



THE UNIVERSITY OF THE THIRD AGE

Saffron Walden
Registered Charity No. 290670

UPDATE

Summer 2015



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: Snowdrops, Chippenham Park, Suffolk, by Tony Marks

SAFFRON WALDEN U3A COMMITTEE

Chair	Sue Barton	01799 540749	oldship@onetel.com
Vice Chair	Mary Edwards	01799 551924	mary.edwards17@gmail.com
Treasurer	Peter Long	01799 524443	peterlong.associates@virgin.net.
Secretary	Ann Treglown	01799 516707	ann.treglown@gmail.com
Membership Secretary	Ann Banks	01799 550328	annjohn.banks@uwclub.net
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Update Editor	Jessica Jackson	01763 837294	sjessica.jackson@gmail.com
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Events Co-ordinator	Maresi Bennion	01787 581532	mtbennion@hotmail.com
Holidays	Mary Edwards	01799 551924	mary.edwards17@gmail.com
Co-opted member	Jean Little	01799 513411	
Co-opted member	Pauline Palmer	01799 502560	pauline.palmer3@ntlworld.com
Website Management	Martin Hugall	01799 527805	website@saffronwaldenu3a.org.uk

WEEKLY ACTIVITIES

Monday	Line Dancing	URC Hall	1.00-2.15
Monday fortnightly	History Byways	Baptist Room	11.00-12.00
“ (but check with Co-ordinator)	Writing for Pleasure	Tutor’s home	10.00-12.00
Tuesday	Sequence Dancing	URC Hall	9.45-10.45
Tuesday	Pilates 1	URC Hall	11.00-12.00
“	Pilates 2	URC Hall	12.15-1.15
“	Pilates 3 Beginners	Baptist Hall	12.30-1.30
“	Pilates 4	Baptist Hall	1.30-2.30
“	Art Class 1	URC Hall	2.30-4.30
Wednesday	Music Group	Baptist Hall	10.30-11.45
“	Tai Chi 1	Baptist Hall	9.30-10.30
“	Tai Chi 2	Baptist Hall	11.00-12.00
“	Keep Fit	Baptist Church	11.10-12.10
“	Nice ‘n’ Easy Fitness	Baptist Hall	12.30-1.30
“	Mah-jong 1	Members’ homes	1.30-3.30
“	Improvers Bridge	Bowls Club	2.00-4.00
2nd and 4th Wednesday	Choir	Quendon	10.30-12.00
Wednesday	Spanish	Tutor’s home	10.00-11.00
Thursday	Scrabble	Members’ homes	10.00

WEEKLY ACTIVITIES CONT./MONTHLY ACTIVITIES

WEEKLY ACTIVITIES CONT.			
Thursday	French Conversation	Members' homes	10.30-12.00
" fortnightly from 12/2/15	Ramblers 1	L B Leisure Centre	10.00-12.00 appx.
Thursday fortnightly from 19/2/15	Ramblers 2	L B Leisure Centre	10.00-12.00 appx.
Thursday	Mah-jong 2	Members' homes	2.00-4.00
Friday	Bridge	SW Bowls Club (throughout summer term)	1.30-4.00
"	Art 2	Baptist Church	2.00-4.00
Friday fortnightly	Art History/ Appreciation	SW Bowls Club	10.30-12.00
MONTHLY ACTIVITIES			
Various	Birdwatching	Contact Coordinator	
See Dates for your Diary	Lunch Club	Kate & Bill	12.15 for 12.45
First Monday	Poetry	Members' homes	2.00
First Monday	Photography	Coordinator's Home	2.30
Last Monday	Play Reading	Members' homes	10.00-12.00
Last Wednesday	Literature	Baptist Room	2.00
Last Friday	Theatre and Travel	Baptist Hall	2.00
Third Friday	Gardening	Contact Coordinator	
Two meetings each term, contact co-ordinator and see page 13	Mainly for Men	John London	2.30-4.00

CLASS COORDINATORS

Art 1	Esther Rawlings	01799 520203	egerawlings@greenbee.net
Art 2	Peter Divall	01799 524140	pswdivall@virginmedia.com
Art History	Suzan Bouton	01799 529163	ronsuebouton@gmail.com
Ballroom/ Sequence Dancing	Pauline Palmer	01799 502560	pauline.palmer3@ntlworld.com
Bird Watching	Brian Linford	01799 531392	brianlinford@mypostoffice.co.uk
Bridge	Stella McSweeney	01799 520923	stella.mcsweeney@hotmail.co.uk
Bridge (Improvers)	Maureen Davey	01799 521534	mauroy1@btinternet.com
Choir	Joan Shadbolt	01799 516585	joanshadbolt@hotmail.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
Italian	Susan Humphries	01799 500066	susan.humphries@gmail.com
Keep Fit	Beryl Love	01799 521130	
Indoor Bowling	Grahame Wilmott	07922187361	grahame.wilmott@btinternet.com
Line Dancing	Jean Little	01799 513411	
Literature	Wendy Linney	01799 521003	
Lunch Club	Kate Barwood Bill Morris Terry Allen	01799 550271 01799 523167 01375 644636	kbarwood@btinternet.com wejm36@yahoo.co.uk terryallen606@btinternet.com

CLASS COORDINATORS CONT

Mainly for Men	John London	01799 527729	johnlondon456@gmail.com
Mah-jong 1	Christine Greet	01799 531732	johngreet@waitrose.com
Mah-jong 2	Jess Grinyer	01799 500344	jess.grinyer@ntlworld.com
Music Club	Philippa Croft	01799 599044	pcroft@waitrose.com
Nice'n' Easy Fitness	Jan Powell	01799 523855	janibobs@ntlworld.com
Photography	Jenny Lauder	01799 599676	jenalauder@hotmail.com
Pilates 1	Hazel Marshall	01799 524844	
Pilates 2	Jackie Dibling	01799 502001	jackiedibling@hotmail.com
Pilates 3 Beginners and Pilates 4	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	John Banks	01799 550328	jcbanks328@gmail.com
Scrabble	Veronica Sylvester	01799 526932	veronica.sylvester@talktalk.net
Spanish	Sue Rooney	01799 525389	marooney@dsl.pipex.co.uk
Tai Chi	Angela Rowland	01799 521192	mrsarowland@gmail.com
Holidays	Mary Edwards	01799 551924	mary.edwards17@gmail.com
Theatre	Wendy Smith	01799 599298	
Outings	Chris Duffy	01799 599636	chrisduffywimbish@tiscali.co.uk
	Pauline Smith	01799 521524	paulinesmith39@hotmail.co.uk
Writing for Pleasure	Diane Drury	07870 900852	dianejgdrury@gmail.com

CHAIRMAN'S REPORT

My report for this edition centres on an appeal – you may have already seen some articles in the local press.

Please take a few minutes to think about how you, *yes you*, value the activities, events and companionship provided by your U3A. These could be under threat in the future because there are a number of long serving members on the Committee who will be standing down at the AGM in September which will come around all too quickly.

We need five volunteers to step forward and help alleviate this challenging and difficult situation. Being a Committee member provides the opportunity of being part of something bigger and is a rewarding and enjoyable way to keep our U3A as vibrant in the future as it is at present. Why not come along and sit in on a Committee meeting to find out what happens? I'm waiting for your email or phone call.....

I will round off my report by letting you know that there is availability at the time of writing in the following classes:

Mah-Jong 2, Pilates 4, Tai Chi, Nice 'N' Easy; and Writing for Pleasure. We are attempting to find another tutor in order to be able to set up another Line Dancing class, so if anyone knows of such a person please let us have their details. Enjoy the Summer Term with what we hope will be some warm weather!

Sue Barton: oldship@onetel.com

NEW WEBSITE NOW LIVE!

Visit www.saffronwaldenu3a.org.uk

Martin Hugall, our website manager, has worked tirelessly alongside Rosemarie Gant, our website creator, to produce our new, and vastly improved, website. You'll still be able to find all the information you need but in an easier and more friendly format.

MEMBERSHIP SECRETARY'S REPORT

Our U3A continues to flourish, and we now have 642 members. However, by the time of our AGM in September we will be needing new volunteers to come on to the Committee, so please do think about this now and perhaps come along to a committee meeting soon and shadow a job in readiness for September, as I'm sure you wouldn't want to see our organisation close due to a lack of committed members.

YOUR COMMITTEE NEEDS YOU !!

I hope you are all enjoying your classes/activities, and that the weather will be kind to us for Easter and the rest of the summer term.

As usual I will ask that you keep me informed of any change of address, e-mails and phone numbers, so that you don't miss out on our mailings to you. I will be sending out renewals with the next issue of Update in August, which please send to me by post, or do come along to our Registration Day/AGM on Monday, 7 September at the Town Hall.

For All Prospective New Members

Please note that the fee for the Summer Term this year will be only £5.00 per person.

Ann Banks, Membership Secretary, annjohn.banks@uwclub.net 01799 550328

ACTIVITIES COORDINATOR'S REPORT

All Classes are progressing well in the Spring Term and in fact we requested from our Co-ordinators their Class waiting list to investigate if we can/are able to recruit some additional Co-ordinators. Classes that DO HAVE VACANCIES (please contact the relevant Co-ordinator for details): Art History, Ballroom and Sequence Dancing, Bird Watching, Gardening, History Byways, Mah-jong 2, Nice 'n 'Easy , Pilates 4, Singing (We Need 2 more Men), Ramblers 3 and Tai Chi.

In my last report I stated that our Chair, Sue Barton, accompanied by Jessica Jackson and Mary Edwards, visited the newly refurbished Adult Learning Centre where they are running some new non-U3A adult classes. Some of these may be of interest to our members especially to those of you who are interested in mastering those "New Computer Thingies". You will find links on our website which will enable you to find details of these courses. Cont/...

ACTIVITIES COORDINATOR'S REPORT Cont.

We are in the process of creating a new website and Martin (our Website Manager) is going to up-load the CLASS CO-ORDINATORS GUIDE, which will include any addendum documents. I have not received any amendments from any of the Co-ordinators so assume you are all reasonably happy with the contents of that document and will add the notes from Jessica Jackson regarding document submissions/format.

It is important for Co-ordinators to maintain a Class Register for insurance purposes. Any U3A insurance claims by members will be VOID unless their NAME, MEMBERSHIP NUMBER, AND DATE OF ATTENDANCE ARE RECORDED in the Class Register. It's the responsibility of each attending member as well as the Co-ordinator to ensure this is done. It is also LEGAL REQUIREMENT under the FIRE REGULATIONS when meetings are held in halls such as the SWBC, URC HALL, BAPTIST CHURCH etc.

Although membership numbers are still increasing, I still have to report that I have not received many enquiries from members regarding their ideas for NEW Groups. Remember, this is your U3A and the diversity and availability of Classes depend on our members' interests, so please contact me if you have any NEW ideas that you think could create a new group.

I am pleased to report that the U3A Locked Central Equipment Store Cupboard at the Bowls Club, located in the Ladies Changing Room, is proving a great asset as it makes the equipment readily available to all interested groups with minimum difficulty. I can provide a list of Key Holders on request, who will be happy to assist you in accessing the Equipment Store.

I have decided that, since there will be several long-standing members of the Committee retiring at the next AGM, I will carry on as Activities Co-Ordinator for another year. However, it is imperative, due to the wide ranging nature of the Activities Co-ordinator's duties, that one or more members is/are motivated to come forward *as soon as possible*, and no later than the new academic year 2015-16, to shadow me and assist with the work.

I wish to thank all the Co-ordinators for your assistance and if I can be of help please note my contact details below.

Terry Allen, Oozedam , High Road, Fobbing, Stanford-Le-Hope, Essex SS17 9HT
Tel. 01375 644636, M.07974 260078, e-mail terryallen606@btinternet.com.

NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Saffron Walden U3A will be held at Saffron Walden Town Hall on Monday, 7 September 2015 at 2.30 pm, or at any adjournment thereof.

Business:

The Chairman will report on the business of the Association for the year ended 31 July 2015.

The Treasurer will present the financial statements for the year ended 31 July 2015.

In accordance with Article 7.v. of the Constitution, all the members of the Executive Committee, including those serving as Officers, shall retire.

Resolutions:

To consider and, if thought fit, to pass the following resolutions:

To approve the financial accounts for the year ended 31 July 2015.

To approve the reappointment of the Examiner of Accounts.

To elect members of the Executive Committee.

Only current members are entitled to attend, vote and speak at the Meeting.

Ann Treglown, Secretary

COMMITTEE

Under the terms of the Constitution, all the members of the Executive Committee, including those serving as Officers, will retire at the Annual General Meeting.

Non-officer members of the Executive Committee have a one-year term of office and may serve not more than three terms.

Officers other than the Treasurer have a one-year term of office and may serve not more than three terms in a particular Officer role.

At least four members will be standing down from the Executive Committee. Three members have indicated their willingness to stand again and the two co-opted members will also stand. This is the bare minimum of five as required by the Constitution. However, we may have, and really need, up to twelve members on the Committee to spread responsibilities.

IN MEMORIAM

Sadly, we've lost a number of members since the *Spring Update* was published.

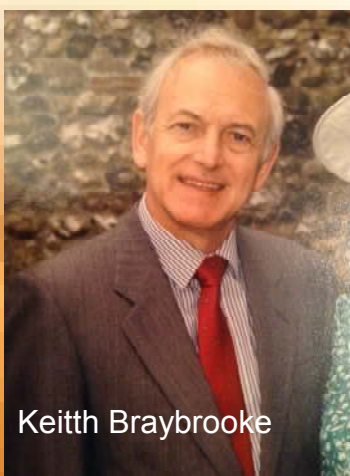
Ann Hickling, who had previously been an active member of the Tai Chi Group and also played bridge, passed away in January, from cancer. Ann made the most of life and had a very wide range of interests and loved to be active. In her younger years, she was a county hockey player, and also played tennis, squash and golf.

Ann had a long and successful career as a teacher and is still remembered to this day, by former pupils and fellow teachers. Ann was a wonderful wife to Cyril and a loving and inspirational mother and grandmother to her two daughters and her grandson. She is deeply missed by all her family and friends.

It is also with great sadness that we mark the passing of Barbara Cochrane, who died on 2 January 2015. A keen bridge player, she enjoyed both playing and meeting with her many bridge friends. Barbara lived in Wimbish for many years and started, and ran, Anglia Recruitment with a friend in Saffron Walden very successfully until it was sold. She enjoyed walking, skiing, her beloved garden, especially her beautiful rose garden and her grandchildren. She is hugely missed by her family and all her many local friends.



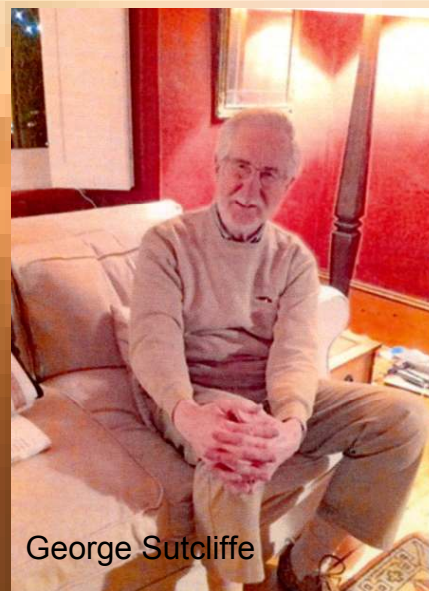
Barbara Cochrane



Keith Braybrooke

Keith Braybrooke, who passed way last year, and his wife Ruth, were keen members of the ballroom dancing group. Keith is greatly missed.

We are also sorry to lose George Sutcliffe who passed away in January, after suffering a bad accident last year. He enjoyed birdwatching, walking and bowls.



George Sutcliffe

KING'S CROSS, ST PANCRAS AND ST PAUL'S



We had a fine dry cold day for our Travel Group's outing in late February to London, where our coach was met by Doug, a knowledgeable and interesting guide. We cut through Hackney and Islington to arrive in the redeveloped area surrounding King's Cross station, for a welcome coffee in the impressive new King's Place arts and theatre complex overlooking a basin on the Regent's Canal.

Then we walked over the bridge looking down on the railway terminus, and over the canal, to see and hear about the vast historic granary and coal buildings that have been developed into drama and design colleges, while new blocks of flats are being built on former sidings for those who can afford £500k for a one-bed flat. Next, a peek inside the new station concourse with a new blue-lit arched roof, and a glimpse of platform 9¾, which Harry Potter fans wanted to see, but left the rest of us bemused.

Next, we had a look around the outside and inside of St. Pancras, with its large glass roof and dreams of Eurostar trips, then back to the coach for The Melton Mowbray pub at High Holborn for lunch and refresh-



ments, opposite the gothic style Prudential building. Many memories were swapped by our former commuters to this area, and members brought up in the capital.

The afternoon brought us to St. Paul's Cathedral, which has also had a fairly recent major clean-up inside. One panel has been left to show the contrast between the grey grime and the clean sparkling white Portland stone. Doug told us a lot about the cathedral and how it was built to Christopher Wren's design as the first Church of England cathedral to replace a former building destroyed in the Great Fire of 1666. So much to see with

time running out, but we found Wren's tomb and monument, as well as those for Wellington, Nelson and many well-known artists, scientists and military leaders.

While many of us had visited these venues over the years, it was fascinating to revisit them after their various transformations, with such an informative guide. So, home we went after such a good day out, with thanks to Chris Duffy for all the organising and our Don's Coaches driver, Steve for skilfully negotiating narrow streets and heavy traffic.

Brian Linford

Images: New Hall Entrance, King's Cross, Brian Linford, top left.
St Pancras, Brian Linford, right.
St Paul's, Peter Sewell, bottom left



Our two talks during this term again covered widely different subjects.

In February we listened to a fascinating description of the construction of The Ghan – the trans-Australia rail line running from Adelaide to Darwin. Called the Ghan after Afghanistan from where the camels and their drivers came who first opened the trail in the 19th Century. The original purpose was to transport gold from Darwin but, following the Japanese bombing of Darwin during WW2, the railway became a critical supply route. It is now an important artery for trade with Asia. Each train is a mile long and powered by 4 engines and takes 2 days to complete a one way journey.

In March an ex-police officer from the Marine Policing Unit described the work of the river Thames police. Originally established in 1798 to prevent the theft of sugar, now 90% of the work is related to security and anti-terrorism. This is a major problem since the Port of London now handles over 35000 commercial vessels and around 70000 private vessels annually. Security of the Houses of Parliament from the river is an important part of their role. The unit operates between about the QE2 bridge and Richmond and will respond to anything water-related: floods, reservoirs etc.

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.

Our trip to the RAF museum Hendon in June is now fully booked and our next meeting will be on Monday 6 July: WW2 defences in Essex, a talk by the Essex County Council archaeologist.

John London Tel: 01799 527729

WEBSITE FOR WALKERS

Walking in Essex www.walkinginessex.co.uk is a website packed with useful information for walkers. With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more.

There is so much walking information on the web but it can be difficult to find. Walking in Essex (part of the Walking in England suite of websites – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'

With walks from half a mile to twelve miles plus long, and a note of suitability for push-chairs and wheelchairs, everyone can find a walk to enjoy.

John Harris, john@walkinginengland.co.uk

www.walkinginengland.co.uk



WRITING FOR PLEASURE

The Group has enjoyed another fruitful year of writing for pleasure and celebrated this in style at an end of term lunch.



GETTING OLDER

Tights a problem? Yes you're old.

So is feeling tired and cold.
Have to rest before a 'do'?
Age is catching up on you.
Cannot reach the bottom shelf
As you can't rise by yourself?

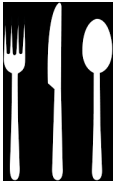
Loss of memory? Names won't come?
It's the same for everyone
Whose getting older.

Christine Levy

GETTING OLD

Oh the joys of getting older
Creaking shoulders, hips and knees
Greying hair and wrinkles
Glasses to help you see
You may succumb to dentures
Which at bedtime you place in a pot
But, you are still here telling your story
And just look at the knowledge
you've got.

Pauline Smith



THE LUNCH CLUB

We started The Lunch Club in October 2013 with an inaugural meeting at The Chequers, Ugley, when 25 members attended.

We have been surprised and gratified how successful it has become. Although we have a nucleus of regular members new people come along to try us out, currently we have thirty-fifty attending.

Recent events included Christmas Lunch at The Rose, Stapleford (46), The Coach & Horses, Newport in January (forty), The Pheasant, Gt Chishill (36).

Many members come to enjoy the meal but it is a great social occasion as well, particularly for people who live alone and don't see others very often or are not able to participate in more active classes. The future programme can be found in *Update* or on the Saffron Walden U3A website.

Kate Barwood & Bill Morris

THE ALBERT HALL



On 22 November, forty-four of us went to the Albert Hall for the Classical Spectacular Concert. It was certainly spectacular and included Ravel's Bolero, Finlandia, Blue Danube, Jenkins' Benedictus (very fast moving) to mention a few. We had, of course, the usual Pomp and Circumstance etc. and, as a finale, the 1812 with cannons firing

from the 'Gods'. All very atmospheric with Union Jacks being waved and then lots of red white and blue balloons being released from the ceiling over the audience. It was a most rousing programme.

After the concert we went to Chingford for supper. It was a very successful outing enjoyed by all.



Christine Duffy



SAFFRON HARMONY CHOIR

Hope you all enjoyed the EACH Carol Service that SHC took part in: nearly £1100 was collected for the charity.

Our second Summer Concert is now booked for 25 July.

We have a whole range of new songs we are rehearsing, and by special request a couple of old favourites. Profits this year will go to Saffron Sight.

Tickets (available in due course) can be bought for £7 from any Choir member, at U3A Monthly Meetings, Travel Club and S4S.

If you think you might like to join the Choir please give me a call.

Joan 516585.



BRIDGE CLUB: Summer Term Venue — SWBC

The Friday afternoon Bridge Club members will remember that we had to change venue in Sept 2014; this meant we had to find a venue other than SWBC for the summer term. Luckily my request to continue at SWBC for the summer term was approved in February. So, in addition to the spring and autumn terms, we can now continue to play bridge at SWBC throughout the summer term. We would welcome new members, so please do contact me on the number below.

Stella McSweeney 01799 520923



MUSIC GROUP

There is something about being in a group of people listening to music that positively adds to the experience. Of course, you probably hear music all the time – on the radio at home or in the car, as background to TV programmes or at the cinema, but do you really listen to it?

The Music Group makes the most of our hour-long sessions on a Wednesday morning by being able to concentrate on a wide variety of musical extracts, mainly chosen by Norman Long, with occasional contributions from other members. Our thanks to all of these for providing a most enjoyable programme over the spring term and in anticipation of more to come during the summer. We can make room for some newcomers so why not join us?

Philippa Croft

GARDENING

In February sixteen members of the Garden Group visited Chippenham Park, Suffolk to see the snowdrops (see front cover image). The weather was kind to us and we had a lovely couple of hours going round and admiring the snowdrops and other winter flowers. The Park area was a carpet of white intermingled with some interesting sculptures. Afterward we had lunch at Scotsdales of Fordham. A lovely day was had by all.

Tony Lye



MAH JONG 2

Mah-Jong 2 started in January 2014 with only 8 members. I am pleased to say we now have 12 members. As not all members are able to commit themselves every week, I still have places for beginners or experienced players. We meet every Thursday at 1.30 to 3.30pm. There is no charge but a donation of 50p for beverages is welcome, which is donated to a charity. Last year a sum of £40 plus was given to a sponsored swim for Cystic Fibrosis.

We are a friendly and sociable group. The game is played in a relaxed atmosphere. Generally we have 2 social events per year. We had a very eventful Christmas lunch at Ickleton Lion last year. The power went out before our lunch was cooked! Instead of leaving we decided to play Mah-Jong in the pub while waiting for the power to return. When the food finally arrived we had managed to play 3 games and I'm pleased to say everyone had a great and unforgettable time. I am sure there will many more events to enjoy in the future.

Jess Gryner

Limerick

There was an old lady called May
Who was bored so she joined U3A
Bert scoffed, so she said
"You're not right in the head
Now I'm having a great time. OK?"
by Christine Levy

Limerick

"You're getting married today?"
My daughter exclaimed in dismay.
"He's old but he's wealthy",
I said " But not healthy,
With luck he will soon pass away."
by Christine Levy

CIRQUE DU SOLEIL

On 6 February, forty-six of us went to see the Cirque du Soleil at the Albert Hall. This was a combined trip with the Saffron Walden Lioness Club (this gave us a better ticket purchasing price).

The Cirque du Soleil has its origins in Quebec, Canada, and now appears all over the world performing the most daring of feats.

There were men riding bicycles on the high wire. Two very large rings were balanced on a central pivot and were rotated by a man in each, propelling them round, then one of them proceeded to balance his wheel from the top of the outside of the wheel whilst the wheel was continued turning. We were entertained by a 'rubber' lady, who twisted and turned her arms, legs and body into the most amazing shapes. There were times when it looked as though her head was attached to her leg! These, and other extraordinary acrobatics, were interspersed with the clowns. It was an amazing performance. We followed this up with a meal in Enfield.

Christine Duffy.



THE BEACH

On our first day at a resort my wife and I decided to hit the beach.

When I went back to our room to get something to drink, one of the hotel maids was making our bed.

I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?"

"Sure," she said, "but I have to finish the rest of the rooms first"

Contribution from Tony Treglown



INDOOR BOWLING

We are looking for more players to join our existing U3A members who are currently playing in two leagues under the U3A name. We play at Turpin's Indoor Bowls Club. We can arrange tuition if you are new to the game and we also give a warm welcome to any experienced bowlers. For further information, including information about our 'taster sessions', please contact me.

Grahame Wilmott, 07922187361, grahame.wilmott@btinternet.com



BIRDWATCHING

A rather quiet term for our group, although winter is always good for birdwatching, particularly waders and waterfowl. We ended 2014 at Welney to enjoy the feeding of swans, both mute and over-wintering whooper, as well as many ducks. We then enjoyed our pre-Christmas lunch at Clavering Lakes after a bracing walk.

In January, we ventured down to the Thames for a first visit to Thurrock Nature Reserve, an interesting new site built on the former Mucking rubbish tip. Its impressive visitor centre, with spiral staircase to an outside roof space, gave us clear views of the river as far as Southend pier. Many avocets and black-tailed godwits and some curlew were feeding on the mud. On our walk, we saw a pair of stonechats, teals, a kestrel, pipits and skylarks singing, and so many magpies. We were also able to glimpse a green sandpiper through a researcher's scope. Just upstream, another old tip is being capped with spoil brought down by barge from the Crossrail excavations to expand the reserve greatly in the future.

Unfortunately, we had to cancel February's outing because of many of us being unavailable, and a poor weather forecast. Future trips scheduled are:-

Mon Mar 23	Lackford Lakes
Tue Apr 28	Rye Meads (RSPB)
Thu May 28	Lakenheath (RSPB)
Fri Jun 19	Minsmere (RSPB)
Wed Jul 29	TBA – perhaps Havergate Island or North Warren (RSPB)

Details are also available on our website page under Groups. Anyone interested in joining us may contact me as below.

Brian Linford - 01799-531392 or brianlinford@mypostoffice.co.uk

U3A TERM DATES

Summer 2015

13/4/15-22/7/15

Half-term 25-29/5/15

Autumn 2015

3/9/15-18/12/15

Half-term 26-30/10/15

Dates For Your Diary

OPEN MEETINGS: Monday, 2.30pm at the Bowls Club

20/4/15	Hannah Perry: SNOD - Organ Donation
18/5/15	Maureen James: The Suffragettes
15/6/15	Kate Harwood: The Historic Gardens of Hertfordshire
20/7/15	Terry Taber: My Life in Ladies' Underwear
21/9/15	Steve Lester: Insights into the Life of a Provincial Auctioneer
19/10/15	Mike Casson: Life and Death in the Tower
16/11/15	Philippa Croft: Art — WW1 with Donations to RBL

MAINLY FOR MEN: Garden Room, Jubilee Gardens

6/7/15	2.00 for 2.30 WW2 defences in Essex, a talk by the Essex County Council archaeologist.
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Contact: John London, johnlondon456@gmail.com, 01799 527729

LUNCH CLUB PROGRAMME

12.15 for 12.45 (unless otherwise stated)

15/4/15	The George, Babraham. See board for menu. Organiser Bill.
7/5/15	The Dog & Duck, Linton. See board for menu. Organiser Bill.

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

Contact:

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

Bill: 01799 523167, e-mail wejm36@yahoo.co.uk.

SUMMER DINNER PARTY

9/7/15	Saffron Walden Golf Club, 7pm for 7.30pm (please do not arrive before 7pm); £18 (tickets available from Maresi, Billy or Pauline), cheques payable to Saffron Walden U3A
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Dates For Your Diary

HOLIDAYS

31/5/15	Barnsley, Yorkshire, Tankersley Manor Hotel, 7 days, 6 nights, dinner, b & b. Five excursions. Supplement for entrance to Wentworth Woodhouse. Tours: Wortley Top Forge, Wentworth Powerhouse, Wentworth Castle Gardens, Markham Grange Nursery and Steam Museum, National Coal Mining Museum. Cost: £609.00 (optional cancellation fee £11). Deposit: £40 as soon as possible please.
1/10/15	Croatia: this has been cancelled due to lack of interest.

Contact :Mary: 01799 551924

THEATRE, BALLET, MUSIC AND OUTINGS

16/4/15	Jordans Mill, Shuttleworth Collection, Gardens, Lunch £46.50. Contact Christine.
19/4/15	Tchaikovsky Concert, Matinee, Royal Albert Hall, matinee. Appx £40. Reserve List only. Contact Christine
29/4/15	'Ghost Train' by Arnold Ridley. Gordon Craig Theatre, Stevenage. Matinee with optional lunch at theatre's Pi Bistro. £28.50. FULL .
12/5/15	Outing: Romney Marsh, Dungeness & Rye, inc Fish and Chip Lunch - £38, contact Pauline
21/5/15	'The Importance of Being Earnest' by Oscar Wilde. Matinee, Art Theatre, Cambridge. David Suchet appearing as Lady Bracknell. FULL.
16/6/15	BALLET "Aladdin" - Matinee, Theatre Royal , Bury St Edmunds. Price £35. Contact Wendy.
24/6/15	London Theatre Matinee "Gypsy" (Stephen Sondheim) £53.50 or "Sunny Afternoon" (story and music of The Kinks) – Lunch Optional £15.00, £63.50. Full - Reserve List only. Contact Christine.
30/6/15	Voewood House Outing, Norfolk - Free time in Holt £36.00. Full - Reserve List only. Contact Christine.

Dates For Your Diary

THEATRE, BALLET, MUSIC AND OUTINGS cont.

18/7/15	Theatre Outing, Southwold; day by the sea, lunch & theatre Price to be confirmed. Contact Wendy.
30/7/15	Outing: "This Country Called England" Magna Carta history, river cruise & lunch £53.50. Contact Christine
5/8/15	Theatre: "And Then There Were None", Matinee, Theatre Royal, Bury St Edmunds - £31.00. Contact Wendy
21/8/15	Outing: Waterloo and V & A Museum, inc. Two Course Lunch Roast Beef/ Brioche Bread and Butter Pudding £42. Contact Pauline

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

Contact Pauline Smith: 01799 521524

Contact Wendy: 01799 599298

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. Day trips, lunch dates, holidays, theatre trips, London walks all organized by Chris, Pauline, Wendy and Mary.



Q: What do you call six weeks of rain in Scotland?

A: Summer!

Q: How do you prevent a Summer cold?

A: Catch it in the Winter!

Q: What do you call a French guy in sandals?

A: Phillipe Phloppe.

Q: How do men exercise at the beach?

A: By sucking in their stomach every time they see a bikini.

Contribution from Tony Treglown

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.

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 the Third Age Trust (24hrs) and can be accessed by telephoning 01455 251500 and using code number 70494.

Insurance

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



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