

u3a Update

Saffron Walden Autumn 2024



We are
flying
high at

40

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**Saffron Walden u3a:
Registered Charity
No 290670**

*Cover photo: Young robin
just coming into land
by Brian Eastcott*

Chairman's Report

"We now have 8 committee members going forward into 2024/25"



It has been my pleasure to serve as the Saffron Walden u3a Chairman for the last two years and I am looking forward to continuing for another year.

We had a good response to our request for more committee members and have recruited three worthy candidates to join our existing team. We now have 8 committee members going forward into the 2024/25 year, see page 5. Thank you to Brian Kerrison who is stepping down after 6 years dedicated service.

This last year has seen our membership grow and, following on from our Activities and Groups Taster meeting in January, membership grew from 686 to 748 in just one month. We were awarded a u3a grant for that achievement which paid for hiring the Bowling Club for that meeting.

In July our Choir performed its summer concert on the Jubilee Gardens Bandstand with our Ukulele group in support. The event was well attended and raised over £500 for the East Anglian Children's Hospices, a very worthy cause.

We have two new groups which have started this year: New Testament Greek Reading and Crochet. We welcome them and their members and wish them every success.

May I remind everyone that the invitations for our 40th Birthday Party were sent to paid-up members only. So, if you haven't renewed your u3a membership yet, please do so now. Meanwhile, a big 'thank you' to everyone who has submitted a contribution for Update - it's much appreciated.

Jim Dwyer, Chairman

Feeling competitive? There are Dingbats, a puzzle, a cipher and a seven letter crossword to solve, plus a deliberate mistake and a hidden key to find. So what are you waiting for? Let's go.

Send all your answers to the Editor at: jim_dwyer@btinternet.com

Membership Secretary's Report

"using Beacon is proving to be popular"



My thanks for everyone who renewed their membership for 2024 / 2025. I'm pleased to say that the on-line renewal facility using Beacon is proving to be popular. It saves us all time and automatically sends members their new membership cards.

A warm welcome to all recent new members who have joined us for the 2024 / 2025 year. I look forward to meeting you at our Open Meetings held on the third Monday each month. If you have not renewed your membership yet you can go on-line using the links on the Saffron Walden u3a web site or send your renewal form by post to the SWu3a Post Box.

Over recent years costs have increased across the board and your membership fee has had to rise a little to keep pace, but it has been kept to a minimum.

All the people who help run our u3a are volunteers and I would especially like to thank them for their continued hard work. I wish you all an enjoyable and successful year with SWu3a.

John Trueman,
Membership Secretary

Activities Organiser's Report

Welcome to our new u3a year, and let's make it the best one ever! We are constantly encouraging people to start new groups, and recently "The Happy Hookers" Crochet group has been a great success, as has the second Scrabble group.

Our u3a cannot survive without the enthusiasm of its members and their willingness to lead interest groups – will this be the year that YOU will consider leading a group? How about a board games group? Chess for beginners? Pickleball? Or whatever you would like to share with others.

We will support you every step of the way, so do be brave enough to get out of your comfort zone and enable our u3a to carry on with its motto: Learn, Laugh and Live with the u3a - by the members, for the members.

I am looking forward to hearing from you

Mary Curtis,
Activities Organiser

"we will support you every step of the way"



Saffron Walden u3a Committee

Title	Name	Tel.	Email
Chairman & Update Editor	Jim Dwyer	07531 115160	jim_dwyer@btinternet.com
Vice Chairman & Activities Organiser	Mary Curtis	01799 524784	maryfcurtis@live.co.uk
Secretary & Venues Organiser	Susan Brown	07808 772774	susan_m.brown_swu3a@btinternet.com
Treasurer	Steve Messenger	01223 890133	stevemessu3a@btinternet.com
Membership Secretary	John Trueman	01799 541288	joandjohnt@btinternet.com
Speaker Organiser	Elaine Bewick	07821 542746	elainebewick@gmail.com
	Sue Matthews	07426 802232	sue662@yahoo.com
	Chris Wilkinson	07835 986403	chris.r.wilkinson@hotmail.com
Non Committee			
Website Manager	Martin Hugall	01799 527805	mjh243419@gmail.com



Open Meetings

Doors open 1:45 pm for a 2:30 pm start, every third Monday of the month (except August & December).

Excellent talks, free raffle and refreshments, come and join us for an entertaining afternoon.

Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Art	Jean Mead	01799 501405 j.mead@mac.com	Tuesday	2:00 - 4:00 pm URC
Art Appreciation	Linda Dyer	01799 218759 lindadyer70@yahoo.co.uk	Friday	10:30 - 12:00 pm Bowling Club
Ballroom & Sequence Dancing	Pauline Palmer	01799 502560 pauline.palmer3@ntlworld.com	Tuesday	9:45 - 10:45 am URC Hall
Book Group 1	Mary Curtis	01799 524784 marycurtis@live.co.uk	First Thursday	10:30 - 11:30 am Café Cornell
Book Group 2	Susan Brown	07808 772774 susan_m.brown_swu3a@btinternet.com	Third Tuesday	10:00 - 11:15 am Café Cornell
Book Group 3	Susan Brown	07808 772774 susan_m.brown_swu3a@btinternet.com	First Tuesday	10:00 - 11:15 am Café Cornell
Book Group 4	Catherine Prentice	Catherine.prentice@btinternet.com	Third Thursday	10:30 am Café Cornell
Book Group 5	Gillian Frost	07814 669275 gillianfrost2@gmail.com	Second Thursday	10:30 - 12:00 noon Café Cornell
Choir	Walter Poulter	07766 330749 w.poulter9999@btinternet.com	2nd & 4th Wednesday	11:30 - 1:00 pm Quendon Village Hall
Cribbage	John Trueman Christine Taylor	01799 541288 joandjohnt@btinternet.com 01799 501886 christine.e.taylor@ntlworld.com	Thursday	2:00 - 4:30 pm Faircroft House
Drama	Gill Williamson	01799 524947 gill.e.williamson@gmail.com	Thursday fortnightly	2:00 - 4:00 pm Member's homes
Easy Riders Cycling	Colin and Anne Taylor	colinandannetaylor@live.co.uk	First Thursday	11:00 am



Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Exploring Churches	Christine Hall	c.hall153@btinternet.com	Second Friday	Various
Exploring Literature	Elise Collins	01799 540316 emcollins1@hotmail.co.uk	Last Wednesday	2:30 - 3:30 pm Fairycroft House
French Conversation 1	Joelle Doegar	01799 501897 joelle.doegar@gmail.com	Monday	2:00 pm Member's homes
French Conversation 2	Isobel Jones	01799 522552 isobel.jones@talktalk.net	Thursday	10:30 - 12:00 pm Member's homes
Gardening	Marilyn Hemmings	07788 544401 marilynhemmings@sky.com	Last Friday	2:00 - 4:00 pm Bowling Club
Gym Fit 1	Judy Hervey-Murray	01799 543164 judyhm@btinternet.com	Tuesday	11:30 - 12:10 pm Just Gym
Gym Fit 2	Judy Hervey-Murray	01799 543164 judyhm@btinternet.com	Monday	3:00 - 3:40 pm Just Gym
Happy Hookers Crochet	Sue Matthews	Sue662@yahoo.com	Tuesday	10 - 12 & 2 - 4:00 pm Member's homes
History Byways	Diane Tucker	tucker.diane@gmail.com	Monday fortnightly	11:00 - 12:00 pm Baptist Chapel
Indoor Bowling	Derek Ayres	01799 521180 derekandjuneayres@yahoo.co.uk	Contact coordinator	Turpins Indoor Bowls (behind Butler centre)
Keep Fit	Lynda Sawkins	01799 521022 sawkins.roylynda@gmail.com	Wednesday	11:15 - 12:15 pm Baptist Hall
Knit & Natter	Penny Maystre	01799 501262 pennymaystre74@hotmail.com	Monday	10:00 - 12:00 pm Coordinator's home
Landscape & Literature	Alex Reeve	07951 885952 alex_reeve@hotmail.com	Contact coordinator	Contact coordinator



Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Line Dancing	Rod & Betty George	01799 584527 rod.george1@btinternet.com betty.george1@btinternet.com	Monday	10:30 - 11:30 am 12:00 - 1:00 pm URC Hall
Lunch Club	Peter Cowper	01799 527161 petercowper@btinternet.com	Various	Monthly
Mah-Jong 1	Christine Greet Irene Bedward	01799 531732 tygreet@gmail.com 01799 528178 irenebedward@hotmail.com	Wednesday	1:30 - 4:30 pm Little Chesterfield Village Hall
Mah-Jong 2	Jess Grinyer	01799 500344 / 07811 382541 grinyer.jess@gmail.com	Thursday	1:30 - 3:30 pm Coordinator's home
Mah-Jong 3	Geraldine Plunkett	01799 599159 ger_plunkett@yahoo.co.uk	Tuesday	1:30 - 3:30 pm Coordinator's home
Mandarin	Wen Zhang	07425 830888 zhangwenl@gmail.com	Tuesday Friday	1:00 - 1:30 pm both, contact coordinator
New Testament Greek Reading	Chris Salter	07967 126045 chriskay02@gmail.com	Thursday Fortnightly	10:30 - 12:00 pm Members' homes
Nice'n Easy Fitness	Jan Powell	01799 523855 janibobs50@gmail.com	Wednesday	12:30 - 1:30 pm Baptist Church
Out & About	Rod George	01799 584527 rod.george1@btinternet.com	TBC	Contact Coordinator
Philosophy 1	Richard Gilyead	01799 510749 rgilyead@gmail.com	Tuesday monthly	10:30 am Coordinator's home
Philosophy 2	Peter Wright	01799 516749 p.r.wright@outlook.com	Second Tuesday	10:00 am Member's homes
Photography	Bronwen Woods	01799 599950 bronwenwoods@btinternet.com	2nd Monday monthly	2:00 - 4:00 pm Community Hub
Pilates 1	Hilary Price	01799 521696 hilaryprice127@gmail.com	Thursday	1:00 - 2:00 pm Friends Mtg House
Pilates 2	Irene Bedward	01799 528178 irenebedward@hotmail.com	Thursday	2:00 - 3:00 pm Friends Mtg House
Pilates 3	Rob Garmey	07497 969229 robarmey@gmail.com	Thursday (during term)	3:15 pm Friends Meeting House

Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Pilates 8	Christine Simpson	07711 316051 mintwing.cs@googlemail.com	Tuesday	11:30 - 12:30 pm Baptist Hall
Play Reading	Gill Williamson	01799 524947 gill.e.williamson@gmail.com	Third Monday	10:00 - 12:00 pm Coordinator's home
Ramblers	Colin Potterill	01223 834937 colinpoterill@hotmail.co.uk	Thursday fortnightly	10:00 am Leisure Centre
Scrabble 1	Bronwen Attenborough	01799 524772 bronwen.atten@googlemail.com	Thursday	10:00 - 12:30 pm Member's homes
Scrabble 2	Hazel Rayfield	hmrayfield@outlook.com	First Tuesday	2:30 - 4:30 pm Coordinator's home
Spanish Improvers	Jessica Reeve	0788 1953 949 jessicareeve@hotmail.co.uk	Wednesday	2:00 pm Coordinator's home
Table Tennis	Ann Cousins	01799 219072 cous.anns@gmail.com	Wednesday	1:30 - 4:30 pm Widdington Vill. Hall
Tai Chi 1 & 2	Angela Rowland	01799 521192 mrsarowland@gmail.com	Wednesday	1) 9:30 - 10:45 am 2) 10:45 - 12:00 pm Both Baptist Church
Theatre & Travel	Christine Duffy	01799 520173 chrisduffy146@gmail.com	Third Monday	1:45 pm Bowling Club
Holidays	John Martin	01799 521504 (07803 197983) jomacot@tiscali.co.uk	monthly	
	Jim Dwyer	07531 115160 jim_dwyer@btinternet.com		
	Jean Little	01799 513411 little361@btinternet.com		
Ukulele	Mary Curtis	01799 524784 maryfcurtis@live.co.uk	Wednesday fortnightly	10:00 - 11:30 am Wimbish Village Hall
Writing for Pleasure 1	David Broadley	07944 660231 david.broadley1@icloud.com	Monday fortnightly	10:00 - 12:00 pm Fairycroft House
Writing for Pleasure 2	Lisa Mades	07939 437191 lisa.mades@gmail.com	Tuesday fortnightly	9:30am Member's homes

Coordinators: please check your details and advise the Editor if there are any errors. If you don't want your details to appear on the website please advise the Website Manager (details page 5).

Saffron Harmony Choir

The choir has had a very successful year! We gained six new recruits, and all have been welcomed and integrated into the group. At Christmas we supported the EACH carol service at the Baptist church.

Our tutor, Isobel Bradshaw, continues to guide us and mould us into harmony and one new member commented how impressed she was with the style of tuition and the humour within the choir.

We prepared for our summer concert on the bandstand and 2024 proved to be the best yet. There was a great turnout from u3a members and others, and a supportive audience makes a difference. The Ukulele group contributed a great range of sing along

songs during the interval, see page 23.

This is what one of our new members wrote after her first concert: 'Reflecting on my 1st concert today and 1st year with the Harmony choir (which I enjoyed very much) I would just like to say how pleased I am to have joined you. It's been great joining a group of strangers and, over the months, getting to know names and faces and feeling a part of, and included in, something friendly, welcoming and supportive. Its been uplifting and truly helped me, thanks'.

We still have a few vacancies, so please get in touch - details page 6.

Walter Poulter, coordinator

The choir performing at its 2024 concert on 20th July on the bandstand in Jubilee Gardens watched by a big, appreciative audience. Donations to EACH totalled £500 - thank you.



DINGBATS

What are the well-known words or phrases here?

HAHANDND

PALS

Julius Caesar &
Mark Anthony

FARMERS

**AU
HURRY**

Pilates 3

I don't think one can underestimate the value of keeping active in older age and Pilates is a great way to do it because it's gentle and one soon sees the benefits without high risk of injury. I would go so far as to say it's not only preventative but restorative under the guidance of our knowledgeable instructor Jane who takes the three Thursday afternoon classes we attend at The Friends' Meeting House.

Jane always takes into account our fluctuating health issues so people get the level they can work with whether it's recovering from a health set-back or injury or just want to extend themselves more over time.

All parts of the musculoskeletal system are engaged with a planned and varied regimen that Jane helps us through. We all start with a mat and some head rests but other accessories like balls, bands and rings

can be helpful to achieve great results. A worthwhile investment ongoing although not necessary to begin. Its become a core of about 7 of us now for the 18 months I have been attending and we are always open to a few more which reduces the cost to each member. Personally later in the day works better for me as I take most of the day to get active physically and I generally leave feeling reinvigorated and more flexible. It attracts mostly female participants but there is no reason men can't benefit from it especially with regard to core strength and co-ordination.

We follow the school terms so come September consider joining us to invest in your ongoing wellbeing. Commitment and payment is by the half term and typically we are paying around £85 each.

Rob Garmey, coordinator



French Conversation

At the French Conversation Monday group, we have had another successful year. We meet every Monday afternoon. Members take turn in hosting the group, offering refreshments and choosing a topic of conversation.

All very informal and enjoyable. Unfortunately we cannot take new members at the moment.

Joelle Doegar, coordinator

Nice 'n' Easy Fitness



Nice 'n' Easy Fitness is a mixed class of ladies and gentlemen where exercises can be done standing or seated. Everyone has a chair which can be used for support if needed.

Marlene our tutor aims to improve our strength and balance always emphasizing safety to prevent falls. We exercise to music and several short dance routines are used to help with coordination both physically and mentally.

Every year Marlene has a charity day where we all dress appropriately – this year it was wearing a sports shirt e.g. football. The money raised is donated to the chosen charities, usually 3 national and local.

If you are interested in joining please let me have your name, phone number and u3a membership number. We currently have a short waiting list and I will contact you when there is a vacancy.

Jan Powell, coordinator

u3a Groups on the



On the left those intro
towards the windmill a

Below the Ukulele Gro
Fete de la Musique at

Below right the Photo
interesting and inform
Central Mosque on Mo
hearing about the Isla
patterns. It's a remark
sustainable features a
opportunities: A real c
is welcome. It is a "Pl

Bronwen Woods, coo

All three photos taken



The background photo 'Autumn on the Common' taken by Marilyn Hemmings.

e move



**apid Ramblers walk up the hill
at Thaxted in April.**

**oup are doing their thing at the
the King's Arms in June.**

**ography Group had a very
ative tour of the Cambridge
onday 15th April. We are
mic Garden and its octagonal
able Eco building with
and plenty of photo
community resource, everyone
ace of Peace".**

rdinator

by Martin Hugall.



T&T: The Unfriend



On 28th February, 30 of us Theatre & Travellers visited the Wyndham Theatre in the heart of London's West End to see 'The Unfriend', a play written by Steven Moffat and starring Lee Mack.

The coach dropped us off outside the theatre at 1:00 pm, we had some time on our hands so we visited a coffee shop and passed an hour or so pleasantly before going into the theatre. The action started at 2:30 pm and was very funny; our group all appeared to enjoy it and the entire theatre were laughing and applauding.

Just before getting back on the coach, which was waiting for us at the theatre's entrance, I slipped round to the stage door and was able to grab a selfie with the star, who had to remind me to put my phone on 'selfie' mode! It was a great afternoon's entertainment, organised by our coordinator Chris Duffy, and gave us plenty to talk about on our journey home. JD

Exploring Literature

The u3a Exploring Literature Group has been reading, discussing, and analysing fiction for about fifteen years: we first met at the old Bell College and we still have some of the original members with us from those days.

Each year we choose a theme and read novels that relate to that theme. For example, in 2023-4 the theme was 'When we were young'. We chose novels that we might have read as children ('Oliver Twist', 'Anne of Green Gables') and novels by less familiar authors where the protagonist was a young person experiencing life-changing events ('I'm not

scared'. 'Out Stealing Horses'). The thematic approach lets us compare different writers' handling of similar issues.



For 2024-5 our theme is 'In a strange land' where we will examine novels about living in a foreign land and coping with its customs and traditions. Some of the authors will include Henry James, Paul Scott, and Olivia Manning.

We are a friendly and welcoming group and there is plenty of opportunity for members to express their opinions of the books. Our discussions are lively but always friendly. Do join us! Contact details are on page 7.

EasyRiders

EasyRiders' recent day out in early July took in some lovely countryside and quiet lanes, as is expected of our routes. Starting at Steeple Bumpstead and passing through picturesque villages including Ridgewell and Ashen, we paused for a lunch-time picnic in the grounds of Clare Castle; the photograph shows the group seated on logs in a sort of "pixie ring".

The folk in the photo are just a part of the whole Easy Riders gang; we number some 22 members - but are happy to take on more! It was decided to hold two rides each calendar month throughout the year - on the first and third Thursday - so there's the opportunity to be along for one, or both, cycle rides each month.

Colin & Anne Taylor, coordinators



Lunch Club

Lunch club continues to grow from strength to strength meeting once a month, normally on a Wednesday or Thursday, towards the end of the month.

Membership has grown to a steady 20-25 attendees and we have visited pubs in Dunmow, Helions Bumpstead, Great Chishill and Great Sampford to name a few recently. We aim to cover a range of tastes from Italian to Greek to Thai as well as traditional pub food.

We only had one catastrophe lately when the pub we were going to went bust between booking and arriving 2 weeks later. 20 people ended up in a cold wet car park looking at a boarded up pub but fortunately we were able to find a pub down the road that could

accommodate us at short notice! Come and join our very sociable group, just pay for food and drink on the day direct to the pub. My details are on page 8.

Peter Cowper, coordinator



Dining at The Pheasant, Great Chishill

Exploring Churches



Cambridge Central Mosque

Debden Church



The Exploring Churches Group continues to thrive, with 65 members on our mailing list, although the average attendance at our monthly visits is 20 members. This year we've enjoyed visiting beautiful churches around the area, including Stoke-by-Clare, Broxted and Thaxted. We visit 2 churches on a Friday morning each month between April and

October. However, in July we went “off piste” and visited a religious building of a different kind – Cambridge Central Mosque. We had an excellent guided tour and 17 members thoroughly enjoyed visiting this wonderful building, which opened in 2019. New members are always welcome.

Christine Hall, coordinator

u3a

If you haven't already done so
please remember to

RENEW YOUR u3a MEMBERSHIP

you can't participate if you don't renew

T&T: Belvoir Castle

We set out on a chilly but bright morning to visit Belvoir Castle, the home of the Dukes of Rutland for nearly 1000 years. The Castle dominates the valley of Belvoir although it is not a defensive castle, but a recent building. Two castles had once stood on the site.

The one today was built to impress and it did! The views of the valley were wonderful and the Castle interiors sumptuous (see photo). We were greeted with refreshments and then ascended a staircase to the entertaining rooms which were filled with tapestries, paintings and many other treasures, including a vast solid silver wine cooler worth over one million pounds and photographs to remind us that the Duke and his family still reside there. This was confirmed as we watched him drive away to survey his Estate in a vintage car



was confirmed as we watched him drive away to survey his Estate in a vintage car

(see photo), puffing on a large cigar. However, a lady from our party, finding herself alone in the vast antique kitchen and wishing to ask a question, accosted a gentleman who entered by a side door, and asked if he was a member of Staff, to which he replied, 'No, I'm the Duke and live here'. A friendly conversation ensued affording a vivid memory for our member.

The rose garden was in full bloom scenting the summer garden with its display of mauve alliums. Footpaths descended to a deep valley of lakes and rhododendrons. Leaving the Castle, we drove to a Pub in Melton Mowbray which we had visited before and returned home very tired, but we all agreed it had been a great day out, thanks to our coordinator Chris.

Jean Little



Cribbage *a poem by Phil Collins*

So many groups in u3a
How can you choose I hear some say

Looking to chat and have some fun?
So many options, here's just one

Cribbage is a game some may know
Not played before? Just have a go

Friendly members keen to assist
Helping to show any points missed

Teams made up in two, three or four
With banter, fun and much, much more

Want to join? It's easy to do
Fairycroft House, Thursdays at two

Just turn up and pull up a chair
When you arrive, everything's there

Cribbage boards, cards, tea, coffee too
Who'll win this week? It could be you!



Contact details
are on page 6



Crochet: The Happy Hookers



We are now well underway with 12 members over 2 sessions being ably taught and encouraged by Coordinator Sue Matthews. The group are learning to make "twirlies" to begin with before graduating to shawls and blankets, or anything else they would like to learn to make.

The group is full at present but you are welcome to contact Sue to find out when there may be vacancies. Sue's contact details appear on page 7.

Diversity of Water *a poem by Ian Lawson*

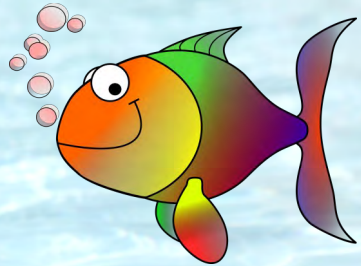
**The most common perception of water
Is that it's hot or cold, hard or soft
Lives in a thing called a tank in the loft
Is wet and runs through your fingers
Doesn't smell and the taste never lingers
Dolphins and Whales love it**

With it you can make coffee or tea
When it freezes, skate or ski
Float a leaf or a liner, sail all the way to China
Take a swim or paddle in the sea

It's essential for concrete and construction
But can cause great havoc and destruction
Turn earth into mud after a disastrous flood
Causing lots of misery and disruption

We rarely relate the stuff that comes out of the sky
To that lovely deep bath when the weather is dry
This does however seem a little unjust
When you see people without water and covered in dust

Then there are hurricanes and tsunamis too
In the Gulf or Mexico and East Vanuatu
Generated by heat and atmospheric extremes
And the Earth's crust coming apart at the seams
The moon also has a strange effect on our planet
Moving vast quantities of water, for example, between Grimsby and Thanet
These are all great issues beyond our control or rank
Perhaps it's best to just think of the water, up there, in the tank



Mah - jong 1

Earlier this year I joined Mah-jong Group 1. I had been considering joining for some time but I was hesitant as I had never played Mah-jong and thought it might be beyond me. However I found that I had joined a friendly group of people ranging from beginners to those with many years of experience. I was quickly helped to master the basic rules which has allowed me to play and even occasionally do quite well. I would recommend anyone who thinks they would like to have a go, to get in touch. It's fun and therapeutic in keeping the brain active. See contact details page 8.



Collette Biggs

The Joy of Mountain Climbing

2005 was a watershed year in my life. I climbed a very personal mountain in my divorce and later that year I climbed a physical mountain - Kilimanjaro. It set in motion my love and reverence for mountains and an unassailable desire to climb.

Mountains symbolise the solid, ethereal, mystical. For me they concentrate my mind. I go into overdrive, repeating, "One step closer, one step closer, a meditation, willing myself on even though my muscles say stop.

Kilimanjaro – highest mountain in Africa, highest free-standing mountain in the world and topped with an ever receding snow cap. Each day a challenging six hour trek for our little party of five plus two guides. We did not all make it to the top but all agreed it was a life changing experience. The final ascent was made starting at 11pm with a full moon lighting

our way. I stood outside our hut before leaving, drinking in the African black sky swathed with stars and that full moon and was calmed.

Exhausted at 6am, I watched the sun rise over Mount Meru (said to be the symbol of the prime axis of the world) and gathered energy.

Subsequent to Kilimanjaro I have climbed in Borneo, China and the Philippines. The downward slopes of mountains take a heavy toll on the knees, so mine complain every now and then, but I think I still have some climb left in me and, with Scotland on my doorstep, my sights are set for some more uplifting and soul-searching climbs.

"The mountains are calling. I must go."
John Muir

Sybil Pretious

COFFEE SHOP *by Mary Curtis*

sung to the tune of Big Yellow Taxi by Joni Mitchell

They closed all the banks, opened a coffee shop
With pasties, cakes and sausage rolls cold or hot
Chorus: Don't it always seem to go

That you don't know what you've got till it's gone
They closed all the banks, opened a coffee shop
(sha-oooh---bop-bop-bop-bop (x 2)

They paved over fields, built over good green soil
But no doctors and dentists and no room for kids at school
Chorus: Don't it always seem to go - etc

There's pot holes and traffic, and nowhere to park your car
And it puts people off from visiting from afar
Chorus: Don't it always seem to go - etc

Hey farmer, farmer, put away the pesticide now
Give me spots on my apples, but leave me the birds and the bees, please
Chorus: Don't it always seem to go

That you don't know what you've got till it's gone
They closed all the banks, opened a coffee shop (x 3)

The Ukulele Group
(AKA SW'ukes
when performing)
enjoyed a
wonderful sunny
afternoon
supporting the u3a
choir on the band-
stand, see page 10.

After the gig Mary
was asked by quite
a few people to
send them her
lyrics to "Coffee
Shop" which we
played that day, so
here they are:

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Dates for your Diary



Monday 23rd September
OUR 40th BIRTHDAY PARTY
Town Hall 2:30 until 4:30 pm

Tuesday 24th September
OUTING: Bateman's Home of
Rudyard Kipling

Wednesday 9th October
OUTING: Waltham Abbey
Gunpowder Hill.

Monday 21st October
OPEN MEETING: 'Dabs and DNA'
talk on crime by Chris Truran.
Bowling Club, Abbey Lane

Monday 29th October
ANTIQUES ROADSHOW
Bowling Club, Abbey Lane

Monday 18th November
OUTING, MUSIC EVENT: Mozart by
Candlelight, Southend

Monday 18th November
OPEN MEETING: Talk by author
Susan Grossey. Bowling Club

Wednesday 27th November
OUTING: Christmas at Kew
Gardens

Friday 20th December
CHRISTMAS BUFFET: 3:00 pm
Saffron Walden Golf Club (fully
booked)

Monday 20th January
OPEN MEETING: 'History of
Music' talk by Roger Browne.
Bowling Club, Abbey Lane

Wednesday 5th February
OUTING: La Traviata, Kiev Opera,
Southend

Monday 17th February
OPEN MEETING: 'Audrey
Hepburn' - talk by Howard Slater.
Bowling Club, Abbey Lane

Friday 21st February
OUTING - GILBERT & SULLIVAN
OPERA, Pirates of Penzance,
London Coliseum

What are the well-known words or phrases here?

DINGBATS

**LEM
ADE**

am **U** ous

Somewhere



Obituaries



Beryl

Beryl Ihm, who sadly passed away on 22nd March, organised many holidays for members, visiting USA and China as well as Great Britain. Together with **Kate Barwood**, who also sadly passed away earlier this year, they ran the Theatre & Travel Group efficiently, providing pleasure to many members.

I took over the organisation of holidays when they both retired at 80 some years ago. I am now approaching 80 this year and need a successor, so please contact me, Jean Little, at little361@btinternet.com if you are interested.



Pauline

It is with much sadness that I now announce the sad passing of my partner, **Pauline Smith** after a long illness. Pauline was a long-standing member of the Saffron Walden u3a and had been a member of the Writing for Pleasure group, where her poems brought many a smile. She also attended the Art group and the Nice 'n' Easy Fitness group – but she was best known as coordinator for the Theatre & Travel group working alongside current coordinator Chris.

Pauline was much loved by me and her daughter Rosalind Rees, who is also a u3a member, and the rest of her family and many friends and u3a colleagues. We miss you Pauline, may you rest in peace.

Jim Dwyer

Quiz answers from our spring edition

Deliberate mistake: Irish flag on Scotland on page 16, spotted by Tessa Bird, Christine Taylor, Jean Little, Penny Lawson, Tony Lye and Rosalind Rees.

Two hidden dragons were on page 10 (Peter Jones hanging on the wall) and page 11 (Deborah Meaden third from left) cleverly spotted by Tony Marks and Rosalind Rees - sorry to readers who do not watch Dragon's Den!!

The Dingbats were: Misunderstanding, Half mast and Double Dutch and were all worked out by Jean Little.

The Crossword was successfully completed by Tony Marks and Di Sewell:

Answers Across: 1a Arsenal 5a Reactor, 6a Initial, 7a Ensigns.

Answers Down: 1d Airline, 2d Statics, 3d Nothing, 4d Laroles.

Well done to those successful members and thank you to everyone for competing.

7 letter Crossword / Puzzle / Cipher

1		2		3		4
	■		■		■	
5						
	■		■		■	
6						
	■		■		■	
7						

Clues across: **1.** Several divisions throughout a book create a pet arch. **5.** A successful company regularly communicates with other organisations, i.e.sails. **6.** By stirring up and inciting a crowd, you can gain tat. **7.** Hag edges around to create popular day-time TV quiz.

Clues down: **1.** When you put papers in the correct sequence, it's a tall eco system. **2.** When a storm is dying down it's like a big ant appearing. **3.** Having provided for those left behind, it's now time to sett tea. **4.** If you've moved a big thing like a statue to another venue, it's deer that will be affected.



So how many rhombuses (or diamond shapes) are there in this here diagram?
There's more than you think!

1

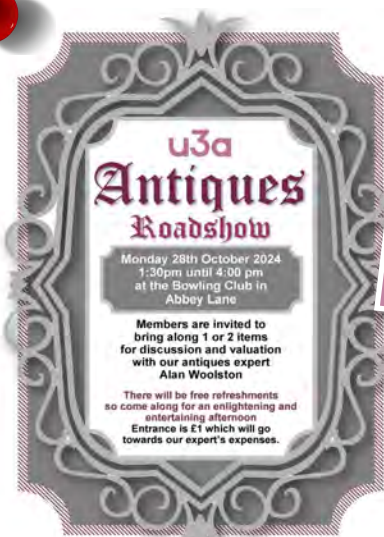
Can you decipher this Caesar Cipher? Each letter has been moved the same amount forward or backward in the alphabet.
Clue: the single letter word can get you started.

RMAXQB
FP X
DOBXQ
OBXA

Julius Caesar used this cipher.

Please send your answers to the Editor: jim_dwyer@btinternet.com

Notice Board



Antiques Roadshow
Monday 28th October at the Bowling Club in Abbey Lane

Our antiques expert will value your treasures, so bring them along and join in the fun, with refreshments

Any u3a member who feels isolated can speak to a Committee member - see details on page 5.

u3a term dates 2024/25

Autumn term:

2 September - 20 December

Half-term: 28 Oct - 1 November

Spring term:

6 January 2025 - 4 April

Half-term: 17 February - 21 Feb

Summer term:

22 April - 22 July

Half-term: 26 May - 30 May (+ 5 May)

Remember

to visit our website at www.saffronwaldenu3a.org.uk for all the latest u3a information.

PUN FUN

Thanks for explaining the word 'many' to me, it means a lot.

I should have been sad when my flash light batteries died, but I was delighted.

Shout 'out' to the people who don't know what the opposite of 'in' is.

It was a bad summer for Humpty Dumpty, but he had a great fall.

My friends say I'm getting fatter, but I have had a lot on my plate recently.

It's not that the man didn't know how to juggle, he just didn't have the balls to do it.

My weight-loss pills were stolen this morning, police say the suspects are still at large.

My lawn is chicken-proof, it's impeccable.

This girl said she recognised me from the vegetarian club, but I'd never met herbivore.

I don't think I need a spine, it's holding me back.

Notices

Saffron Walden u3a is a Registered Charity Number 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. This may be due to illness or other incapacitation
- If you hear of any member who may need assistance please contact any member of the Committee
- Saffron Walden u3a retains the copyright of the contents of Update
- For more information visit our website at www.saffronwaldenu3a.org.uk

Insurance

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, Commercial and Employment advice, is currently no longer available