all the time; we now have 12 active Easy Riders listed and we generally have 7 or 8 on the rides; a good number for a relaxed and sociable outing!



Rides are on the first Thursday of the month. Please contact us if you'd like to join the group.

Sketches by Tony White, image of Henry Moore sculpture by Colin Taylor .

Colin and Anne Taylor



CELEBRATE YOUR U3A MEMBERSHIP!

A lot of us don't do what we should to keep ourselves healthy in mind and body—but if you're an active U3A member you are! Ways that help us lead healthier and more active lifestyles include:

- playing games like table tennis, rambling, Pilates, keep fit, Tai Chi, gardening all great for physical fitness (reducing blood pressure, helping control diabetes and perhaps even lowering cholesterol), and improving and maintaining mobility and mental health;
- going on U3A trips (lots of socialising! great for mental health and memory function);
- spending time in a group, of which we have a terrific choice. including Art Appreciation, Choir, Listening to Music, Philosophy, again great for mental health, while creating and maintaining social contacts is perfect for keeping our memory functioning at optimum levels;
- using and improving our brains by learning something new, especially something such as a language (Spanish, French, Latin, Italian), drawing/painting, learning a musical instrument (Ukulele), or a challenging game such as Bridge, Mah-Jong or Cribbage, which will increase the number and strength of your brain's neural pathways.

All of these benefit our health and improve our brain function. So congratulate yourself on your healthy lifestyle.

Now if only we can do that pesky healthy eating stuff as well!

Jessica Jackson, retiring Editor



IMPROVE YOUR BRAIN WHILE IMPROVING YOUR SPANISH !

Ahh!! Spain, a land that's got it all, fabulous mountains, stunning coastlines, some of the greatest and most famous restaurants in the world plus a relaxed and vibrant culture. Notice I haven't mentioned the almost year round sunshine. To really enjoy it all it's great to be able to communicate in the local language. So, if you'd like to improve your basic Spanish then Spanish Improvers is the class for you. And there are currently vacancies! This friendly and welcoming class is held on Wednesday afternoons between 2-3. So come along and have a taster.

Please contact Jessica Reeve, on 01799 522 818 or jessicareeve@hotmail.co.uk.



UKULELE GROUP...life's a happy song...

The Ukulele Group has proved to be more popular than envisaged and has 19 enthusiastic members. With many of the group being total novices to playing any musical instrument, there's a lot to learn, but the more experienced players have been supporting the less experienced and we've all been pleasantly surprised by the great sound we can already achieve as a group. We have discovered the perils of "musical multi-tasking" such as strumming, finding fingering for chords, singing, and keeping a rhythm all at the same time - certainly a challenge both mentally and physically.

We don't have a name for the group but "The Plonkers" has been suggested, as has "Uku3A", and despite the challenge of learning something new, and the demands on our co-ordination and concentration, everyone is having fun.

Starting with "You are My Sunshine" as our first song, we are gradually learning and building a repertoire, and if we all practice hard we may be able to showcase a few numbers sometime next year – watch this space!

Mary Curtis, maryfcurtis@live.co.uk



MAH-JONG 2

Mah-Jong - the fascinating game that originated in China during the Qing dynasty and converted from cards to tiles in the middle of the 19th century - is so popular that in Saffron Walden we now have 3 enthusiastic groups. How lucky we are!

Mah-Jong is ideal for both beginners and experienced players as you play for yourself and all levels can play together. One of the pleasures (and trials!) of Mah-Jong is learning special hands, all with amusing and original names such as Wriggling Snake, Hitler's Blunder, Triple Knitting and many more...

We have all missed Connie since her very unfortunate accident and hope she will soon be back to give us that essential guidance that is needed and much appreciated.

The friendly atmosphere in the group is great and Jess makes us all so welcome in her lovely home with tea or coffee and we donate 50p for charity. Other members also kindly offer their homes when needed. At the time of writing there is space for 2 more players so please do contact Jess Grinyer on 01799 500344 if you are interested.

Judith Rowland

LISTENING TO MUSIC

“Music produces a kind of pleasure which human nature cannot do without.”

These wise words were written some two and a half thousand years ago by the great Chinese philosopher, Confucius. Members of our ‘Listening to Music’ group would surely agree that these sentiments are still very apt today.

During the Autumn term we heard excerpts from composers and performers ranging from Albinoni, Fauré, Glück and Rossini to Vivaldi and Von Suppé. More modern names included André Rieu, Lesley Garret, Paul McCartney, Dame Kiri Te Kanawa and the Grimethorpe Colliery Band! We frequently hear pieces by classical favourites such as Handel, Mozart, Bach and Johann Strauss that we can hum along to and which get our feet tapping, but often there are surprises to add spice to the mix. How about Vanessa Mae playing the ‘Devil’s Trill’, Mario Lanza singing ‘Be My Love’; Vincent Youman’s ‘Tea for Two’ arranged by Shostakovich or ‘My Little Welsh Home’ sung by Aled Jones?

For a similar selection of music to brighten or calm your day, why not join us on Wednesday mornings for a serving of ‘golden oldies’, inspiring instrumentals or show-time specials along with some coffee and biscuits?

The good news is that we have space for any members who wish to join us – you’d be very welcome to share with us the kind of pleasure that music produces.

Philippa Croft, 01799 599044, pcroft@waitrose.com



IN MEMORIAM (Flower painting by Sybil Pretious)

Sadly we've lost a number of members since the last issue of *Update*, including Betty Brooks, Peggy King, Ron Dean and Tony Woods.

Trevor Osbourn writes movingly of his memories of Ron: ‘I was saddened to hear of Ron Dean’s passing. I knew him as we were members together on the SW Town Council in the early ‘90s. He was a very experienced councillor and I was very much a greenhorn. He was always kind, considerate and

encouraging. I was delighted to learn that we had something in common: we had both served in the Royal Horse Artillery, although under very different circumstances. I did post-war National Service in comparative comfort whereas Ron had a very arduous war - a prisoner who escaped three times and was recaptured twice. I am sure it was his wartime experience that made him react with real fury when a councillor who should have known better suggested that there should be no civic recognition to mark the fiftieth anniversary of the ending of the war against Japan. Ron’s reaction was blisteringly devastating - and unanswerable. It was a privilege to have known him. In past years Ron was also a prolific contributor to *Update*. Ron passed away peacefully at Highfield Care Home, Saffron Walden in October aged 96 years. Ron was devoted to his son Michael, his daughter-in-law Evelyn, his grandchildren and great grandchildren.’

Peggy loved attending the Open Meetings whilst Tony Woods was a long-standing member of both Turpin’s Indoor Bowling Club and the Friday Bridge group and will be a sad loss to both these activities.

FAIRYCROFT HOUSE



Some of you may know that Fairycroft House (in Audley Road) has been sold by Essex County Council to a young entrepreneur and professional guitarist, Tim Bass.

Through Owen at Copycats (our wonderful printers of *Update*), Ann Cousins and I had a guided tour of the refurbished House. Tim is keen for the House to be used as a Community Centre by local groups and individuals. There are many rooms available to hire with differing seating capacities and functions – even

a dance studio - with U3A enjoying a discounted hourly rate for daytime use. The venue has the benefits of free Wi-Fi and PA systems, screens as well as a recording studio.....and many hidden treasures such as some, albeit limited, parking. Ann Cousins (Activities Coordinator) is the person to contact if you think your group would like to take advantage of this new venue. As you can imagine these facilities open up ideas for new groups..... Please do send your suggestions to Ann Cousins.

Sue Barton

BUILDING BRIDGES

Martin Luther famously nailed his 95 theses to the church door at Wittenberg in October 1517. Fewer people know that some years later he posted 10 remedies for depression which are still popular today.

He is the father of modern Europe, as well as the world-wide Lutheran church, and which continues to influence such leaders as Bonhoeffer, Moltmann and Karl Barth, as well as Mrs Merkel.

To mark the Anniversary of this historic event, our Building Bridges class next term are planning five fortnightly Tuesday afternoons on Luther. We will look at the facts of his life and especially his ongoing influence, starting on Tuesday, 24 January at the Saffron Walden Community church (formerly Castle St Methodist church).

John Martin, Tutor

Isobel Jones, Coordinator, isobel.jones@talktalk.net, 01799 522552



Our term got off to great start with a trip to the Greene King brewery in Bury St Edmunds. We were shown around the different parts of the brewery by two excellent guides who explained the various processes. The trip ended, needless to say, in the brewery's bar with a splendid sampling session. We sampled:



Photos thanks to Tony Treglown

Our thanks as always to our driver, Brian, and sympathy since unfortunately he had to stick to the orange juice.

Our speaker in October, Peter Hesketh, was a retired policeman who gave a fascinating description of his trip around the world in container ships. Often the only passenger among a crew of about 20 comprised of Philippines and east Europeans, fortunately he said English was the language used on the ships. Peter gave us some amazing statistics: from the bridge the crew could not see the sea for at least $\frac{1}{2}$ mile in front of the ship, the ship used about 220 tons of fuel each day, costing about £100,000, which nevertheless only accounts for about 1% of the retail cost of e.g. a camera.

Followed in November by Sqn Leader Kevin Dalley who gave us a most interesting talk about the development and operation of the RAF's Pathfinder Force which was established at RAF Wyton in 1942 to improve the accuracy of the allied bombing attacks on Germany. Kevin described the extraordinary personalities involved, the types of aircraft used, how the crews operated and their experiences and the techniques used to identify targets over Germany.

We meet in the Garden Room in Jubilee Gardens, where our meetings average 30 – 40 people, and we welcome anybody who would like to come along to listen, chat and drink a cup of tea or coffee.

John London, 01799 527729

MUSIC, THEATRE AND OUTINGS



A March trip took us to see *Guys & Dolls* and after an enjoyable lunch at the Strand Palace Hotel, we crossed the road to the Savoy Theatre. It was an excellent production enjoyed by all, which some thought was better than the film, having more content.

Our initial April visit was to the first public exhibition of Secrets of Scotland Yard at the Black Museum, covering the history of Scotland Yard. The present day Yard is being converted into a hotel (rooms £10,000 a night!), and they are moving back to the original, smaller building... The Museum was interesting and informative with details of gruesome crimes and criminals: the Great Train robbery, Ruth Ellis, the last woman to be hanged, the Krays and Dr.Crippen, to name but a few.

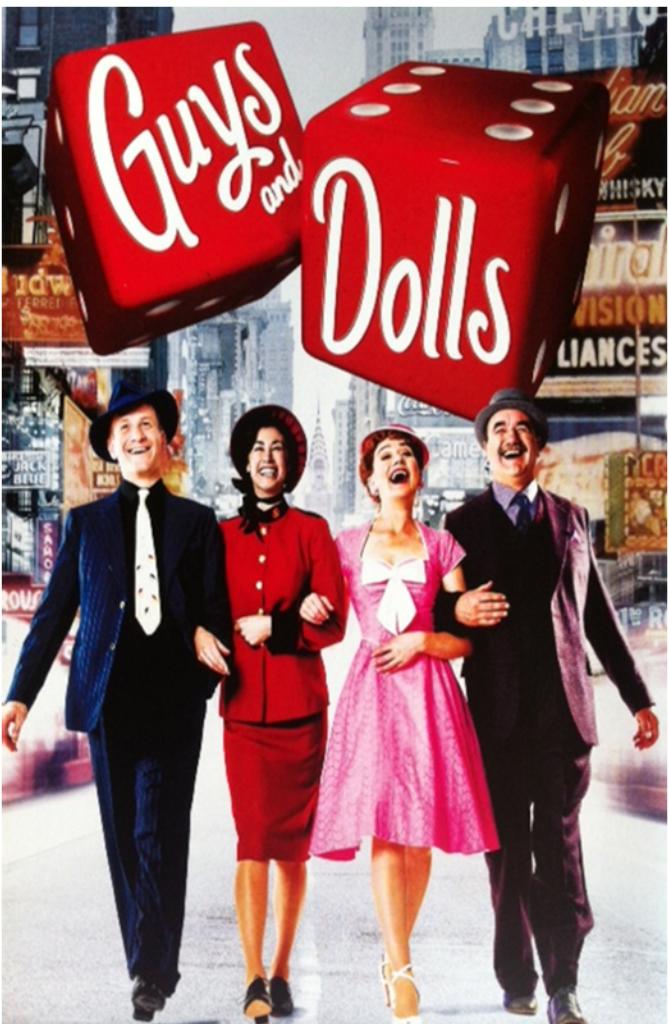
Also in April we went to the Albert Hall for a Tchaikovsky Concert, including lunch at the Verdi restaurant. The concert was beautiful: commencing with Capriccio Italien, the ever popular Concerto No.1 was played by Natasha Paremski, an excellent pianist, and ended with, of course, the 1812 with cannon fire and fireworks.

In May we went to the Coliseum to see the ENO's performance of *Madam Butterfly* - a beautiful and moving production in its native language but we were not disappointed by this English version. The settings and costumes were all traditional, we could not praise it enough and cannot wait for the next one.

In June we went to the Westcliffe Theatre for the RPO playing Holst's *Planets*, Strauss, Bach and Beethoven. It was a most enjoyable concert but we came out of the theatre to pouring rain and a thunderstorm - probably quite fitting to Holst's *Mars*.

Also in June we went to see the Blenheim Flower Shower and Palace; it was a lovely day. The flower show was very small compared with Hampton and Chelsea, with no display gardens to look at, but there were many stands with plants available for purchase. The Palace is huge but some did manage to see some of one of the wings and I think all enjoyed tea and cakes looking at the wonderful fountains.

Christine Duffy



WRITING FOR PLEASURE

When a friend asked if I would like to go to a U3A class called Writing for Pleasure my first reaction was No! I left school at fifteen; I'm not academically minded and wouldn't be able to do it.

"Well, I think you could Kathy and I would like you to come with me. I'll make all the arrangements and pick you up next week."

I thought that as she's busy she'd probably forget – but not so! A phone call over the weekend to say she would pick me up on Monday at 9.45am.

"But what do I have to bring?" I asked.

"A writing pad, a pen, and yourself. It will be great," was her enthusiastic reply.

I was duly picked up on time and introduced to the class. Does anyone know what it's like to taste fear and wish you were somewhere else? My fears soon faded when everyone was so friendly – including Barbara, the class tutor. Jack, Barbara's husband, made us all a drink and handed round biscuits.

As we relaxed, Barbara talked to us, saying "The art of writing is to make a miracle out of the ordinary". Now Barbara had my complete attention. I have always been a keen reader and a writer of letters, so perhaps this is something I could do.

We listened to the class reading their homework and then we were all asked to write about something special we had done: "Tea at the Ritz" I thought, and began writing. I couldn't believe the time had gone so quickly! Yes, I loved it and felt an exuberance overflow into my life; warmth within me. What more can I say? Barbara is an excellent tutor who motivates us by her own love of writing. And it's a terrific and friendly class.

I wonder if other people think as I once thought – that I wasn't good enough. Everyone is good enough! Try it and see.

Yesterday is history, tomorrow is a mystery; live for today!

Kathy Pledger



Kirstead Hall: visited 15 July 2016



Who exuded both charm and grace

The façade was most elegant
Evoking thoughts of former years
The owners having restored it
With their own blood, sweat and tears

When they moved in over 30 years ago
The hall was empty and derelict
But on viewing it they wanted it
Something inside them just clicked

The roof was badly damaged
Letting in rain and snow
There was no gas or electricity
They relied on candle glow

But interested in its history
They found inspiration from above
Sympathetically restoring it
With tender care and love

On Friday we visited
Kirstead Hall
A most fascinating place
Owned by a couple
named Murphy

It's not a pretentious building
More a much-loved family home
Where grandchildren delight in playing
And visitors are free to roam

We learnt the history of the place
And that of the family
Then sat in a walled garden
Enjoying a splendid cream tea

I wish we could have stayed longer
Giving us more time to roam
And to read the informative papers
About this most interesting home

The charm of the place and the welcome
Are memories I carry with me
The family's obvious love of the place
Was uplifting and lovely to see

We have visited lots of grand houses
But somehow it seems to me
That last week's visit to Kirstead Hall
Will live on in my memory

Pauline Smith, Writing for Pleasure

Maldon, Essex, Gordon Ridgewell





ONE LINERS

He who laughs last; thinks slowest.

The early bird may get the worm, but the second mouse gets the cheese in the trap.

Change is inevitable, except from vending machines.

If you think nobody cares, try missing a couple of payments.

Eagles may soar, but weasels don't get sucked into jet engines.

Inside every older person is a younger person wondering, 'What the heck happened?'

Light travels faster than sound. That's why some people appear bright until you hear them speak.

Four Spotted Chaser by Brian Eastcott

U3A TERM DATES 2017

Spring 5/1/17-31/3/17

Half-term 11/2/17-19/2/17

Summer 18/4/17-21/7/17

Half-term 27/5/17-4/6/17

Autumn 4/9/17-20/12/17

Half-term 23/10/17-27/10/17

Dates For Your Diary

OPEN MEETINGS: Monday, 2.30pm at the Bowls Club

16/1/17	Sreepur village, Bangladesh, Laura Sale
20/2/17	Gilbert and Sullivan, Bernard Lockett
20/3/17	Citizens Advice Bureau, Diane Drury

MAINLY FOR MEN: Garden Room, Jubilee Gardens at 2.30pm

9/1/17	New Year's lunch at 12.30pm
6/2/17	Andes Plane Crash, a talk by John Guiver, at 2.30pm

Contact: John London, johnlondon456@gmail.com, 01799 527729

LUNCH CLUB PROGRAMME: 12.15 for 12.45 (unless otherwise stated)

18/1/17	Ananta Thai Food Pub (Coach and Horses), Wicken Bonhunt
15/2/16	The Cricketers, Clavering
9/3/16	The Axe and Compasses, Arkseden

To avoid confusion, communication should be made to the organiser, NOT the venue.

Contact:

Kate: 01799 550271, e-mail kbarwood@btinternet.com



Dates For Your Diary

THEATRE AND TRAVEL GROUP PROGRAMME

Date		cost	due
29/1/17	<i>Nutcracker Ballet</i> , Westcliffe. Matinee Russian State Ballet, contact Christine	£47.00	NOW 2016
20/2/17	Anglesey Abbey Snowdrops & pub lunch, contact Pauline	TBA	
5/3/17	RPO Concert Westcliffe 7.30pm incl. Borodin, Rachmaninov, Tchaikovsky, contact Christine	appx. £45.00 pend.Nos.	end Nov/ beg Jan
18/3/17	<i>Pirates of Penzance</i> . ENO Coliseum, contact Christine	£69 pend Nos.	end Nov / beg Jan
27/3/17	16th Century West Stow Hall including Afternoon tea; lunch TBA, contact Christine	TBA	
2/4/17	RPO Concert. Westcliffe 7.30pm Incl Mendelssohn & Sibelius, contact Christine	Apr £45.00 Pend Nos.	end Feb
5/4/17	<i>American in Paris</i> , musical RESERVE LIST ONLY, contact Christine		
April 17	Windsor Castle, contact Pauline	TBA	
6/5/17	Portobello Road Market or Borough Market 3-3.5 hrs Thames Cruise with 'posh' afternoon tea, contact Christine	£52/£49 pend. nos.	
10/5/17	<i>42nd Street</i> , musical RESERVE LIST ONLY		
5-9/6/17	Holiday: Poole. Half board. Optional day trip to Guernsey, contact Christine/Mary	expected price £399	
27/6/17 ?	Holkham Hall, including lunch, contact Pauline	TBA	
5/7/17	Waddesdon Manor, Rothschild Collection, inc morning coffee & lunch. National Trust; 30+ people required for pricing, contact Christine	NT £35 non £48.50	
9-16/7/17	Verona, Italy, half board, Night at the Opera, <i>Aida</i> (optional), day on Lake Garda, visit to wine area, easy coach travel. Overnight stop out and back, contact Christine	TBA	

Contact Christine Duffy: 01799 599636 (mobile number to be used only during trips: 07786 402776)

Contact Pauline Smith: 01799 521524

Contact Mary Edwards: 01799 551924

Theatre and Travel meet last Friday each month to give opportunity to those members wishing to book for one of the many trips on offer.

SEE WEBSITE FOR UP-TO-DATE INFORMATION. INCLUDING FURTHER OUTINGS.

Notices

Saffron Walden U3A is a Registered Charity No. 290670.

The views and opinions expressed in Update are not necessarily those of the U3A
or of the Committee.

The Committee reserves the right to close any class or activity because of low
enrolment or poor attendance.

Errors and omissions excepted.

We try to keep in contact with all members but it is not always possible to do so.
This may be due to illness or other incapacitation.

If you hear of any member who may need assistance please contact any member
of committee.

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For more information visit our website at www.saffronwaldenu3a.org.uk.

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All members are covered by public liability insurance but
Saffron Walden U3A accepts no
responsibility for any accident not covered by that insurance.

Legal Assistance

Legal Advice, including Private (including Holidays), Commercial and
Employment advice, is available over the telephone to all members of U3A. This
service is provided by Arc Legal Assistance (24hrs) and can be accessed by
telephoning 0344 770 1040 and quote U3A Legal Helpline.



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