

Update

Spring 2019

www.saffronwaldenu3a.org.uk



Inside:
**Learning Mandarin
Computer Friendly
Beginner's Bridge
Music for Pleasure**

Saffron Walden
Registered Charity
No 290670



THE UNIVERSITY OF THE THIRD AGE

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*Cover photo:
Butterfly at Bridge End
Gardens by Gordon Ridgewell*

Open Meetings:

Every 3rd Monday at the Bowling Club (except August & December), doors open 2:15pm.

Come and enjoy the refreshments, some socialising and the raffle before the talk starts at 2:45pm approximately. See page 20 and Dates for your Diary on page 26

Editorial



**Watch out
for the six
spring
chickens
hidden in
this issue**



The first day of spring in 2019 is on Wednesday 20th March, but as the spring edition of Update comes out in December, I'd like to wish you all a Merry Christmas before we start thinking about spring.

But talking about spring and looking forward to the delights of a new spring term with Saffron Walden U3A, consider the options: not only can you continue to pursue the interests you enjoy, you can also be adventurous and try something that you've never done before - something out of your comfort zone.

And of course, if there are no spaces you can always start a class of your own in whatever field you like - contact Mary Curtis on 01799 524784 or marycurtis@live.co.uk for details.

In this edition of Update we are featuring some groups that do not publicise themselves too much, they include Computing, Philosophy and the new Mandarin group. We hope you find these, and the other reports, entertaining.

I welcome feedback on any issue regarding Update (what do you think of the new design?) or the Saffron Walden U3A, I also welcome articles, photographs or contributions from readers on any relevant subject; everything will be considered for publication - so get typing and release the author within you.

Jim Dwyer, Editor



How well do you know the shops in Saffron Walden? Find out in our quiz on page 24

Chairman's Report

Firstly, welcome to the new members who have joined us and thank you to those who have renewed their membership. Following the AGM, I was appointed as your Chairman so I would like to introduce myself to those of you who don't know me.

I was born a Sampford girl and have always lived in the Walden area, the last 50 years in Debden, so many of you already know me. I was educated at Sampford and Friends' School. I am involved with several charities and am a former Chairman of the Parish Council, Vice Chairman of School Governors and former Chairman of Friends of Debden School. I have also been a Member of SW U3A for several years and was previously your Secretary. I was very proud to be elected Chairman and will endeavour to follow in the great footsteps of my predecessors, I am lucky to have a great team supporting me in addition to very capably carrying out their own roles.

We continue to be an expanding, active group with many new classes, a busy calendar for Theatre & Travel and Mainly for Men. We are currently analysing the questionnaire completed by members at the AGM and the first Open Meeting so as to give you what you want and to encourage better attendance at Open Meetings which are held on the 3rd Monday of each month (excluding August and December). We are also considering changing the name of Open Meetings to reflect the true image of what takes place.



I am re-introducing the Noticeboard at the Meetings so you can see 'What's On' and to display literature that might be of interest, also available on the SW U3A Website. The Committee is also considering introducing an emailed Newsletter and welcomes any new ideas and suggestions. Finally, can I take this opportunity to wish you all a happy, healthy Christmas and a prosperous, happy and healthy New Year 2019.

Janet Pearson, Chairman

Treasurer's Report *by Ann Treglown*

Thank you to all of you who have registered for Gift Aid. We have received £1360 from HMRC this year which, together with membership fees, is our only income. This money enables us to pay for speakers at monthly meetings, run the AGM, print and distribute Update, plus other running expenses. Our group activities are all self-financing and, once again, I would like to thank all the Coordinators for

collecting the money and running their groups. However, may I remind members that when they sign up for an activity it is for the whole term. Once the Coordinator has calculated the fee it should be paid promptly. Please do not leave your Coordinator waiting for half a term to collect your money. I cannot pay the bills until you have paid! Please make all cheques payable to Saffron Walden U3A.



Saffron Walden U3A Committee

Title	Name	Telephone	Email
Chairman	Janet Pearson	01799 540065	janetandjohnpearson@outlook.com
Vice Chairman and Update Editor	Jim Dwyer	01799 521524 <i>Mob</i> 07531 115160	jim_dwyer@btinternet.com
Treasurer	Ann Treglown	01799 516707	ann.treglown@gmail.com
Secretary	Pauline Palmer	01799 502560	pauline.palmer3@ntlworld.com
Membership Secretary	John Trueman	01799 541288	joandjohnt@btinternet.com
Activities Organiser	Mary Curtis	01799 524784	maryfcurtis@live.co.uk
Special Events Organiser	Brian Kerrison	01799 516586	briankerrison599@btinternet.com
Website Manager	Martin Hugall	01799 527805	website@saffronwaldenu3a.org.uk

Important Health Notice

Why get the flu vaccination?

The **flu vaccine**, is your best defence this winter. Influenza more commonly known as Flu is a serious disease that can cause severe illness and sometimes even death.

Millions of people get flu every year. Last year in England, a total of 3175 people were admitted to intensive care/high dependence units, due to influenza; with 320 resulting in death.¹

Flu can affect people differently; even if you are healthy and think you can cope with it, you may pass it onto someone close to you who may be at a **greater risk** of complications due to medical conditions such as **heart disease or diabetes** etc. The best way to reduce your risk of getting sick with seasonal flu and passing it to other people is to have the flu vaccination, which is free to many.

If you are unsure of your eligibility for the flu vaccine, contact your **GP or pharmacy**.

The more people who have the vaccination this winter, the less the Flu virus can spread, helping to **protect those vulnerable children and adults** within our community.

1 Public Health England, 2014. *Annual Flu Reports*. [ONLINE] Available at: <https://www.gov.uk/government/statistics/annual-flu-reports> [Accessed 10 September 2018]



Public Health
England

NHS

England

Midlands & East

Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
Art 1	Esther Rawlings	01799 520203 egerawlings@greenbee.net	Tuesday	2:30 - 4:00 URC Hall
Art 2	Mary Lewendon	01799 526463 marylewendon10@icloud.com	Friday	2:00 - 4:00 Baptist Church
Art Appreciation	John & Alison Forster	01799 540982 jsforster6@gmail.com	Friday fortnightly	10:30 - 12:00 Bowling Club
Ballroom & Sequence Dancing	Pauline Palmer	01799 502560 pauline.palmer3@ntlworld.com	Tuesday	9:45 - 10:45 URC Hall
Birdwatching	Christine Taylor	01799 501886 christine.e.taylor@ntlworld.com	Monthly see co-ordinator	See Co-ordinator
Bridge	Beryl Ihm	01799 502512	Friday	1:30 - 4:00 Bowling Club
Bridge Beginners	Linda Jackson	01799 540269 lindajacko@aol.com	Wednesday starting 9th January	2:00 - 4:30 Faircroft House
Choir	Joan Shadbolt	01799 516585 joanshadbolt@hotmail.co.uk	Wednesday fortnightly	10:00 - 12:00 Quendon Village Hall
Computer Club	Gerald Gardner	01799 500543 gerald.gardner@ntlworld.com	Friday fortnightly	10:00 - 12:00 Tutor's home
Craft	Penny Maystre	01799 501262 pennymaystre72@hotmail.com	Monday	10:00 - 12:00 Member's home
Cribbage	John Trueman Christine Taylor	01799 541288 joandjohn@btinternet.com 01799 524947 christine.e.taylor@ntlworld.com	Thursday	2:30 - 4:30 Faircroft House
Drama	Gill Williamson	01799 524947 gill.e.williamson@gmail.com	Thursday fortnightly	2:00 - 4:00 Member's home
Easy Riders Cycling	Colin and Anne Taylor	01799 543127 colinandannetaylor@live.co.uk	First Thursday of month	11:00
French Conversation 1	Ginny Eley	01799 732348 ginnyeley@hotmail.com	Monday	2:00 - 3:00 Contact co-ordinator

Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
French Conversation 2	Isobel Jones	01799 522552 isobel.jones@talktalk.net	Thursday	10:30 - 12:00 Member's home
Gardening	Jo Ware	01763 838654 josphine580@btinternet.com	Third Friday of month	Contact co-ordinator
History Byways	Diane Tucker	tucker.diane@gmail.com	Monday fortnightly	11:00 - 12:00 Baptist Room
Indoor Bowling	Grahame Wilmott	07922 187361 grahame.wilmott@btinternet.com	Tuesday	11:45 Turpin's Indoor Bowls Club
Keep Fit	Helen Verity and Lynda Sawkins	01799 550408 helenmverity@btinternet.com 01799 521022 roysawkins@waitrose.com	Wednesday	11:10 - 12:10 Baptist Church
Latin 1 & 2	Alex Reeve	01799 522818 alex_reeve@hotmail.com	1 - Monday 2 - Thursday	1) 11:00 - 12:30 2) 2:00 - 3:30 Tutor's home
Line Dancing	Sheila French	01799 530364 sheilamfrench@btinternet.com	Monday	1:00 - 2:15 URC Hall
Literature	Ann Crawford	01763 838080 crawford.ann@outlook.com	Last Wednesday of month	2:30 - 3:30 Fairycroft House
Lunch Club	Kate Barwood	01799 550271 kbarwood@btinternet.com	See Dates for your Diary	12:00 for 12:30
Mah-Jong 1	Christine Greet	01799 531732 johngreet@waitrose.com	Wednesday	1:30 - 3:30 Member's home
Mah-Jong 2	Jess Grinyer	01799 500344 jess.grinyer@ntlworld.com	Thursday	1:30 - 3:30 Member's home
Mah-Jong 3	Peter & Geraldine Plunkett	01799 599159 ger_plunkett@yahoo.co.uk	Tuesday	Contact co-ordinator
Mainly for Men	Peter Long	01799 524443 peterlong.associates@virgin.net	See Dates for your Diary	2:30 - 4:00 Bowling Club

Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
Mandarin	Wen Zhang	07425 830888 zhangwen@gmail.com	Monday	10:30 - 11:30 Baptist Church
Music for Pleasure	Jean Pattenden	01799 501046 jepattenden82@icloud.com	Wednesday	10:30 - 12:00 Fairycroft House
Natural History	David Corke	01799 599376 david@corke.biz	Fourth Friday of month	10:30 - 12:00 Bowling Club
Nice'n'Easy Fitness	Jan Powell	01799 523855 janibobs@ntlworld.com	Wednesday	12:30 - 1:30 Baptist Hall
Philosophy 1	Joanna O'Connor	01799 522260 joanstuart26@gmail.com	First Tuesday of month	10:30 - 12:30 Member's home
Philosophy 2	Denys Hickey	01799 523904 denys.hickey@gmail.com	Second Thursday of month	10:30 - 12:30 Co-ordinator's home
Photography	Tony Treglown	01799 516707 tregact@gmail.com	Second Monday of month	2:30 - 4:30 Bowling Club
Pilates 1	Hilary Price	07825 292467 hilarydoone@hotmail.com	Thursday	1:00 - 2:00 Friends Meeting House
Pilates 2	Irene Bedward	01799 528178 irenebedward@hotmail.com	Thursday	2:00 - 3:00 Friends Meeting House
Pilates 3 & 4	Ann Cousins	01799 219072 cous.anns@gmail.com	Tuesday	3) 1:30 - 2:30 4) 2:30 - 3:30 Baptist Hall
Pilates 5	Glennis Virgo	01799 524189 glenvirgo@hotmail.com	Tuesday	3:30 - 4:30 Baptist Hall
Pilates 6	Linda Dobson	01799 500939 linda.dobson1@ntlworld.com	Monday	10:00 - 11:00 Fairycroft House
Pilates 7	Judith Forster	01799 541049 j_m_forster@hotmail.com	Monday	9:00 - 10:00 Fairycroft House
Pilates 8	Richard Garvey	01799 521129 aptonfields@supanet.com	Tuesday	11:30 - 12:30 Baptist Hall

Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
Play Reading	Gill Williamson	01799 524947 gill.e.williamson@gmail.com	Last Monday of month	10:00 - 12:00 Member's home
Poetry	Beryl Ihm	01799 502512	Second Monday of month	2:00 - 4:00 Member's home
Ramblers 1	Keith Patmore	01799 527568 keithpatmore@btinternet.com	Thursday fortnightly	10:00 - 12:00 approx. LB Leisure Centre
Ramblers 2	Colin Potterill	01223 834937 colinpoterill@hotmail.co.uk	Thursday fortnightly	10:00 - 12:00 approx. LB Leisure Centre
Scrabble	Bronwen Attenborough	01799 524772 bronwen.atten@googlemail.com	Thursday	10:00 Member's home
Spanish Improvers	Jessica Reeve	01799 522818 jessicareeve@hotmail.co.uk	Wednesday	2:00 - 3:00 Tutor's home
Table Tennis	Ann Cousins	01799 219072 cous.anns@gmail.com	Wednesday	1:30 - 4:30 Widdington Village Hall
Tai Chi 1 & 2	Angela Rowland	01799 521192 mrsarowland@gmail.com	Wednesday	1) 9:30 - 10:30 2) 11:00 - 12:00 Baptist Hall
Theatre & Travel	Christine Duffy Pauline Smith Jean Little	01799 520173 chrisduffy146@gmail.com 01799 521524 paulinesmith39@hotmail.co.uk 01799 513411 little361@btinternet.com	Last Friday of month	2:00 Baptist Hall
Ukulele	Mary Curtis	01799 524784 marycurtis@live.co.uk	Wednesday fortnightly	10:00 - 12:00 Wimbish Mission Hall
Writing for Pleasure	Diane Drury	07870 900852 dianejdrury@gmail.com	Monday fortnightly	10:00 - 12:00 Tutor's home

Co-ordinators: 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)

Drama

The drama group meets in members' houses every other Thursday 2:00 pm to 4:00 pm. Currently members are planning to present a Christmas anthology to three wardened older persons' homes in Saffron Walden in December. There are currently 8 members in the group and there is room for another two. If you are interested in joining this group then please contact Gill Williamson, details on page 6 and on the website.

The things that Kids Say *from Jean Little*

On Maths: "The total is when you add up all the numbers and a remainder is an animal that pulls Santa on his sleigh". **On Religion:** "A mosque is a sort of church, the main difference is that its roof is doomed". **On holidays:** "On our holiday Dad wanted to ride the hores, but mum said they were too expensive" **On Geography:** "The closest town to France is Dover, you can get to France on a train or you can go on a fairy". "In geography we

learned that countries with sea around them are islands and ones without sea are incontinents". **On Science:** "Helicopters are cleverer than planes, not only can they fly through the air, they can also Hoover". **On Natural History:** "Crabs and creatures like them all belong to a family of crushed Asians". **On History:** "Then Joan of Ark met her end, she was burned as a steak". "Sir Walter Raleigh circumcised the world with a big clipper".

Bridge for Beginners

Once again, we shall be running a six month 'Bridge for Beginners' course commencing Wednesday 9th January 2019 until Wednesday 26th June 2019 with a break for half term and Easter. The course is aimed at absolute beginners and will follow the English Bridge Union guideline of starting with Mini-Bridge until an understanding of card play is achieved before moving on to bidding for contracts using the ACOL UK bidding system.

Jane Guy and I are not formal bridge teachers but in the spirit of U3A we will show you the basics of playing and bidding to prepare you for moving on to an improver class which is run by an English Bridge Union accredited teacher. Places are limited to 16 people on a first come, first served basis. We will keep a waiting list for the following year if necessary. The venue is Faircroft House, Audley Road, Saffron Walden starting at 2.00pm until 4.30pm. Cost will be in the region of £45 per person for the 6 months but final numbers will determine actual cost.

Car parking is available at Faircroft House and also a tea/coffee bar. To reserve a place contact me at lindajacko@aol.com or phone 01799 540269 or 07709 239528.

Linda Jackson, co-ordinator



Writing for Pleasure

And as we started the autumn term, we filed through Barbara's gate with the sun shining and the flowers cascading from their boxes in an infusion of colour. The garden and birds a paradise, our members of both sexes bubbling with news of holidays and what has happened during our summer break. Barbara's husband, as usual, takes our orders for tea/coffee with lots of delicious biscuits already on the table waiting to tempt us. During the next two hours we discuss where we will go for our Christmas meal and ideas for writing subjects. After this, we individually read the stories we have written. For this session the subject was My Gap Year.

It's quite an experience to listen to people's imaginations and to hear the many variations on the subject and the great stories. Over the years I have done many college courses but, at nearly eighty, I find writing for pleasure so brain stimulating. It's opened my mind to so many subjects - all you need is a pencil, pad and a comfortable chair and off you go. Sorry TV but you come last on the list now! We congregate every 2 weeks and our subject for the next meeting is a picture of a picnic laid out under gothic columns. Can't wait!

Christine Housden



continued . . .

A Chance Encounter

The Writing for Pleasure subject for members to write 200 words for in June was 'A Chance Encounter', and I found it so interesting to hear the different stories - how could a small group of people write so creatively yet come up with so many variations on the one subject? And they were all so good too! But this tale from **David Broadley** made me smile:

"You're somebody, aren't you?"

"Everybody's somebody."

"No, I mean you're somebody famous, aren't you?"

A legend in his own lunchtime perhaps, thought Hampton drily, giving the brunette the once over. Not bad, he thought. A little short for his liking, with a little more weight than she would have carried as a teenager, for who else would remember his face from those crazy days, he wondered?

He saw her redden with embarrassment. "Perhaps she's seen through my disguise," he thought. Baby turned your brown eyes blue... "Maybe once," he replied. "In the long distant past." He gave her his famous wink and his old sideways glance. Oh, how it used to get them going, the little ravers.

"Now I've got it!" she said. "You're Johnny Hampton, aren't you, the drummer in The Rockers? Rock Hard Hampton they used to call you." She beamed at him. How could anyone resist such a smile he thought? Maybe his luck was in. "Yes. If you must know, I am he." He pulled himself up to his full height. "Yes I thought so" she retorted, "I'd recognise that wink and sideways glance anywhere. You're the b.....d that got me pregnant and left me with a baby girl!"

Membership Secretary's Report

Welcome to the new U3A year which began 1st September 2018. Thank you to everyone who renewed their membership and a very warm welcome to new members who have joined this year.

At the time of writing, I am pleased to tell you that we have had 738 membership renewals and 67 new members join this term. I expect the membership to grow a little as late renewals come in and new members hear about us and decide to join during the year. New, green membership cards for 2018 – 2019 have been sent to everyone. Please take your membership card to all U3A

activities you attend because co-ordinators have been asked to check that everyone who attends is a bona fide U3A member and that they have renewed their membership.

Please don't forget to let me know if you change any of your contact details (postal address, phone or email address) so that I can keep our records up-to-date and ensure that you receive your copies of The Update Magazine and Third Age Magazine (if requested) in the post.

I wish everyone an enjoyable and interesting year with U3A.

John Trueman



Activities Organiser's Report

Hello everyone. The new U3A year has begun and we've got new members and new groups up and running. The Mandarin class has started and has vacancies, as has the Drama group and the Craft group, so why not consider joining one of these groups for a whole new experience. We now have 8 - yes 8 - Pilates classes. I wonder if this is a record for any U3A group?

But despite the many groups we have, there's always room for, and the need for, more. So please consider what skills YOU have that you can share with others. Sharing skills has a positive effect for both the sharer and the recipient - so come

on, let's get some new groups going! Currently, we have the following ideas for new groups just waiting for members to step forward: chess, foreign language conversation, darts, board games - any of these can be managed in members' homes with a minimum number of people.

Please contact me, details on page 5, if you need advice and together we can continue to keep Saffron Walden U3A as a vibrant, exciting organisation that we can continue being proud to be a part of.

Mary Curtis



See the new style classes and co-ordinators on pages 6-9

Easy Riders Cycling

I arrived at the Ickleton Lion at 12:55 pm - a bit early because I was meeting Colin and Anne and the other Easy Riders at 1:00 pm and thought I could have a drink whilst waiting and checking my notes.



But, surprise surprise – they were already there, sitting outside in the sun laughing, joking and drinking! Colin and Anne explained that they had actually done some cycling that morning, but were ahead of schedule and welcomed me to the fold.

The 12 Easy Riders had started out at 11:00 am from Saffron Walden

common, having first wet their whistles at the Tiptree Café in Rose & Crown Walk, and then taking the Harcamlow Way towards Ashdon before swinging round beyond Little Walden and onto Chesterford arriving at Ickleton for lunch at 12:45 pm.

We all sat at one of the long tables in the garden under a walnut tree, talking, drinking and ordering our food. I sat next to Tony who was sketching; he said he was on his 33rd sketch book – they were excellent sketches of places he had visited in this country and abroad.

We finished our meals, which every one agreed were delicious, and Colin showed us the paper maps he uses to plan their various routes, saying enthusiastically he uses Google Maps as well; he is always planning new routes which he loves doing.

But it was time for the Easy Riders to continue their journey, collect their bikes from the car park and wave for my camera. They then set off heading for Coploe Hill Road, Catmere End and Audley End before returning to Saffron Walden. *Editor*



Try the quiz on page 24 and send your answers to the editor



From top left clockwise: a Bittern, a Comma Butterfly, a Broad-Bodied Chaser and a Reed Bunting. Photos by Brian Eastcott of the Birdwatching Group last June

The Table Tennis group met for its summer lunch at the Coach and Horses in Newport on Wednesday 29th August. It makes a change to see them sitting down at a table and showing off their best table manners without a table-tennis bat or ball in sight. The group meets every Wednesday at Widdington Village Hall from 1:30 to 4:30 pm

Members of Ramblers taking a rest at church in Maple Wimbish whilst on a ramble on 30th

FOUND THOSE SPRING CHICKENS YET?



Photo by Kate Scott



What's making these 6 U3A members so happy? Why it's Mah-Jong of course! Read all about it in the article on page 21.

What a magnificent sight, a Red Kite on the wing over Littlebury, captured beautifully on the camera of Gordon Ridgewell



*Members 2
the
e Lane,
on their
August*

**SEND US
YOUR PHOTOS
AND SEE THEM
IN PRINT**



arborough

Theatre & Travel

It was a beautiful day with clear blue skies on 27th September when 39 U3A members set off on the 2 hour trip to Walmer Castle, built by Henry VIII near Deal on the Kent east coast.

The group split on arrival, some going for coffee whilst others toured the castle or the gardens. Touring the castle was made interesting with the multi-media headsets and we visited rooms that had been occupied by Wellington when he was resident Lord Warden and saw his camp bed and the armchair in which he died.

Other residents at Walmer Castle included William Pitt the Younger and Winston Churchill, who used it as a weekend retreat when he was First Lord of the Admiralty during the First World War. Rupert Brooke wrote his

famous poem 'The Soldier' at Walmer Castle and a recent Lord Warden had been Queen Elizabeth the Queen Mother, who would often entertain guests in the garden created there for her 95th birthday.

The tour around the castle finished outside on the battlements where there was a wonderful view of the sea and it was so clear that you could just about see the French coastline. The Tea Rooms were quite small and members staggered their time there accordingly. The eight acres of garden were mostly woodland but with a magnificent kitchen garden and an ornamental garden with a big fish pond – *see photo*.

The weather remained good all day and our time went quickly as the hour for departure was soon upon us. *Editor*



snippets

Theatre & Travel members visited the Savoy Theatre in London on 17th October to see Dream Girls. They saw Strictly Stars dancing and singing music of the 60s at the Westcliffe Theatre on 21st October and on the 25th October they travelled on their Autumn Countryside Tour visiting Leicestershire, Northamptonshire and surrounding areas. On 8th November they saw the Christmas Spectacular at Thursford which included Irish Dancing, comedy, music, juggling and much more, it was truly spectacular - *what a busy group!*

NEW
DATE

Holiday in Northumberland

New Maldron Hotel in central Newcastle

Monday 16th September 2019 to Friday 20th September
Trips to Alnwick Castle and gardens and Cragside House included
Third day to be arranged with stop-offs on the way and returning

£460.00 to be confirmed

Double and Twin rooms still available at time of going to press

Contact Jean Little on 01799 513411 or email little361@btinternet.com

Philosophy 1

Lively discussion, humour, friendly atmosphere, yes it's all here with the Philosophy Group 1. There are 13 members including co-ordinator Joanna O'Connor; numbers are restricted as sessions are held at members' homes - on the first Tuesday of each month from 10:30 am until 12:30 pm. During the term, subjects included Humanism, Human Rights, Just War, Feminism and Sexism, Nature versus Nurture, Time and Honesty is the Best Policy – quite a range. Also up for discussion have been the teachings of Descarte, Socrates, Plato, John Rales, Elizabeth Anscombe and Philippa Foot.

On my visit, the group met at Joanna's house and I walked in midway through the topic of the day – evil, which had been selected by Jennifer. Each member takes a turn in choosing the discussion and hosting the session. The subject raised more questions than answers. All topics lead to various conversations happening at once - such is the enthusiasm -

but Joanna soon called everyone to order allowing one person the floor. Hiroshima, Japan, Mao Tse Tung, Hitler, Stalin all came up for debate with no real conclusion other than it was generally agreed that evil was a matter of opinion. Murder for example was evil, but the perpetrator would argue that it was justified - which brings into play the state of mind. Also considered evil was a head of state allowing his or her generals to commit crimes against its citizens whilst not caring about the consequences.

Joanna brought the lively debate to an end after 2 hours, which included a break of course for coffee, tea and delicious biscuits. *Editor*



Ukulele

Ukulele Group members appeared again at The Bluebell in Hempstead on Wednesday evening 3rd October. An indication of the progress they've made is that they only learnt and rehearsed their 5 song set that morning and their performance went well. When more people arrived, they repeated their performance and were accompanied by bass guitar player Nick - *see photo*. More Bluebell gigs are planned – why not join them there one Wednesday evening for a drink. *Editor*



Theatre & Travel

On 6th October, 27 of us Theatre and Travellers went to see Oklahoma at the Palace Theatre in Southend – and what an adventure it turned out to be!

We hit traffic at Chelmsford and had to divert through the town, but there was gridlock everywhere and time was running out. With an hour to go before the show started, we got clear of the traffic and sped towards Southend. We arrived at the theatre with minutes to

spare. The manager very kindly held up the start to allow everyone to be seated. It was an excellent production with two talented young leads.

We were all ready for the meal that had been booked for 6:00 pm at the Palace Hotel overlooking the funfair on the coast. By this time it was dark and raining, but everyone enjoyed their meal and the fireworks were a real bonus. The roads were thankfully clear for our journey home. *Editor*

Photography

Tony Treglown, co-ordinator

The Photography Group has had a successful autumn term at its new Bowling Club venue. Meetings held were well attended and numbers boosted by new enthusiastic members. One popular session was when members brought their cameras and were able to find answers to how some of the basic camera controls worked.

Members viewed and discussed images they had taken on set subjects, a selection of which can be seen on the Photography Group page of the web site. There are still places available if you would like to join us in the New Year. Please contact me if you would like to know more, details page 8.

There have been a few ideas for new groups from members such as chess, Italian conversation and German. If any of these interest you, or if you have any other ideas, please contact Mary Curtis on 01799 524784 or email at marycurtis@live.co.uk

WANTED - Keep Fit teacher to start new class. If you're interested or know someone, please contact Mary Curtis on 01799 524784 or email at marycurtis@live.co.uk

Computer Club

On Friday 12th October, I visited the first Computer Club session of the new term which runs from 10:00 am until 12:00 pm at co-ordinator Gerald Gardner's home. This session was for laptop/tablet users and they meet every other week, alternating with the iPad group. The Computer Club started last February and some original members had returned whilst there were some new members, 7 in total – all with their laptops/tablets poised awaiting Gerald's instructions and the helpful advice from his able assistant Hugh. Gerald began with some of the technical basics of how computers work, explaining about Wi-Fi and routers and how they can operate wirelessly or with a lead connection; the closer you are to the router the better speed you get and a lead connection can be an improvement on wireless. Gerald also touched on the different operating systems such as

Apple and Microsoft and icons which link you to a programme.

There was a break halfway through for coffee/tea, plus a biscuit or two. Gerald said that some members had asked him questions such as 'how do I send photos?' and similar – these will be addressed during the next few sessions. Members discussed the preferences for tablets over laptops, saying they were more convenient size-wise and more portable.

Meanwhile, members logged on with a password given by Gerald which would connect them to his Wi-Fi, Gerald said that the icon will look different on the laptop compared with the tablet. Once everyone was connected, they used the Google search engine to find Speedtest.net to determine their internet speed which showed on screen – this was then briefly discussed. Gerald explained that passwords need to be case sensitive, but not so when using a

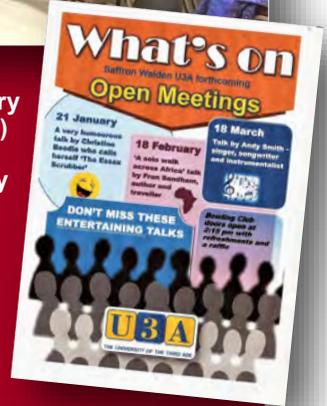
search engine. The session ended with everyone looking forward to their next excursion into the exciting world of computers.
Editor





Open Meetings

Come and enjoy the delights of our Open Meetings every third Monday of the month (except August & December) at 2:15 pm at the Bowling Club. There are refreshments and a raffle before the talk. October's talk on 'My Family and other Animals' by Mel Rees was very funny and we received lots of praise and good feedback. November's talk by Tricia Thompson was called 'From Leeches to Laxatives' and was another entertaining talk about Victorian medical quackery. The January talk has changed, it's now a very humorous one by Christine Beedle who calls herself The Essex Scrubber - miss it at your peril!



Pilates

Pilates is mainly a Resistance exercise, which tones the body by helping muscles and nerves to calibrate how much they need to work to achieve controlled, flowing movement through awareness and using core stability. Pilates for me has been a great instruction in ergonomic posture (so conserving energy) whether at rest or moving around. The deliberate way we move in Pilates, always in conjunction with breath rhythm, is also good for relaxing the mind.

Pilates is a hands-on exercise: groups must be small enough to allow for individual attention to each exerciser – including to check by touch, with consent, whether the correct muscles are being activated,

for safe and effective results. Instructors have to prove they can scale exercises up and down very flexibly to suit different people.

Learning Pilates in a class, rather than from books or online videos, is the best way; although those items can be a good aid, they often don't reinforce the basics of activating deep core muscles and describing how it should feel to perform an action, which is the important part.

It's also fun and social to learn in a group, in a guided environment. Let's learn, laugh and live!

Meryl Tyers

Meryl is the tutor for new group Pilates 8, Richard Garvey is the co-ordinator.

Mah Jong 2

We all have a great deal of fun on Thursday afternoons! We've had to start half an hour earlier, just to allow ourselves a bit of time to chat over a cuppa (and often a piece of cake if there's a special occasion to celebrate!). Even then we regularly need a bit of a 'push' to move over to the tables and start playing.

The basics of the game are fairly straightforward, but having grasped these, there are the special hands to contend with - and they lead to much humour during play. The problem is memory - or lack of it! Every time we get a set of tiles in front of us, we need to decide which special hand might be the best one to try and complete. If only we could remember them all, it would be fine. Unfortunately, most of us cannot. As

a result of this, many minutes are spent looking at crib sheets and saying things like 'I'm sure there's one with loads of dragons, but not winds isn't there?' Eventually we all plump for one, only to find that after a few rounds we are failing to get any nearer to our goal. Should we change our choice? If so, what should we do? In this way our afternoon continues. Frantic changes of tack, some successes and some failures; there's a lot of luck, but also enough skill to keep our minds active.

Time flies and soon we potter off until the next week, when the fun starts all over again - *see those happy faces on page 15*. Thank you Jess (Grinyer) for making everyone feel part of a family at Mah Jong 2.

Kate Scarborough



Literature

Welcome. We have now had our first meetings of the term and it's been really interesting listening to other people's opinions. Of course not everyone agrees with each other but that makes for a good discussion. The first group discussed 'Frankenstein'. One thing we did agree on was that we had more sympathy for the creature than for Victor Frankenstein. It is surprising how many people thought the creature was called Frankenstein. Of course the book was nothing like Boris Karloff!

The theme of 'What if' continues into spring 2019 and the books to be

discussed are: **January:** '1984' by George Orwell. I expect many of you have read this, but how many years ago? The last time I read it was in, yes, 1984! So it will be good to read it after the dreaded date to see whether our perspectives have changed.

February: 'The Plot Against America' by Phillip Roth. Another opportunity to read an American author. **March:** 'The Circle' by Dave Eggers. Apparently he is a very 'laid back' man.

Just a reminder - we meet at Faircroft House, last Wednesday of each month from 2.30 - 3.30 pm.

Ann Crawford, co-ordinator

Cribbage

The Cribbage Group will celebrate its second birthday at the beginning of February 2019. It's hard to believe two years have passed since the group formed. There have been many '15 for 2', '2 for his heels' and '1 for his knob' (cribbage scoring jargon) in that time.

Our group is currently thirteen strong and new members are always welcome. Whether you have played before or are new to the game, you will find a warm welcome at Fairycroft on Thursday afternoons. The Update magazine has the cribbage co-ordinators contact details on page 6 for anyone wishing to join.

John Trueman, co-ordinator



This is the wreath that was laid, on behalf of the Saffron Walden U3A, on the War Memorial on Remembrance Day, Sunday 11th November 2018 commemorating the 100th anniversary since the end of World War 1



Music for Pleasure

Have you a spare hour and a half on a Wednesday morning? Would you like to begin your day in an invigorating mood and face that shopping trip humming melodies that you've just heard over a delicious cup of coffee? Then the Music for Pleasure group is the group for you!

You may have got up that morning wanting to relax and then remembered that trip into town but, hey, isn't this the week that Music for Pleasure is planning some John Barry film music? Well, if that's the case why not relax to Out of Africa and Dances with Wolves themes – or whatever other delights we may have lined up for our members.

Our venue, Fairycroft House, offers comfy chairs, a warm room and a very friendly atmosphere with like-minded people. So come and join us, contact details are on page 8.

Jean Pattenden, co-ordinator



Mandarin



*Autumn in
Dalian
Photo by
Bean You*

The Mandarin Group meets on Mondays during term time at the Baptist Church in Saffron Walden from 10:30 am until 11:30 am. Apart from the stimulation and challenge of learning a new language, Mandarin Chinese is a language that is spoken by almost a quarter of all the people in the world.

This group welcomes whoever would like to take up the challenge to learn a language that is different but not difficult. No matter if you are at the starter level with no experience of the language or at the intermediate level with several years of learning experience – just give it a try! We will focus mainly on speaking. I'll provide the practical learning materials.

If you would like to join this group my contact details are on page 8 of Update or on the Saffron Walden U3A website.

Wen Zhang, co-ordinator

Saffron Harmony Choir

The choir is being put through its paces by choir master Isobel for the East Anglian Children's Hospice Christmas Concert at the Baptist Church at 7:00 pm on Tuesday 11th December.

Entrance is free with refreshments, and there will be a retiring collection.



Spring Quiz *from an idea by Jean Little*

When you go shopping in Saffron Walden, how observant are you? Do you notice the names of the shops? Check these 15 clues and see if you can work out the shop name. If you can't, then have another look around the next time you go shopping.

1. Elkie Brooks says she's a singer
2. It gets excessively hot in here
3. Nancy Sinatra says these were made for walking
4. A raw and unprocessed seasoning which retains natural minerals
5. You should be able to get something for the rainy season here
6. Add this to yellow to get green
7. You'll need to go underground for this shop
8. This captain explored Australia and New Zealand
9. You can really reduce your expenses here
10. This delicate, colourful flyer is made from a very precious, yellow metal
11. This is where you read something else into what someone has written to get another meaning
12. You can put things away in here where 2 walls meet
13. There are absolutely no defects on their carpet
14. It's as easy as this
15. A valuable red stone describes this area inside a building

Please send your answers (even if it's only some of them) to the editor at jim_dwyer@btinternet.com and get a mention in the next edition of Update.



If you find the 6 spring chickens hidden within this issue of Update, please email your answers to the editor at jim_dwyer@btinternet.com and see your name in print in the next issue.

Quiz Answers

In the last issue of Update, the hedgehogs were hiding on page 14 with the Ramblers, page 21 with the thinking lady in Correspondence and page 26 above New Members, Sheila Ridgewell got them! The lie was number 2, I did not give a pregnant lady a lift to hospital - and who would want to name their son after me anyway!!!!? The others were all true!

Remember to try the quiz above and send your answers to the Editor



Your emails . . .

From: Jess Grinyer
Sent: 13 August 2018 20:52
To: jim_dwyer@btinternet.com
Subject: Update

Hi Jim

Just received my update in the post. Congratulations, you've done a grand job. Great reading with lovely and colourful pictures.

Thank you.

Jess

Thank you for your kind words Jess.



Obituaries

We were sad to hear that Saffron Walden U3A member Cynthia de Heus had passed away. Our condolences go to her immediate family and friends.

Lynne Howell

by Sue Washington



Lynne was born in Leytonstone in 1949, and lived in Saffron Walden for 15 years working as a scientist in Stansted before setting up her own business. She was an active member of the Saffron Walden U3A joining the Italian class, the Ramblers, and the lunch club. She had been a member of the Saffron Harmony Choir, leaving only to pursue her love of classical music.

If there was a job to do Lynne would always step up to the mark, becoming co-ordinator for Ramblers 2 and joining the Committee as Membership Secretary.

Lynne was always interesting and interested and was a very good listener who would always help you if she could. Her passing was felt deeply by her son Sam and the many friends she had made over the years - she will be truly missed by them all.

It was with much sadness that we heard that History Byways co-ordinator Eleanor Bullough passed away recently.

We were also saddened to hear the news that Peter Philpot from Great Chesterford had sadly passed away.

Pam Savage, an occasional Theatre & Travel group member from Peterborough, sadly passed away after a short illness.

Dates for your Diary



January

21 – Open Meeting: Humourous talk by Christine Beedle (who calls herself The Essex Scrubber!)

23 - Lunch Club: John Barleycorn at Duxford. 12:00 for 12:30

February

4 - Mainly for Men: 'We Must Save the Children' (finding homes for Jewish children fleeing Hitler's Europe) talk by Mike Levy. 2:15 Bowling Club

18 – Open Meeting: 'A Solo Walk Across Africa', talk by Fran Sandham,

author and traveller

21 - Lunch Club: Cricketers at Clavering. 12:00 for 12:30

March

4 - Mainly for Men: 'A14 Cambridge to Huntingdon Improvement Scheme' talk by Jim McNicholas. 2:15 Bowling Club

18 – Open Meeting: 'Talk' (as yet untitled) by Andy Smith, singer, songwriter and instrumentalist

20 - Lunch Club: Axe & Compasses at Arkesden. 12:00 for 12:30

Theatre and Travel programme 2019

Date	Event	Cost	Payment Due	Organiser
24 Jan	Hitchcock's 'The Lady Vanishes'. Matinee, Palace Theatre, Southend. Lunch at Toby	£39	Nov	Christine
16 Feb	La Boheme, English National Opera. Matinee London Coliseum	£59	Dec	Christine
28 Feb	The Guilded Age in London. Tour of Mayfair & Kensington, visit Mansion built for Waldorf-Astors including John Ruskin Exhibition	£51-£48 pending nos	Jan	Christine
28 Mar	War Cabinet Rooms and Whitehall. Guided walk (1400 yards approx) through Whitehall & Horse Guards, includes morning coffee	£58-£52 pending nos	Feb	Christine
8 May	Reading and the Bayeux Tapestry, Huntley & Palmer biscuit tin collection and 2 hour river cruise to Henley	TBA	TBA	Christine
24 Jun	Verona 7 days, half board. Includes Lake Garda, Wine tasting. Aida Opera optional. Reserve list only	£850 pending nos	TBA	Christine
16 Sep	Holiday in Northumberland, see page 17	£460 tbc	ASAP	Jean

FOR THE LATEST INFORMATION RING CO-ORDINATORS OR CHECK THE WEB

Christine 01799 520173, Pauline 01799 521524, Jean 01799 513411, Wendy 01799 510852. Please make cheques payable to SAFFRON WALDEN U3A. Dates and prices subject to alteration. We meet on the last Friday of every month (except August and December) at the Baptist Church for booking trips. Please note that coach only seats are often available on all outings, especially London Theatre trips.

NOTICE BOARD

Update

Please remember to email your comments, good or bad, to the editor at jim_dwyer@btinternet.com and have your say. The next deadline for submitting articles/photos is 26th March 2019, if you would like me to visit one of your classes and write an article and take photographs, please let me know.

U3A Term Dates 2018 – 2019

Spring: 3 Jan 2019 – 5 April 2019
Half-term: 18 February – 22 February
Summer: 23 April – 24 July
Half-term: 27 May – 31 May

STOP PRESS

Pam Sherman has very kindly volunteered to transport anybody within the Saffron Walden area who has difficulty getting to our popular Open Meetings. She can be contacted on 01799 530495 or email at pam.sherm47@gmail.com

Apologies to Ginny Eley (French) for getting her telephone number wrong in the last issue – it is of course **01799 732348**.

I've often wondered:

Why is lemon juice made with artificial flavour yet dish washing liquid is made with real lemons?

If people from Poland are called Poles, why aren't people from Holland called Holes?

Why are wise man and wise guy opposite things?

Why do overlook and oversee mean opposite things?

If a clergyman can be defrocked, can an electrician be delighted?

Please don't forget

to visit our website www.saffronwaldenu3a.org.uk for all the latest U3A information and to view Update in full, glorious colour

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 the Committee.

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

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