

Cambourne & District u3a

Bulletin March 2023

Issue No. 52



Message from the Chair

I was just pulling out of a parking space at Morrisons when my phone pinged. Thinking it may be a request from my husband to get something while there, I drove back in. As it turned out it wasn't a human but a notification telling me I was 3 minutes from home and should proceed up Back Lane. Well I thought, if not for the notification I might have been there already.

There is no doubt notifications can be useful particularly through events like pandemics. An NHS app tracking, tracing informing re contact or vaccines. I don't have Facebook but perhaps more topically being pinged by social media friends to inform you that Morrisons has tomatoes. But somehow without thinking about what we are agreeing to, the notification has invaded the minutiae of our lives. I see now that some algorithm ensures e mails that contain some sort of question are regurgitated from the archive saying-'follow up'?

Of course you can silence them but I usually just say no to them now as every app wants you to be notified. My adult family often have their notifications silenced while working, but sometimes with the extra- 'but notify anyway'. So does that mean I can inform them that there are tomatoes at Morrisons? Our attention is surely finite; so I wonder as companies etc vie for an ever larger chunk of it, we may fail to notice other things going on in our wider human sphere.

Best wishes

Kath

Notifications silenced -but notify anyway

17th March at 11.00 am
The Hub Community Centre
Talk on
Milling Through the Ages
By Kate Armstrong &
Graham Bruce
Bourn Mill Guides



The talk covers the history of Bourn Windmill and the recent restoration project. Bourn Windmill is one of the oldest open trestle post mills, if not the oldest, in the country. Its central post was likely to have been felled in the late 1400s with it being built in the early 1500s during the reign of King Henry VIII. As such it is an important link to our early industrial past. The talk also covers the history of the milling industry over the centuries to modern day mills. The visual talk will be given by Kate Armstrong and Graham Bruce and lasts around 40 minutes.

Graham Bruce 'I worked in the flour milling industry for 35 years in either a production or mill management role for Spillers, Rank Hovis and ADM. Spillers moved me from Newcastle to the Cambridge Mill in 1995 and I have lived in Bourn since then. A chance meeting in church that year

with the then chairman of the windmill volunteers, David Newson, ensured I was duly roped in as a volunteer once my work background came to light!' Kate and Graham share the chairmanship duties with Graham's remit being the training of the guides, maintenance and H&S of the mill.

Kate Armstrong has lived in the old miller's cottage for over 30 years, with Bourn Windmill in the grounds. Kate has been a volunteer since she moved to the cottage and has been actively fundraising with the other volunteers for the restoration of the windmill over the past two years, hosting a number of groups for afternoon teas in her private gardens next to the mill.

A question of Risk Assessment East of England u3a Workshop

Health and Safety for u3a members was discussed on 20th February and even though the requirements regarding safety and insurance seemed at first to be complicated and onerous, those present were reassured that really it's just that safety checks by interest group leaders, walks leaders and trip organisers need to be carried out and members be informed beforehand on any potential hazards.

For example on a walk a recce to check for muddy slopes, cattle in fields etc needs to be done and the group informed before the day of the walk.

The same applies to visits of gardens and country houses.

Forthcoming recruitment days for volunteers at the Wimpole Estate



The Western Avenue, Wimpole

Friday 12th May 10.30am to 3pm

Saturday 7th October 10.30am to 3pm

Contact Anne.French@nationaltrust.org.uk

Or visit the website

<https://www.nationaltrust.org.uk/visit/cambridgeshire/wimpole-estate/volunteering-at-wimpole-estate>

Walks in March

Friday 10 th March, 10.15	Barton, Leader Diane Norman. Approx. five miles Dianenorman25@gmail.com	Meet at Barton Recreation Ground CB23 7BG
Friday, 24 March, 1015	Godmanchester Nature Reserve Leader John Smith - walk along the River Great Ouse to Houghton Mill NT café and back via the part of Hemingford Abbots we didn't do last time. john@btwt.org.uk	Meet at end of Cow Lane, Godmanchester A1198 to the A1307 (the old A14 junction), straight on towards Godmanchester and then immediately right into Cow Lane. 4½ miles.

Wednesday short strolls (approx. 2miles)

around Cambourne on 15 and 29 March. Meet at the Hub at 10.00 Leader Ann Mead Please contact Ann Mead if you want to join any of these walks. Also if you know of a walk in the area that you would like to recommend, please contact Ann at the email below.

annmead@btinternet.com



River Great Ouse at Houghton

Our website: <https://u3asites.org.uk/cambourne>

**Visit to the Waste Management Centre,
Waterbeach
Monday 2nd October
2-4pm**

We will go by coach from the Hub in Cambourne, leaving at 1.30pm, and the maximum group number is 30. We are investigating the cheapest coach to get us all there and you will be notified when this is finalised, but it will be around £10 per person. There is no charge for the tour. Please get in touch if you wish to go on a waiting list for this visit: fran@panrucker.co.uk

Information from the site as follows:

Education Centre visits

Located at our waste management facility in Waterbeach the Waste Education centre offers visitors a unique opportunity to see how their 'blue bin' household recycling waste is processed. We will also provide advice on what can be recycled and how we can reduce, re-use and repair the waste we currently throw out.

Your visit will include:

- 1.A chance to view the material recovery facility.
- 2.Learn how we currently manage waste and what you can do to reduce, reuse, repair and recycle it.
- 3.Sorting waste for recycling.
- 4.Advice and guidance on how we can reduce the amount of household waste.

Allsorts Group

Proposed Programme of Events in 2023

March or April tbc the David Hockney immersion event at the Light Room near St Pancras Station Lois Kershaw -

loiskershaw@me.com

18th May Shuttleworth Collection & Swiss Garden, Biggleswade Janet Rogers –

janet.rogers@btinternet.com

8th June British Schools Museum and lavender farm, Hitchin Jan and David Nuttycombe –

nuttycombe25@gmail.com

13th July Hunstanton 25 seater coach Caroline

c.adams1@btinternet

August tbc Saffron Walden Maze Gardens tbc

Christine - christinetyler22@outlook.com

14th September Kew Gardens 25 seater coach

Caroline - c.adams1@btinternet

17th September Cambridge Organised Walk Blue

Badge Tour, Fran Panrucker –

fran@panrucker.co.uk

October Madingley afternoon tea

Fran fran@panrucker.co.uk

November Cambridge Mosque Lesley Woodger –

lesley610@hotmail.co.uk

December TBA

Bourne Windmill Visit

Sunday 16th July



Kate Armstrong who is the guardian of the Mill and lives right next door, has invited us again to see the Mill and what progress has been made in the past year.

We have made this an annual event and we've all enjoyed the visit to the Mill followed by tea in Kate's garden.

A £7 donation is all that's needed so if you are interested in a visit this summer please let me know on christinetyler22@outlook.com or sign up at the next meeting on 17th March.

Committee Role Opportunities

Dear Members,

The vacancies are still open for a Newsletter Editor and Speaker Secretary and Treasurer.

Please let me or any member of the Committee know if you would be interested in taking up these very interesting and fulfilling duties.

With best wishes,

Christine Tyler christinetyler22@outlook.com

Forthcoming Talks	
17 March	Milling Through the Ages by Kate Armstrong and Graham Bruce, Bourn Mill volunteer guides.
21 April	The Immune System for Beginners by Ian Cameron, Cambourne resident whose talks on various subjects have been enjoyed by u3a members.
19 May	Britain's traditional feasts and seasons by Joanna Bogle, author and historian.
16 June	Weather in Space by Emma Kavanagh. Cambridge University space weather researcher
21 July	18 th Century civilian Re-enactment by Archie Black, C&D u3a member and 18 th century history aficionado.
18 August	No meeting
15 September	Ernest Shackleton's Epic Antarctic Rescue Voyage by David Horan

	meal for £10. Meals are prepared and served to a high standard by the students under the watchful eye of their tutors. I have made a reservation for 10 people as the venue is popular.
Thursday July 20th @ 1 p.m.	La Pergola on the A603 after you come out of Barton. A family run Italian restaurant producing homemade authentic Italian food
Thursday August 17th @ 1 p.m.	Stem and Glory. 50 - 60 Station Road, Cambridge, CB1 2JH Vegan restaurant. Plant based food to turn everyone vegan.
Thursday October 19th @ 1p.m	Las Iguanas, Quayside, Cambridge, Latin American cuisine.
Thursday November 16th @ 1 p.m.	Gastrono-me 14 -16 Bridge Street, A fusion of flavours from Vietnam to Korea

December Christmas Lunch/ Dinner. Please let me know your thoughts as to whether you prefer to have a Christmas meal in the evening or lunch time.

Venues and times may vary although they are correct at the time of this e mail being sent.
Best wishes

Lesley
lesley610@hotmail.co.uk



The Park Restaurant, Cambridge Regional College

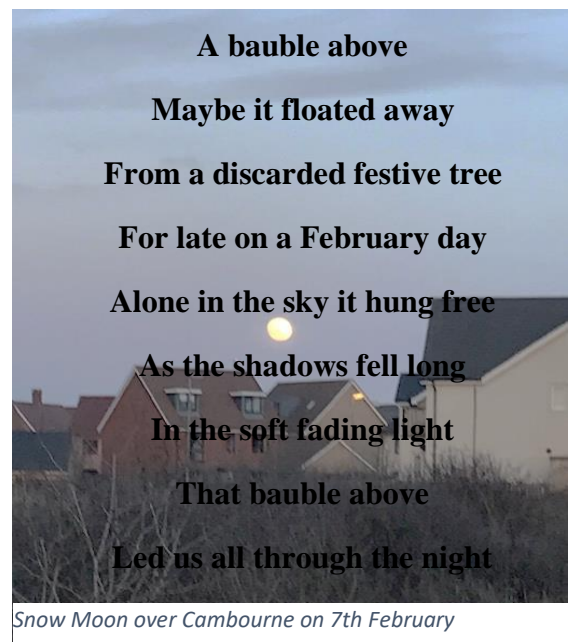
Allsorts Group Out for lunch diary	
<p>Dear All, There are lots of activities planned for U3A members this year so I thought I would give you an idea of dates and venues for this group to add to your diaries. Many thanks for your contributions. Keep them coming.</p>	
Thursday March 16th @ 1p.m	The Olive Grove, 100, Regent Street, Cambridge. Classic Greek dishes with a modern twist
Thursday April 13th	Time to be advised as the Lalbagh in Bourn has changed its opening hours. Is 5p.m too late for people to eat?.
Thursday June 15th @ 12.30	Seasons at the Park, Cambridge Regional College, Kings Hedges Road, Cambridge. CB4 2QT, Where else can you get a 3 course

Allsorts Group Gardens Galore Programme



Tues March 21st	Chippenham Park to view their daffodils and Spring gardens. £7 but some of us have 2 for 1 Gardeners World Tickets which allows us to take another person in at half price.
Tues April 25th	Audley End House and Gardens to enjoy a riot of colour as 16,000 bedding plants and 19,000 bulbs are in bloom. Both the House and Garden are open and concessionary rates are £16.30. Hopefully, the 2 for 1 Gardeners World offer will be available again for this property.
Fri June 23rd	Docwra Manor and Crossing House. Two gardens down the road from one another. At Docwra Manor An old farmyard has been converted into a series of enclosures overflowing with plants to give you new ideas. £5. Crossing House gardens are on a different scale, just a quarter of an acre, but there is not an inch of ground where nothing grows and they are free.
Tues 25th July	Kathy Browns garden, Stevington. £8 The herbaceous borders are vibrant with phlox, penstemon, dahlias, and echinacea. There is also a collection of over 80 late flowering clematis as well as a wildflower meadow teeming with butterflies and bees. The homemade cakes are fabulous too.
Tues 22nd Aug	Coton Manor Gardens. Near Gulsborough, Northampton. £10. The herbaceous borders are

	reaching their peak and the colour schemes become more apparent. The plant nursery has many plants for sale which have been propagated on site.
Thursday 14 th Sep	Kew Gardens. Autumnal colour is the highlight. Caroline Adams is kindly organising a coach for us. Please contact her if you are interested. c.adams1@btinternet.com
Tues 24th Oct	Ickworth House and Gardens. £11 Extensive parkland and woods to explore
Tues 28th Nov	Anglesey Abbey gardens £10. These illustrate a winter garden need not be dull
<p>Hopefully the Gardeners World magazine for April will be doing its 2 for 1 offer on some of the gardens mentioned April - November</p> <p>More information for each trip will be e mailed approximately one month before apart from Kew Gardens as the coach needs to be booked now. As always I am open to suggestions and for new places to visit.</p> <p>Best wishes Lesley lesley610@hotmail.co.uk</p>	



Snow Moon over Cambourne on 7th February

Lucy Purvey, February 2023

**A bauble above
Maybe it floated away
From a discarded festive tree
For late on a February day
Alone in the sky it hung free
As the shadows fell long
In the soft fading light
That bauble above
Led us all through the night**