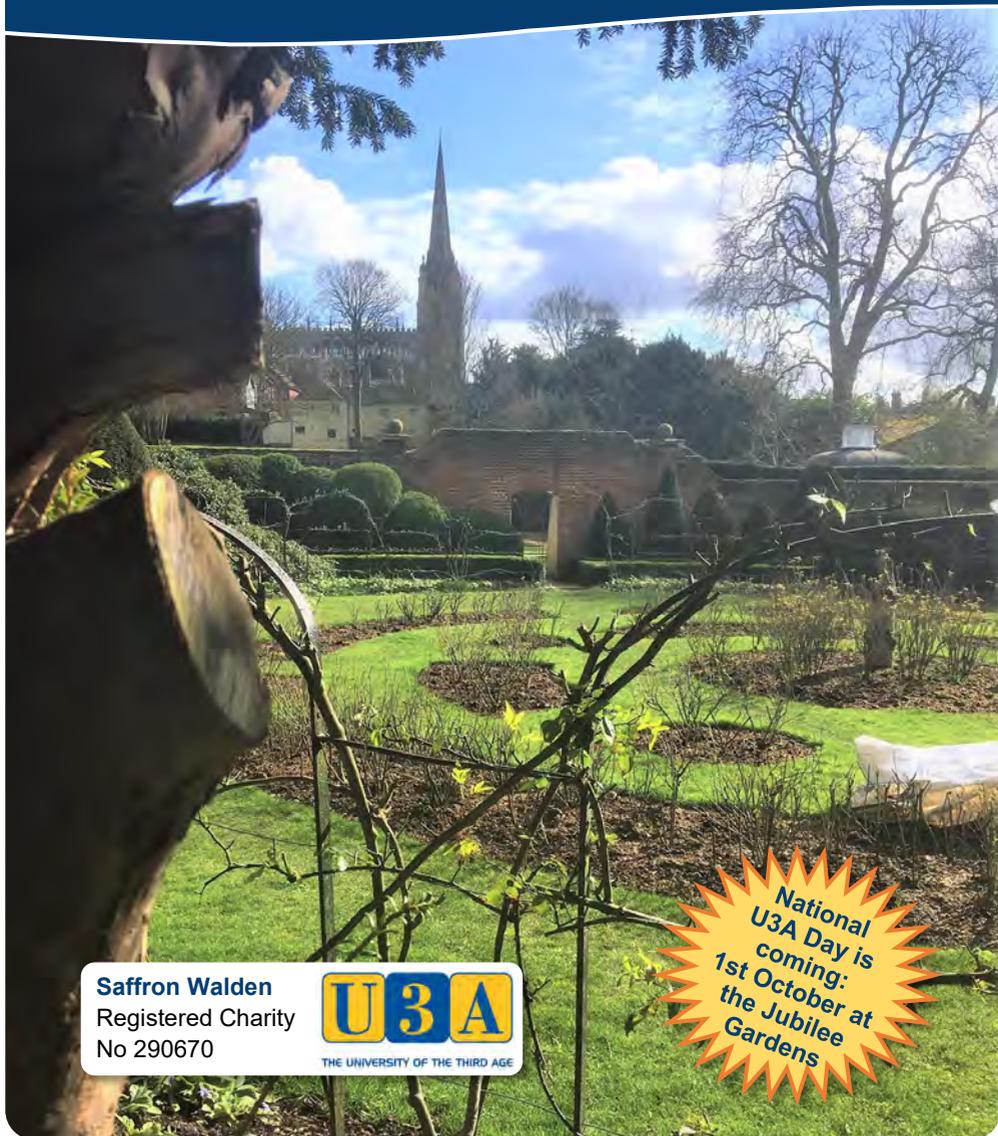


# Update

April 2020

[www.saffronwaldenu3a.org.uk](http://www.saffronwaldenu3a.org.uk)



Saffron Walden  
Registered Charity  
No 290670



National  
U3A Day is  
coming:  
1st October at  
the Jubilee  
Gardens

## In this Issue

<b>Chairman's Report / Membership Secretary's Report .....</b>	<b>4</b>
<b>Committee / Activities Organiser's Report .....</b>	<b>5</b>
<b>Classes, Co-ordinators, Venues &amp; Times .....</b>	<b>6 - 9</b>
<b>Choir / Writing for Pleasure / Slow Folk .....</b>	<b>10/11</b>
<b>Easy Riders / Christmas Tea / National U3A Day .....</b>	<b>12/13</b>
<b>Just Gym / Latin (Part 2) / Cribbage .....</b>	<b>14/15</b>
<b>Birdwatching / Rambling / Drama / Ukulele in colour ....</b>	<b>16/17</b>
<b>Mah Jong 2 / Theatre &amp; Travel / Music for Pleasure .....</b>	<b>18/19</b>
<b>2019 AGM Minutes .....</b>	<b>20 - 22</b>
<b>Notes from a HAM .....</b>	<b>23</b>
<b>Mandarin / Dates for your Diary .....</b>	<b>24</b>
<b>Literature / Philosophy 1 .....</b>	<b>25</b>
<b>Steaming Through Kent / Collaboration .....</b>	<b>26/27</b>
<b>Crossword and answers to the previous Quiz .....</b>	<b>28</b>
<b>Obituaries .....</b>	<b>29</b>
<b>Theatre &amp; Travel Programme .....</b>	<b>30</b>

*Cover photo:  
Saffron Walden Bridge End  
Gardens in the spring*

**Open Meetings have been cancelled up to and including July due to the Coronavirus pandemic. The situation will be reviewed in August.**

## Editorial

2020 is the Chinese year of the rat, so there are two rats hiding in this issue . . . but can you find them?



I joined the Saffron Walden U3A Committee as a co-opted member on 21 November 2016 when Janet Pearson was Secretary. She became Chairman on 17 September 2018 and I enjoyed working with her, respecting her knowledge, experience and sense of fair play. I was saddened by her loss and will miss her.

Our Update magazine is quite unique and is the envy of many other U3As. I am really grateful, therefore, to everyone who submits articles and photographs or who express their opinions; because without your input Update would not be the success it is. Thank you and I hope you enjoy this issue.

*Jim Dwyer, Editor*

### NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Saffron Walden U3A will be held at Saffron Walden Baptist Church on Monday 7<sup>th</sup> September 2020 at 2:30 pm, or at any adjournment thereof.

#### AGENDA:

1. Chairman's welcome
2. Apologies for absence
3. Minutes of the previous AGM (Unapproved copy available in 'Update' and on Saffron Walden U3A Website)
4. Chairman's report for the year ended 31 July 2020
5. Treasurer's report for the year ended 31 July 2020 and Adoption of Accounts
6. Appointment of the Independent Examiner of Accounts
7. Election of the Committee for 2020-2021
  - *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.*
8. Resolution relating to the amendment of the Constitution received under Clause 14.
9. Any other business at the discretion of the Chairman of the meeting.

#### COMMITTEE

Written nominations by a proposer and seconder will need to be sent to the Secretary at least 28 days before the AGM (i.e. by 10<sup>th</sup> August 2020). Nomination forms are available to download from the Saffron Walden U3A website.

#### CONSTITUTION

Existing Clause 7.vi shall be replaced by:

##### *7.vi Terms of office and limits on periods of service*

- a) All Officers and Non-Officers of the Executive Committee shall have a one-year term of office and may serve not more than six terms in any one role.
- b) No individual may serve more than a maximum of nine years in any combination of Officer roles or Non-Officer member, after which there must be a break of at least one calendar year.

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

*Anthony Treglown, Secretary*

## Acting Chairman's Report

**A**s Vice-Chairman, I was elected by the Committee to serve as Acting Chairman following the sad passing of Chairman Janet Pearson. I am proud to hold this position which I keep until our AGM, when all the Committee members put themselves forward for re-election. Positions are then voted on at the first Committee Meeting following the AGM.

The other positions on the Committee remain the same with Activities Organiser Mary Curtis now becoming Vice-Chairman, plus 2 new co-opted members. A key Committee position is that of Treasurer and Ann Treglown, the current holder of that position, is nearing the end of her tenure. Having emailed members with a view to finding her replacement, a possible candidate has emerged. This is good news because we would be unable to function without a Treasurer!

We had been organising for the National U3A Day on 3rd June - but that has now been cancelled due to the Coronavirus pandemic and re-arranged for 1st October, which is also International Day of Older Persons. We hope you will be able to come along and support us then.



As we go to press, the spread of Coronavirus is affecting us greatly with Open Meetings, classes, events and Theatre & Travel trips being cancelled. We are monitoring the situation and following Government and National U3A advice. Please refer to our website for updates and please look after yourselves.

*Jim Dwyer, Acting Chairman*

## Membership Secretary's Report

**M**y thanks to everyone who has renewed their membership and a special welcome to all our new members; 100 have joined since August 2019. We now have close on 850 members. I would encourage everyone to make full use of their membership and participate in the activities we offer. A full list of activities is shown on pages 6 to 9.

The membership fee for the academic year August 2020/July 2021 will remain the same as this year £12.50. Membership fees are due on the 1st August 2020. A renewal application

form is included with this issue of Update. You can renew your membership by post (with a stamped addressed envelope) or at any of the monthly Open Meetings prior to August 2020 or at the AGM.

I wish you all a fulfilling time with Saffron Walden U3A.



*John Trueman,  
Membership Secretary*

# Saffron Walden U3A Committee

Title	Name	Telephone	Email
<b>Acting Chairman and Update Editor</b>	Jim Dwyer	01799 521524 Mob 07531 115160	jim_dwyer@btinternet.com
<b>Vice Chairman and Activities Organiser</b>	Mary Curtis	01799 524784	maryfcurtis@live.co.uk
<b>Treasurer</b>	Ann Treglown	01799 516707	ann.treglown@gmail.com
<b>Secretary</b>	Tony Treglown	01799 516707	tregact@gmail.com
<b>Membership Secretary</b>	John Trueman	01799 541288	joandjohnt@btinternet.com
<b>Special Events Organiser</b>	Brian Kerrison	01799 516586	briankerrison599@btinternet.com
<b>Co-opted member</b>	Christine Duffy	01799 520173	chrisduffy146@gmail.com
<b>Co-opted member</b>	Stephen Messenger	01223 890133	stevemess@btinternet.com
<b>Website Manager</b>	Martin Hugall	01799 527805	website@saffronwaldenu3a.org.uk

## Activities Organiser's Report

**B**est wishes and thanks to everyone in our thriving and exciting U3A. We are having a good year, with lots of vibrant, successful groups – but we always have room for more. So if you have something you feel you could share with others, please do consider starting a new group. You don't have to be an expert, just enthusiastic with a good sense of humour – remember the U3A motto – Learn, Laugh and Live!

We had a meeting for all our current coordinators to introduce our new Coordinators Guide, which guides you through everything you need to know to

coordinate a group. So the information is all here for you, and of course personal help from any Committee member, if you'd like to join our fantastic band of group coordinators.

So could this be the time you could start and/or coordinate a group – recent suggestions from members have been: Mindfulness; Yarn & Yarn: Walking Cricket; Board Games.

*Mary Curtis,*  
**Activities Organiser**



# Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
Art	Jean Mead	01799 501405 j.mead@mac.com	Tuesday	2:00 - 4:00 URC Hall
Art Appreciation	Linda Dyer	01799 218759 lindady70@yahoo.co.uk	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	Brian Linford (on a temporary basis)	01799 531392 blinford4@gmail.com	Monthly see co-ordinator	See Co-ordinator
Bridge	Stella McSweeney	01799 520923 stella.mcsweeney@hotmail.co.uk	Friday	1:30 - 4:00 Bowling Club
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
Cribbage	John Trueman Christine Taylor	01799 541288 joandjohnt@btinternet.com 01799 501886 christine.e.taylor@ntlworld.com	Thursday	2:00 - 5:00 Fairycroft 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	colinandannetaylor@live.co.uk	First Thursday of month	11:00
French Conversation 1	Joelle Doegar	01799 501897 joelle.doegar@gmail.com	Monday	2:00 - 3:00 Contact co-ordinator
French Conversation 2	Isobel Jones	01799 522552 isobel.jones@talktalk.net	Thursday	10:30 - 12:00 <b>Member's home</b>

# Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
Gardening	Jo Ware	01763 838654 josphine580@btinternet.com	Third Friday of month	Contact co-ordinator
Gym Fit 1 & 2	Mary Curtis	01799 524784 marycurtis@live.co.uk	Friday	1) 10:30 - 11:30 2) 3:00 - 4:00 Just Gym, Shirehill
History Byways	Diane Tucker	tucker.diane@gmail.com	Monday fortnightly	11:00 - 12:00 Baptist Room
Indoor Bowling	Derek Ayres	01799 521180 derekandjuneayres@yahoo.co.uk	Tuesday	9:00 for 9:15 am Turpin's Indoor Bowls Club
Keep Fit	Helen Verity and Lynda Sawkins	01799 550408 helenmverity@btinternet.com 01799 521022 sawkins.roylynda@gmail.com	Wednesday	11:10 - 12:10 Baptist Church
Knit & Natter	Penny Maystre	01799 501262 pennymaystre74@hotmail.com	Monday	10:00 - 12:00 <b>Member's home</b>
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 Faircroft House
Lunch Club	Kate Barwood	01799 550271 (Contact Mary Curtis on 01799 <b>524784 in Kate's absence</b> )	Lunch Club on hold during <b>Kate's absence</b>	12:00 for 12:30
Mah-Jong 1	Christine Greet	01799 531732 johnngreet@waitrose.com	Wednesday	1:30 - 3:30 Member's home
Mah-Jong 2	Jess Grinyer	01799 500344 / 07811 382541 jess.grinyer@ntlworld.com	Thursday	1:30 - 3:30 Member's home
Mah-Jong 3	Peter & Geraldine Plunkett	ger_plunkett@yahoo.co.uk	Tuesday	Contact co-ordinator

# 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 Tutor's home
Music for Pleasure	Jean Pattenden	01799 501046 jepattenden82@icloud.com	Wednesday	10:30 - 12:00 Fairycroft House
Natural History (Temporarily on hold - see website)	David Corke	01799 599376 david@corke.biz	Fourth Friday of month	10:30 - 12:00 Noakes Grove Nature Reserve Seward's End
Nice'n'Easy Fitness	Jan Powell	01799 523855 janibobs@ntlworld.com	Wednesday	12:30 - 1:30 Baptist Hall
Philosophy 1	Richard Gilyead	01799 510749 rgilyead@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	Carol Reed	johncarolreed@ntlworld.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 541409	Monday	9:00 - 10:00 Fairycroft House
Pilates 8	Chris Kerrison	01799 516586 briankerrison599@btinternet.com	Tuesday	11:30 - 12:30 Baptist Hall

# Classes, Co-ordinators, Venues & Times

Class	Co-ordinator	Telephone & Email	Day	Time & Venue
Play Reading	Alan Nicholls	01799 522260 alannicholls36@gmail.com	Last Monday of month	10:00 - 12:00 Member's home
Poetry	Beryl Ihm	01799 502512	2nd 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
Slow Folk	Jenny Capon	07812 128767 jacapon@ntlworld.com	Thursday fortnightly	2:00 - 4:00 Coordinator'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 Jim Dwyer and Pauline Smith Jean Little	01799 520173 chrissyduffy146@gmail.com 01799 521524 jim_dwyer@btinternet.com 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 Mis. 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)**

## Saffron Harmony Choir

**A**t the EACH Christmas Carol Service on 17<sup>th</sup> December at the Baptist Church in Saffron Walden, the Saffron Harmony Choir helped to raise nearly £1200 for the East Anglian Children's Hospice – a big thank you to all Saffron Walden U3A members who contributed. The choir is now rehearsing for its summer concert

at the Baptist Church on Saturday 4th July 2020. This year it will be performing a selection of songs by Irving Berlin, Andrew Lloyd Webber, an Abba medley plus songs from The Greatest Showman - tickets will be on sale soon. If you'd like to join our choir, please contact me, details on page 6.  
**Joan Shadbolt, Coordinator**

## Writing for Pleasure



**O**n 10<sup>th</sup> February, the Writing for Pleasure group numbered 11 members as they gathered at tutor Barbara's house. Barbara's thoughts for the day were: 'As you become a better writer, the writing becomes more difficult. You toil harder to tell a story in a shorter number of words' – Pawan Mishra; and 'It's only when you've stepped outside your comfort zone that you begin to change, grow and transform' – Roy Bennett.

As they sipped their coffee and tea, each individual then read out their homework, which had been set at the previous session. This was 500 words from a varied list of subjects that included an inherited diary telling of the writer's mother who ran away to join a

circus, a doctor's waiting room that proved to be a most unfortunate experience, a moment in time which told about giving up driving, a day at the races from the horse's perspective and a tug of war relating a child's fears about her parents separating. The 500 word limit did not cramp anyone's style, and the stories were creative and humorous with good imaginative writing.

Finally, Jim Dwyer set the group an interesting exercise when he played a self-composed song and challenged the group to write alternative lyrics. This proved to be a difficult but intriguing task and some good efforts of ours were put to music by Jim on his guitar.  
**Diane Drury, Coordinator**

## Slow Folk

Slow Folk has been going for nearly a year now and besides having fun 'just' playing through tunes, we also explore ways to improve our performance. Most of us are unused to playing in a group, so we are working together to hone our listening skills and are even tentatively considering playing (a little!) by ear.

This latter is a huge leap into the unknown for many of us, but is certainly worth trying. We have also added songs into our repertoire, so experimenting with who plays what, and when, is no longer limited to the tunes with written parts. Folk tunes and songs have evolved throughout the centuries and are still being changed to suit the times.

Slow Folk simply reflects that growth, enjoying the established, being comfortable exploring new ideas and discarding what doesn't work for us. Believe me, when we play a tune that sings back to us, and we know we've played it well, there is a real buzz in the room. You should hear our rendition of Wild Rover, it really rocks - I love it!

The group is now expanding and has found a definite direction. Instruments are currently: mandolin, recorder, flute, fiddle and two guitars. We occasionally use the piano and consider various arrangements as opposed to just bashing out tunes.

*Jenny Capon, Coordinator*



## Saffron Harmony Choir Concert 'Let's Go On With The Show'

Saturday 4<sup>th</sup> July 2020, 7:00 pm Baptist Church  
Tickets £8: Contact Joan Shadbolt, details page 6

◀◀ SUBJECT TO CHANGE ▶▶



## Easy Riders 2019 review

**August:** The happy group of 13 cyclists left Swavesey and followed the guided bus route into the lovely town of St.Ives. We then took a super track alongside The Great Ouse to Houghton Mill. Here we stopped to take in the scenery and a few of us took in some mill water while swimming in the river! Then, it was across the valley to Hemingford Grey for lunch before returning along the busway. It was said that this was one of our best rides – it was one of our shorter ones! Oh – and we had some rain, but only after we had finished the ride; charmed, eh?

**September:** A glorious ride along some wonderful Essex lanes and bridleways took our happy group of sixteen from Widdington via Ugley Green and (through the sun-dappled *Alsa Wood*) to *Elsenham* and then on to *Broxted* for lunch at *Brick End*. What a super day!; we all enjoyed a drink outside the pub before the meal. The return route took us through *Broxted*. Back at *Widdington*, *Anne* prepared some delicious scones and a tea party in the garden!

**October:** Another 'old favourite', the *Lee Valley*. We met for coffee at the *Whitewater Centre* and cycled to *Hackney Wick* for lunch and then on to the *Velodrome* in the *Olympic Park* where we posed for a photograph.

**November:** Venturing farther afield, we started this ride at the *RSPB visitors' centre* at the *Western end* of the *Abberton Reservoir* which is just *South of Colchester*. We rode all around the water, though the lanes took us away from the waterside for much of the route. Lunch was enjoyed at *Fingringhoe*, after we had cycled down to the edge of the *River Colne* to admire *Wivenhoe* on the other side of the river. Tea at the visitors' centre at the end of the ride was very welcome as the weather was turning colder.

**December:** We met up in *Wendens Ambo* in the mist. The forecast was for a fairly dry day, but we had to wait 'til early afternoon for the sun to appear. Nevertheless, our merry band of eleven riders enjoyed the ride through *Arkesden*, *Wicken Bonhunt*, *The Ricklings* and *Widdington* for lunch. Here, three more of our club joined us (it was great to have them with us for lunch, though they arrived by car!) See the photo below which was taken after lunch (and beer). Cleverly, our – er – "route planner" had arranged for the ride back to our start to be quite brief; this suited us well as the afternoon was becoming cold. Terry kindly provided mulled wine and mince pies and so our last ride of 2019 ended in style.

*Anne'n'Colin*



## Christmas Tea



Watch out for notice about this year's Christmas Tea, 21st December, cost to be advised



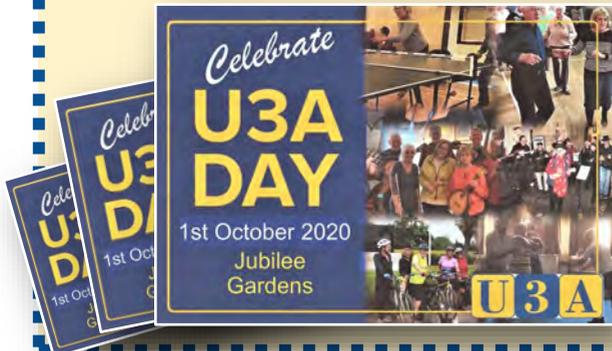
The Christmas Tea on the 16<sup>th</sup> December was held at the Bowling Club in Abbey Lane, and what a great success it was. The hall was decorated and we had Christmas music in the background whilst our caterers laid out the wide variety of food for everyone to help themselves, forming an orderly queue of course! Coffee and Tea was served at the end and everyone was given a free raffle ticket for some Christmassy prizes. Remember to book early for this year's Christmas Tea – don't be disappointed.

Thursday 1st October 2020 is National U3A Day. So Saffron Walden U3A will be taking over Jubilee Gardens for the day, including the bandstand. The idea is that groups come along and show the public what they do.

You can either perform on the bandstand or on an area of grass: Dancing, Ukulele, Line Dancing, Drama, Choir, Art, Tai Chi, Slow Folk, Scrabble, Writing etc etc, all groups are invited.

It promises to be a great day, so please start organising and come along and really enjoy yourselves.

Please contact: Mary Curtis on [marycurtis@live.co.uk](mailto:marycurtis@live.co.uk) or 01799 524784



## Just Gym



Charles Atlas (remember him?) and Arnie Schwarzenegger - eat your hearts out!  
"Oh I can't do that! Not with my knees!"  
"It's my shoulder!"  
"That really puffed me out!"  
Help! I can't get up".  
How do you do this one Michael? I can't remember."

Just a sample of the babble accompanying the two Gym Fit classes held each Friday at Just Gym on Shire Hill in Saffron Walden.

Since March 2019 some hardy - and not so hardy - Saffron Walden U3A members have been spending their Friday mornings or afternoons stretching, bending, pushing and lifting for 40 minutes or so. Under the expert eye of our trainer Michael we have progressed from pigeon steps - most of

us over-balanced - to lifting 10 kilo weights - well 5 anyway!  
Following an initial personal assessment Michael understands our individual weak points and health issues. He keeps an eagle eye out to avoid strains and injuries. Those of us who have attended for some time feel the benefits. We have become endorphin junkies!!

The atmosphere at Just Gym and the delightful staff ensure that we are not intimidated by slim young things in lycra. They - and the current class members - are friendly and welcoming. No one is too old or creaky to join in!! The banter and good humour ensure that the sessions are great fun. I thoroughly recommend them!

*Diane Drury*



**H**ave you ever thought about becoming a member of our Committee? We meet monthly and discuss the running of the Saffron Walden U3A, making decisions where required. It's a satisfying and fulfilling thing to do. Interested? Then please contact our Secretary, Tony Treglown – details on page 5.

## Latin (part 2)

*continued from previous issue*

**F**or we Latin scholars, once you realise 'C's are hard (Cicero is not Siser Row but Kicker Row) you're well on your way. But we don't take ourselves (or Latin) too seriously! We help each other when (inevitably) we stumble, guided by a gentle corrective from Alex. But perhaps the most enjoyable part of the course is when we deviate from it!

Our texts describe everyday life in Rome and its Empire. Mention of 'Balneum' – a bath, has us reading about Aqua Sullis (present day Bath) where Alex leads us through the culture, construction and customs of the Roman bath house. In these frequent diversions we have learned about the Roman soldier and military life (it was tough); slaves and freedmen (the Romans seem not to have had much scruple about enslaving others); and the Forum and the Games (more violent and cruel in reality than even Hollywood could invent). The internet is

very well stocked with interesting articles about Roman life, and we frequently watch these in class.

Highlights have been visits to local sites of interest. Verulanium (St Albans to you and me) has an excellent collection of excavations and displays. And we often sneak off to Cambridge where almost every College and Chapel has a wealth of Latin inscriptions which often conceal puns and secret meanings.

But perhaps the best thing about our Latin classes are our fellow students. We are a mixed group with a wealth of life experiences to share. The academic work challenges our brain cells and the process of learning keeps us from fossilising. If anyone is looking for a new interest that will both exercise their mind without stress, and enable them to make new friends, I recommend joining one of the two Latin classes, please see contact details on page 7.

*Kevinus Fitzpatrickus*

## Cribbage



**T**he Cribbage group is 16 strong now and we play every Thursday afternoon at Faircroft House. At each session we have a draw for playing partners and play in singles, pairs, or triples depending on how many players we have. There is always a break half way through the session for tea/coffee and biscuits, or cake if we are lucky and it is someone's birthday! Each term we keep a league table of our individual scores, with the winner taking home a trophy. If anyone would like to come and play please contact one of the coordinators shown in the Update magazine on page 6.  
*John Trueman, Coordinator*

# Some of the many colourful activities



## Above:

Following a successful outing to Lackford Lakes on 25th February, temporary Birdwatching coordinator Brian Linford took this wonderful picture of a Kingfisher doing what a Kingfisher does best.

Brian's contact details are on page 6 if you want to hear about any future planned trips.



Ramblers 1 at Manuden on 19<sup>th</sup> September

The  
S  
Phot

# Activities of the Saffron Walden U3A

**Right:** the Drama Group entertained residents at three different care homes in Saffron Walden during early December with their readings and songs, creating the atmosphere of Christmas 1944. The residents said how much they enjoyed themselves



**Below:** The Ukulele Group, plus bass, perform at the Steamit exhibition of old steam engines and tractors on 5<sup>th</sup> October. They were undercover in case of rain



The indecisive pheasant sitting on a fence!  
by Gordon Ridgwell

## Mah Jong 2



Our group of 17 meets at the home of Jess Grinyer on Thursday afternoons. As well as playing and enjoying this very intriguing game, we celebrate birthdays with tea and cake and occasionally enjoy a meal together. Like many other groups we put 50p in a kitty each week, when the kitty had reached £70 it was decided to donate the money to The Dogs Trust in George Street, Saffron Walden.

*Bronwen Attenborough*

## Turkey and Tinsel

In mid-November, twenty five members left Saffron Walden to celebrate Christmas early at a seafront hotel in Skegness. After a journey taking us through very muddy and flooded fields, we arrived to a friendly welcome at a delightfully decorated hotel and were offered a glass of mulled wine before dinner. Although this was 'Christmas Eve', we were all tired and retired early.

Saturday was 'Christmas Day' and, after a hearty breakfast, we boarded the coach for a sunny ride in pretty countryside to Lincoln. Here, some explored the shopping area and the old buildings, whilst others took a guided tour of the magnificent and absolutely huge Cathedral. Back at our hotel, a welcome Christmas dinner (or alternative) with crackers and a complimentary glass of wine followed by mince pies, set several of us up for

dancing to a very good entertainer. The more senior amongst us being the first on the dance floor!

Sunday we drove across Lincolnshire Wolds to the small town of Louth, where we joined the local people at the War Memorial to remember those that gave their lives enabling us to have the freedom to enjoy our lives. This day was deemed 'New Year's Eve' and, as it was only a half-day excursion, afternoon tea and cakes were laid on for us – this prior to another huge dinner. Dancing commenced again to a different entertainer until Bucks Fizz was offered and we were joined by our amiable Hotel Manager and assistant; we linked hands to sing Auld Lang Syne and see in our 'New Year'. We left on Monday, tired but all agreeing it had been a really splendid break and something we should like to do again.

*Jean Little*

## Food Glorious Food



5<sup>th</sup> December saw our Theatre & Travellers visit London and experience the Food Glorious Food excursion. We collected our guide who, following lunch, directed our coach through the main thoroughfares of inner London, highlighting the various different styles of cuisine.

We disembarked in New Bond Street and walked, passing the famous Lawrence Holofcener sculpture of Churchill and Roosevelt sitting on a bench (see photo), through the Burlington Arcade to Piccadilly and Fortnum & Mason. After walking around there and purchasing a few items, we crossed Piccadilly for afternoon tea at the Royal Academy of Arts before it was time for home with lots to talk about.

## Music for Pleasure

**M**usic for Pleasure - of course it is, you may say, BUT ... try sharing that pleasure with a group of like-minded friends and the experience is doubled! During this term we have indulged in Louis Armstrong, stretched out to smooth classics, relaxed to Norwegian melodies to name but a few. The option is open to members to bring along a CD of their choice, so the programme can be varied each week. So - after a cup of delicious coffee/tea and biscuit ... let the pleasure begin!

**Jean Pattenden, Coordinator**



# 2019 AGM Minutes

## **MINUTES OF THE ANNUAL GENERAL MEETING HELD ON 2nd SEPTEMBER 2019 AT THE BAPTIST CHURCH**

At the request of the Chairman, James Dwyer, Deputy Chairman, conducted the meeting.

James welcomed everyone and thanked them for attending the AGM and said that the Committee would be standing down in accordance with the Constitution.

Present: 174 signed the Register

Apologies for absence: the following members registered their apologies:

Christine Greet, Brian Kerrison, Christine Kerrison, Ann Banks, Anne Mount, William Brown, Lisette Osbourn, Lesley Furlong and Veda Snow.

Minutes and Approval from the last A.G.M.

The minutes, which have been available on the web site, were read by the Secretary. Christine Simpson proposed and Ian Lawson seconded that they be adopted as a true record.

Agreed Nem.con. and signed by the Chairman

### Chairman's Report

The Deputy Chairman read the report prepared by the Chairman, Janet Pearson.

This year has again been a very successful year for our U3A, although on a personal note could have been a whole lot better. As some of you witnessed at our Open Meetings a side effect of my condition is a varying ability to speak clearly and loudly enough for people to hear.

This year we have introduced a Newsletter which has been well received as it keeps news current, we are also reducing the number of Updates to 2 a year. Classes are going well although we had to cancel a number of Pilates ones owing to illness. We are always looking for people who are prepared to start new groups, either because existing ones are full or they have a subject/topic/expertise that would be of interest.

I would like to thank my Committee, Jim Dwyer, Vice-Chairman, Ann Treglown, Treasurer, John Trueman, Membership Secretary, Mary Curtis, Activities Co-ordinator and Brian Kerrison, Speakers Organiser. all of whom have done a sterling job, both individually and as part of the team. I would also like to thank Tony Treglown who nobly stepped in to the role of Secretary when Pauline Palmer had to stand down because of family commitments. My thanks also go to Pauline.

Our thanks, as always, go to Martin Hugall, who runs our website extremely efficiently and comprehensively even though he is not a Committee Member. Please remember the information on there is only as good as the information given to him and we rely on you to keep him informed of any changes or of any errors that you notice,

I would also like to thank the Co-ordinators who run the groups as without you we would not have a U3A and to say that I hope you enjoyed the lunch earlier this year.

As you will hear the Nominees, standing, remain the same as last year and I look forward to working with them all again.

I am sure all of you would like to send our good wishes to Ann Banks, our Membership Secretary for many years and wish her good luck and a speedy recovery.

*Continued on next page*

## 2019 AGM Minutes *continued*

### Treasurers Report (Accounts attached also available on Website)

Ann Treglown, Treasurer, presented her financial report.

The annual accounts and financial statements have been prepared using applicable Accounting Standards and have been examined by an Independent Examiner in accordance with the Charity Commissioners' requirements.

As I advised last year, the Charities Commission instructed that all income generated by the U3A must be reported, and to that end the finances for Theatre and Travel are now included in the figures presented to you. Again, my thanks to Jean Little for assisting in the administration of the Theatre & Travel account.

Income for the year totalled £10181.87, which consists of membership fees, Gift Aid and bank interest (such as it is). Expenditure was £11657.39, resulting in a loss of £1475.52. Last year the loss was £1353.41. With this in mind, the Committee has decided to increase the Membership fees to £12.50 for this coming year 2019-2020.

Class fees for the year totalled £30178.92 and expenses £30219.12, a loss of £40.20. Again, my sincere thanks to all the coordinators who work so hard to balance their individual group accounts.

The Theatre and Travel group made a loss this year of £740.36. This was deliberate to reduce some of the surplus made in previous years.

Last year our bank holding was £9022.90 plus £3950.60 for T&T, a total of £12973.59. With the loss of £1475.52 of expenditure over income, the loss of £740.36 on T&T and the loss of £40.20 on the rest of the classes, this brings our total holding to £10717.51 as shown on the Receipts and Payments account.

Some may notice that the money generated from classes is some £4000 less than last year.

The Treasurer explained that this reduction is a result of a number of issues related to several groups and should not be taken as a reduction in coverage.

I would like to express my sincere thanks to Mr Robert Currie who has examined our accounts for the last nine years. He has now decided to stand down.

I would like to propose the adoption of the accounts.

Joanna O'Connor proposed and Trevor Osbourn seconded adoption.

Agreed Nem.con.

### Appointment of Independent Examiner

The U3A would like to appoint Bente and Co as the Examiner of Accounts for next year.

Proposed / Seconded

Angela Rowland proposed and Jean Little seconded that Bente and Co be appointed to this role. Agreed Nem con.

### Election of Committee

The following people had submitted correctly completed nomination forms in accordance with the Constitution:

*Continued overleaf*

## 2019 AGM Minutes *continued*

*Continued from previous page.*

NAME	PROPOSED	SECONDED
Mary Curtis	Julie Philpot	Alan Curtis
James Dwyer	Ian Lawson	Jean Little
Brian Kerrison	Christine Kerrison	Barbara Scrace
Janet Pearson	John Pearson	Ann Cooper
Ann Treglown	Jennifer Palmer	Judith Forster
Anthony Treglown	Grahame Wilmott	Anthony Marks
John Trueman	Josephine Trueman	Derek Ayres

Christine Simpson proposed and Rosalind Wright seconded that they be elected en bloc. This was agreed Nem.con.

### AOB

Angela Rowland enquired whether there had been a problem in receiving Membership Applications as they were circulated in the last edition of Update.

The Treasurer stated that no major problems had been experienced.

Meryl Tyers asked whether the recently introduced Newsletter would be published on a monthly basis.

The Deputy Chairman explained that future Newsletters would be distributed as and when there were important issues to publicise rather than on a set timetable.

There being no other business the meeting closed at 2.55 pm.



## In Memory

On the 27th February 2020, Lynne Howell's son Sam planted a tree in Hatfield Forest in memory of his mother, whose sad passing was reported in the spring 2019 edition of Update.

Because Lynne did a lot for the walking group, Sam asked if anybody would like to go with him. There were 14 from the Ramblers 2 Group who went along.

In spite of a very snowy start, it was a nice way to remember Lynne. Sam said a big thank you to everybody.

*Colin Potterill*

I've been a licenced radio ham for almost 40 years now and have been, for most of that time, part of a group within the ham radio fraternity called RAYNET.

## Communication

What is RAYNET? Well the name is an acronym taken from (R)adio (A)mateur emergenc(Y) (NET)work and has been in existence since the East coast floods in 1953. During the ensuing chaos of the flood, with the loss of many lives in tragic circumstances, the authorities quickly realised that they did not have the means of communication sufficient to deal with the disaster so they called on the Amateur Radio operators to help. The HAMS could set up radio links between the Police, Army and the Ambulance service so that the rescue operations could be

controlled and coordinated.

At the time HAMS could only talk to other HAMS, this was a licensing restriction imposed by the GPO and is still in force now. However, a relaxation of that restriction was made after the floods so that if the communication is carried out on behalf of Police, Fire or Ambulance, basically any blue light service, also the local Emergency Planning Officer, then that could be built into the Ham Licence.

## Local Flooding

We are still called out to help in the case of local flooding but generally we

help with communications during fun runs, cycle rides and marathons also other fund-raising events. Our remit is to provide communications for the ambulance service - called to provide medical care during the event. We use these events as a training exercise. Luckily in East Anglia we don't get many big disasters so it's good for us to keep our hand in.

## Mobile Phones

What's the problem with using a mobile phone? Well the answer is none, however, mobile phones are only as good as the local mobile mast, if there is

a problem over a large area then the mobile network may not be available due to fires or flood. Look at the recent fires in Australia. These have seen the local Aussie HAMS doing a sterling job providing communications for all the emergency services. And similar situations have occurred during fires in California and earthquakes in Italy - both of which have

caused the local telecom service to fail.

## Marathon

So next May I will be helping to provide communications for the Milton Keynes marathon, along with other Hams from the surrounding area. I will be suited and booted with a handheld radio plus a mobile setup in the car ready to go to wherever there is a problem or just be static ready to pass information to the organiser in the case of an injury or just general fatigue experienced by one of the competitors, or anyone else that may need urgent medical attention. It could be a long, tiring but satisfying day.



*Two Cambridgehire RAYNET members running the control centre during an exercise*

# Mandarin

**L**earning Chinese with Wen is great fun. The pace of each class is tailored to the class members and we learn many facets of Chinese life and culture along the way.

Chinese uses four main tones and hearing Wen speak the words slowly and clearly makes learning this new style of language much easier. A Romanised version of written Chinese (Pin Yin) is used to help with pronunciation and tones. It is used in parallel with learning some Chinese

characters. We have also tried some Chinese calligraphy and learnt a few songs in Chinese. Wen also treats us to the occasional Chinese snack and some excellent instruction on Chinese cooking – we have made some delicious dumplings and stir fried noodles.

Learning with the U3A in a small class size is a great opportunity to study this ancient and fascinating language.

*Jane Bright*

## Dates for Your Diary



**As we go to press, all Open Meetings and other events have been cancelled for the rest of the current academic year due to the Coronavirus pandemic. Keep safe, heed Government advice and hope to see you in September.**

### September

**7 - AGM:** Baptist Church. Doors open 1:30 pm for registration, AGM starts 2:30 pm

**21 - Open Meeting:** 'South Africa, Highs and Lows' talk by Pauline Short. Doors open 2:15 pm

The dates for Theatre and Travel trips appear on page 30. Please refer to our website:  
[www.saffronwaldenu3a.org.uk](http://www.saffronwaldenu3a.org.uk)  
for all the latest updates

**Please remember to renew your U3A membership during August by completing the enclosed renewal form and sending it to Membership Secretary John Trueman with an S.A.E. John's details are on page 5. Or come along to our AGM on Monday 7<sup>th</sup> September at the Baptist Church, doors open 1:30 pm**

## Literature

The literature group has had another successful season. The books studied have been really varied, ranging from *Wind in the Willows* to *Billy Budd*. As might be expected there have been some interesting discussions.

We do not meet in the summer term so our next theme, which starts with the autumn term, is *War and Peace* without war and peace. So we have a topic -

but will not be reading *War and Peace*. Probably just as well otherwise there might not be time for other titles!!

There are spaces in the group if anyone would like to join us in the autumn - see my details on page 7. My thanks go to all who have attended, despite the weather, and to Alan for organising the discussions.

*Ann Crawford, Coordinator*

## Philosophy 1

I have recently taken over as coordinator of the Philosophy 1 group from Joanna O'Connor, who set up the group and ran it very successfully for several years. I am sure everyone in the group wishes to thank her for establishing such an enjoyable subject within the U3A. Our members continue to set the world to rights each month by discussing a huge variety of topics in a friendly and respectful atmosphere. The 12 members each have an opportunity to decide on the subject of the meeting they host in their own home.

The topic can be the work of a particular philosopher, a philosophical concept, or a current issue that is ripe for dissection using philosophical ideas. Recent subjects have included: Eric Hoffer and his philosophy of mass movements; The status of Sharia Law; Zen and the Art of Motorcycle Maintenance; The mind/body problem; Martin Hagglund and modern Marxist thought; and Populism.

Our next session will be on "The Philosophy of the Family" so we may well look at the definition of "family values", the rights of parents versus children, and to what extent the family is

a model for society and economics in general. We try to decide on what we will talk about in advance to give everyone some time to read up and do some research.

One thing we have learnt is that philosophy is great for generating questions, but rarely leads to a firm conclusion. However, the debate is lively and enjoyable and everybody benefits from the chance to air their views and find out more about some very interesting ideas. The photo shows some of the books that we have used in previous sessions.

*Richard Gilyead - Coordinator*



## Steaming through Kent



**O**n a soaking wet 12<sup>th</sup> October, 49 of us Theatre and Travellers set off by coach to Bodiam in deepest Kent to take the steam train to Tenterden and back. The coach journey took just over 2 hours so the loo and coffee were our priorities when we arrived at tiny Bodiam station. The smoke in the distance told us our train was approaching and we boarded our reserved coach where tables were already laid. We were served our

Ploughman's Lunch with coffee and the 55 minute ride to Tenterden went quickly through the lovely Kent countryside. The rain was relentless as we strolled around Tenterden, enjoying the Antique emporiums, clothes and coffee shops. It was soon time to catch our train back where our cream tea was served as we steamed back through the now even wetter Kent countryside and arrived back at Bodiam where our coach was waiting to take us home.



You can't beat a train journey for comfort, so these travellers say

## AGM

**T**his year's Annual General Meeting is to be held on Monday 7th September in the Baptist Church. The doors will open at 1:30 pm for existing U3A members to renew their U3A membership and for new people to register.

Each Saffron Walden U3A Group will be represented so that members can book their places for the term.

The Annual General Meeting itself will commence at 2:30 pm. We shall look forward to seeing you there.

## Collaboration: Art/Writing

Art tutor Gill Howe had an idea – how about if the Writing for Pleasure group wrote something that the Art group could illustrate. So Gill contacted Barbara Pitman, the Writing tutor, told her of the idea and together they conceived a collaboration: the Writing for Pleasure members would each write a Haiku (a Japanese verse form consisting of three lines with a total of 17 syllables) and the Art members would each illustrate them, see below.



The results of this collaboration were available for all to see on 5<sup>th</sup> November at the Salvation Army Hall in Abbey Lane where the Art Group were having its class; there were 16 illustrations on display and members of the Writing Class were invited along to see the exhibition and to socialise with the Art Group.

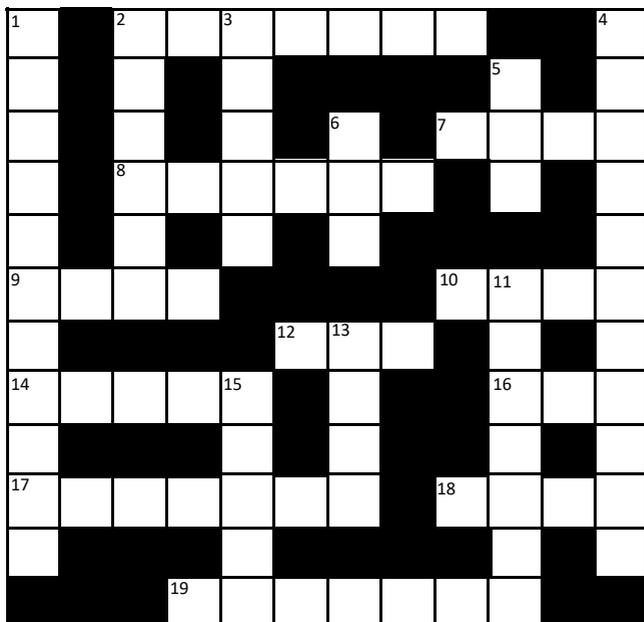


There were refreshments in the form of tea, coffee, cake and biscuits and Barbara Pitman gave an impromptu speech thanking the Art group for their invitation and stating what a wonderful idea it had been and that they must do it again sometime.

On 19th February, 25 Theatre and Travellers visited the Hindu Temple in Neasden, North London. Taking our shoes off upon entry, we watched a video of the Temple's history followed by a guided tour taking in the Darshan (viewing of the sacred images) and the 'Understanding Hinduism' exhibition. The Temple, or Mandir, is made entirely of marble with intricately carved images. It was an enlightening experience.



## 'U3A' Crossword Competition



### Clues Down:

1. It's not birdwatching although this U3A group often says 'watch the birdie' (11)
2. Edgar Allan says try this U3A group (6)
3. What ancient language is this Los Angeles metal? (5)
4. This U3A group is created from nine tablets (11)
5. A confused rat takes to painting (3)
6. Which doctor is this then? (3)
11. A spider's home has ties to finish (7)
13. This is how our riders find cycling (4)
15. Watch this if you have the time (5)

### Clues Across:

2. Joseph's physical fitness system is practised in this U3A group (7)
7. Surely baby isn't playing cards in bed (4)
8. Tie up the beginning of Chinese relaxation (6)
9. Marvin was pleased when he heard it through the grapevine (4)
10. Do you feel like one when you say something silly (4)
12. It's no buzz to hear this population is decreasing (3)
14. Go upstairs in a tacit manner (5)
16. Have one of these when you're hot and cross (3)
17. This U3A group lives in the past by losing it's way (7)
18. This fruity New Zealander is flightless (4)
19. This U3A group has four strings to its bow (7)

Send your solution to the Editor and get a mention. Answers next issue



### October Competition Answers:

There were lots of entries for the 10 concealed U3A classes, but the first three correct entries received were:

- 1) Cheryl Green
- 2) Kathy Warren Wilson
- 3) Sheila Ridgewell

The answers were: Latin, Mandarin, Pilates, Bridge, Spanish, Scrabble, Choir, Gardening, Cribbage, Computer.

The 5 elves were found by Sheila Ridgewell on the front and back covers, pages 2, 10 and 14. The deliberate mistake was on page 17, the caption read 'Elvis's Chevrollets' should have read 'Elvis's **Cadillacs**' - no one got it! I hope you're going to enter the crossword competition in this issue - go on give it a go! Send your answers to the Editor at: [jim\\_dwyer@btinternet.com](mailto:jim_dwyer@btinternet.com)

# Obituaries

## Janet Pearson - a personal tribute

I only had the privilege of knowing Janet for four and a half years, but during that time she proved to me what a wonderful friend and fount of knowledge she was. I met Janet when she answered the plea from Saffron Walden U3A for new committee members. She came along to her first meeting as an observer in May 2015 and was elected to the Committee in the September of that year.

As she was already serving on several other committees at that time, she made it clear she was not looking for a specific role, just happy to be an ordinary committee member, helping where needed. That didn't last long! I twisted her arm and she was elected Secretary in January 2017. She did a wonderful job; the Minutes were always spot on, even after convoluted discussions aired during meetings!



Needless to say, that was not the end of it. In September 2018 she was elected to the post of Chairman where she remained until her last Committee meeting on 18 November 2019, a week before she was admitted to hospital.

As Chairman she drew on her vast working knowledge and was an expert in keeping us all in order. She managed to form a very good team within the committee.

We went to Pilates classes together. I was so grateful when she gave me a lift up the hill afterwards and we then compared notes on which

bits hurt the most! I enjoyed our chats when we put the world to rights and discussed our grandchildren's achievements. She was so proud of her family. The U3A has lost a valuable Chairman. She will be a hard act to follow.

*Ann Treglown*

## Reginald Burton

We were sad to hear of the passing of Reginald Burton who, with his wife Gwen, was a regular participant with the Theatre & Travel group. Reg served with the Saffron Walden Fire Brigade for



31 years, the photo shows him in his uniform. He will be greatly missed by his family and all his many friends.

## 'Ceri' Hedges

'Ceri' Hedges was aged 95 when she died in February 2020. Her first language was Welsh and she trained as a teacher during her mature years. In her late 80's she joined the U3A, and was a valued member of Mah Jong 1. Ceri was a



wonderful example of the way to approach 'old age' - an active mind, a positive approach and willingness to be involved. We'll all miss her infectious smile and lively conversation.

## Theatre & Travel Programme

Date	Event	Organiser
19 April	Great Choral Classics, Royal Albert Hall, Matinee	Christine
22 April	Koyoto Japanese Gardens, London	Christine
5 May	Cruise the canals & waterways of the Olympic Park	Christine
13 June	7 days holiday in Southern Ireland	Christine
25 June	Hatfield House	Jim
19 July	Sunday River Thames Carvery Lunch	Christine
5 August	Mannington Hall, Norfolk	Christine
3 Sep	Denny Abbey visit (to be confirmed)	Jim
29 Oct	Autumn in Kent: Tunbridge Wells and Sissinghurst Castle	Christine
12 Nov	Covent Garden: tour of Royal Opera House	Christine
13 Nov	Thursford Christmas Show	Jim

**As we go to press, the situation regarding the spread of Coronavirus has forced us to cancel the above trips for the next 3 - 4 months. The later ones are still in doubt but will be reviewed nearer the time. Please keep safe and in touch with your organisers, details below.**

*If you are on a reserve list, please advise the organiser if you decide not to remain on it.*

Christine 01799 520173, Jim & Pauline 01799 521524, Jean 01799 513411.

Please make all cheques payable to SAFFRON WALDEN U3A. Dates and prices subject to alteration. We meet last Friday every month (except December) at the Baptist Church for booking trips.

Coach only seats are available, especially London Theatre trips. Pick up times are on the Saffron Walden U3A website [www.saffronwaldenu3a.org.uk](http://www.saffronwaldenu3a.org.uk).

For all the latest information please ring the organiser or check the website.



# NOTICE BOARD

## Update

The deadline for the next edition of Update is Monday 28th September 2020 for submitting your articles and photos, your views or your competition answers. Please address all correspondence to the Editor at [jim\\_dwyer@btinternet.com](mailto:jim_dwyer@btinternet.com)

**Visit our website**  
[www.saffronwaldenu3a.org.uk](http://www.saffronwaldenu3a.org.uk) for all the latest U3A information and to view 'Update' in full, glorious **COLOUR**

## U3A Term Dates 2020

### Summer Term:

Monday 20 April - 22 July  
(Half-term 25 May - 29 May)  
May Bank Holiday: Friday 8 May 2020

### Autumn Term:

Wednesday 2 September - 18 Dec  
(Half-term 26 October - 30 October)

## Thank you for reading this issue of Update

*Reading is good for you, as the following quotes show:*

1. "You know you've read a good book when you turn the last page and feel a little as if you have lost a friend."  
*Paul Sweeney*
2. "Reading is essential for those who seek to rise above the ordinary." *Jim Rohn*
3. "'Classic' – a book which people praise and don't read."  
*Mark Twain*
4. "The reading of all good books is like conversation with the finest (people) of the past centuries." *Descartes*
5. "Reading one book is like eating one potato chip." *Diane Duane*

## 'TRANSPORT'



Pam Sherman is still offering free transport to 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](mailto:pam.sherm47@gmail.com)

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



# Notices

**Saffron Walden U3A is a Registered Charity No. 290670**

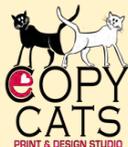
- The views and opinions expressed in Update are not necessarily those of the U3A or of the Committee
- The Committee reserves the right to close any class or activity because of low enrolment or poor attendance
- Errors and omissions excepted
- We try to keep in contact with all members but it is not 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
- Saffron Walden U3A retains the copyright of the contents of Update
- For more information visit our website at [www.saffronwaldenu3a.org.uk](http://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**



**Printed by Copycats**  
**'Providing Adults with Learning**  
**Difficulties Vocational Opportunities'**  
**For printing needs call them**  
**on 01799 522145 to obtain a quote**