



Cambourne & District u3a
Bulletin September 2023
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Photo taken on the outing to Coton Manor Garden
by Lesley Woodger

Kath writes of beans and benevolence:

I was sporty at school and captain of the hockey team. I also helped start a former pupils team such was my enjoyment of the game. I nursed a few bruises and cuts occasionally getting in the way of a fiercely hit hockey ball. I played badminton and to a lesser degree tennis (a time when a lot of state schools were built with large bits of land given over for sporting facilities.) I remember the teacher coaching us used to laugh when he would hit the shuttlecock from one side of the court to the other and I would frantically run back and forth to return it. The skill, he would say, is thinking where you are returning it to. So on our leaving day in 6th form when everyone would contribute to giving each other a parting descriptive phrase (censored, as it was put in the school magazine) my tag was ‘full of beans and benevolence’. I recently had cause to think of that when I slightly foolishly went for a shot while playing pickle-ball, fell and broke my wrist. Lucky for me in our demographic, players like Suzie have skills and the physiotherapist went into action A member of staff put my arm in a sling. A former nurse recommended the right choice of ringing 111 instead of going straight to A&E and I was X rayed and my arm put in a cast in two hours at the emergency clinic. I now have a new softer cast and it’s healing well. While I waited for my husband , (head shaking) , to pick me up, two players stayed with me. Everyone was supportive in their own way. So if I was to describe my multi talented pickle ball friends, what better than a group full of beans and benevolence.

Best wishes

Kath

Out for lunch diary

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

Thursday December 14th @ 1 pm

Christmas Lunch at the Red House, Longstowe.

Menus will be advised later but first reserve your place provisionally.

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

Visit to Bourn Windmill on 16th July



On a sunshine and showers afternoon twenty four of us paid a visit to the Bourn Mill for our third visit there. Over the three years the progress of refurbishment has been remarkable. It has gone from being an unsafe structure supported by scaffolding to today's new mill complete with sails and a rotating core to catch the wind.

The Cambridge Past Present and Future charity has saved the Mill from total collapse and destruction and it's nice to think that our visits and contributions have helped facilitate this aim. On our last visit we donated £223 to aid the ongoing maintenance at the Mill.

We were shown how the Mill functioned over the five centuries of its existence by the well-informed guides and we had some fairground fun with rotating and being rotated inside the Mill.

A delicious cream tea had been prepared for us in the barn which was a welcome treat after our educational and somewhat exciting afternoon.

Our thanks go to Kate Armstrong for organising the visit and to the guides and helpers for making our visit such a pleasant experience.

Christine Tyler



FREE MINDFULNESS COURSE

FROM THE GATEHOUSE CHARITY

Hello, I am contacting you in the hopes that you will spread the word of this free course to your members, or anyone personally you know who will benefit. We have now run for 3 years, 3 courses a year and have had many U3A participants from Suffolk and Norfolk, many of whom have attended a second time. We are delighted to have now received funding to cover Cambridgeshire: The Gatehouse Charity is offering a fully funded online mindfulness course, run by a clinical psychologist, to anyone in the Cambridgeshire area over 65. We are hoping that this information could be circulated in a newsletter or email. I have a small poster that could be attached if you think this would be useful. Background and information on the course: The Gatehouse Charity is running an online mindfulness course that is fully funded to support older adults (over 65). The course has been run successfully in the NHS for several years in later life and stroke services. The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for this population. We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. We have also worked with memory clinic patients, and it has improved memory functioning in people in the early stages of dementia, mild cognitive impairment or people suffering from carer stress. Many participants have found it simply helps them deal with day to day stresses. There is a great deal of interest in mindfulness for later life, and so it is fantastic that we are now able to offer it to older adults in Cambridgeshire. The course, to start Tuesday 19th September 2023 at 10am, involves a weekly meeting via Zoom, with audio recordings of the practise and handouts. Each session is 2 hours long, with a coffee break, and the course runs for 6 weeks, with a further optional 3 weeks for those who wish to carry on practicing together. Places are free but limited to around 15. Further details and a link to apply can be found on the [https://the-mindful life.com](https://the-mindful-life.com), or please contact annabelmindfulaterlife@gmail.com if you have any questions. All the best,

Annabel

FRIDAY WALKING GROUP Janet Rogers

You may have heard that I have taken over from Ann Mead as co-ordinator of the Friday walks. Ann will be a hard act to follow!

Below I have listed the dates for the 2nd and 4th Friday in the month up to December.

For the first walk of term I am offering a walk from the Eversdens to Haslingfield on 22nd September. It will be around 6 miles with a nice coffee break at the cafe in the Haslingfield around the halfway point.

Now I just need some kind offers of walks for the other dates!

I am sure you must have a favourite route that you could share or if you have an idea for a new route I am happy to join you for a recce walk. Walks are usually 4-6 miles ish. If you would like to discuss a possible route then please contact me with by email or on 07580752852.

WALKING DATES

22nd September Janet Rogers 13th October 27th October

10th November 24th November 8th December

C20 art group trip to London

On July 6th, some of the C20 art group got on a train to London to visit Tate Modern and especially an exhibition of works by Hilma af Klint and Mondrian, both artists working in the C20 and finding their own ideas of abstract art. Here is part of an explanation from the free exhibition booklet:

‘ Hilma af Klint (1862-1944) and Piet Mondrian (1872-1944) began their careers as academically trained landscape painters in the late 19th century, before developing radically new models of painting in the twentieth century. Although they did not know each other - or of the other’s work – this exhibition explores how they both developed the possibilities of abstract art, moving away from the convention of representation they were taught. ‘

Although we didn’t understand some of the concepts, there was much to like about their work, and we knew the paintings we would like to take home with us!

C20 ART appreciation

Visit to the Henry Moore Foundation

7th September

We have two spaces in the car going to Much Hadham on the 7th of September. Please let me know if you would like to join us.

Dep Hub: 9.45

Coffee : 11.00

11.30: One hour with the exhibits

12.30: Lunch

1.30 : More sculpture

2.30: ish depart

4.00 ish arr Cambourne

Peter (Peter Cornwell 07852 881243 or
pccornwell@icloud.com)

GARDENS GALORE PHOTOS FROM COTON MANOR



GARDENS GALORE

Gardens Galore visited Coton Manor Gardens in August and we were blessed with sun which made the visit more enjoyable as we were able to sit outside for coffee and cake and a home made lunch. Both to be recommended. The gardens are a garden within a garden, sloping in tiers to the lake where you are met by the sight of flamingoes and if you are lucky, bantam hens and their chicks. The herbaceous borders were brimming with colour and gave us inspiration for our own and we were able to purchase plants at a reasonable price. All propagated on site. There is a wild flower meadow and a bluebell wood too so I am sure the group will be making another visit next year. In the meantime the visit to Kew Gardens in September is fully booked. Thank you Caroline for organising this.

Gardens Galore
Thursday 14th September Kew Gardens. Autumnal colour is the highlight.
Tuesday 24th Oct Ickworth House and Gardens. £12 Extensive parkland and woods to explore
Tuesday 28th November Anglesey Abbey gardens £11. These illustrate a winter garden need not be dull
More information for each trip will be emailed 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. Best wishes Lesley lesley610@hotmail.co.uk

Lesley

15th September at 11.00
The Hub Community Centre
Cambourne
Ernest Shackleton's
Epic Antarctic Rescue Voyage
By
David Horan

Bringing them home

“Men wanted: for hazardous journey. Small wages, bitter cold, long months of complete darkness, constant danger, safe return doubtful. Honour and recognition in case of success”.
5,000 applied and 27 were chosen to accompany Shackleton on his attempts to cross the Antarctic Continent.



*Endurance and Ernest Shackleton
before the disaster*

But all did not go to plan. After nearly a year stuck in the ice their ship was crushed and the men relocated to an adjacent ice flow. But with the ice melting beneath their feet they took to the boats and sailed to Elephant Island. Realising they were marooned far from any possibility of rescue Shackleton set out with five others to cross the wildest sea in the world in a tin boat to go for help....

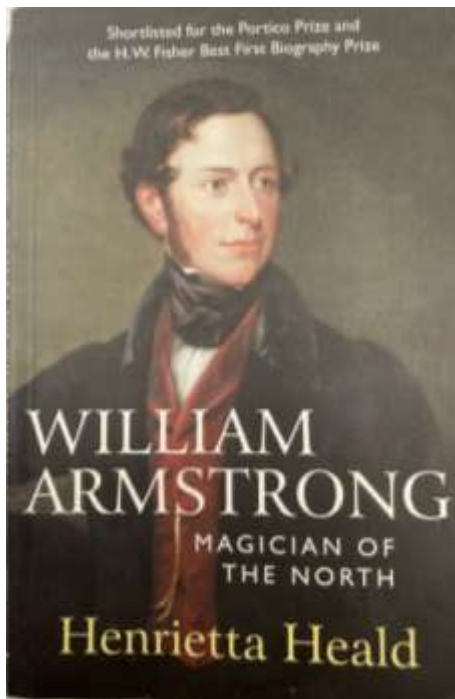


Setting out on the James Caird

Please send copy for the next
issue to Peter at
cambou3anews@gmail.com
by midnight on Saturday 30th
September

My holiday reading started early this year. We haven't set off yet, but I have been reading about William Armstrong, prior to visiting his house at Cragside near Rothbury in Northumberland.

Armstrong was an extraordinary man by any standards: scientist, gardener, philanthropist, inventor, entrepreneur, engineer, businessman, (At his death in 1900 he employed around 25 000 men.) arms dealer, multi millionaire, owner of Bamburgh Castle (into which he pumped the equivalent of 57 million pounds in today's money) and Cragside, the most wonderful Gothic pile imaginable.



If Armstrong was extraordinary, his house at Cragside was equally amazing. It was the first house in the world to be lit by hydro electricity. Only the best crafts people were employed there including Wm Morris, Byrne Jones , Rosetti and architect Richard Norman Shaw.

I can't wait to see it.

So what was your holiday reading? Let us know at:

cambou3anews@gmail.com

Forthcoming Talks

20 October 2023	My great Aunt Constance, an account of her life in Burma before and during WW2 involving a perilous trek to freedom by Jenny Malin.
17 November 2023	A Most Unusual Railway – follows the tale of a transport interest group in Ross-on-Wye by Rob Alliot.
15 December 2023	Christmas Celebration
19 January 2024	N.E. Spain & the Pyrennees by Graham Bruce
16 February 2024	Sue Ryder: A remarkable life
15 March 2024	TBA
19 April 2024	East Anglia and the Danelaw by Ian Cameron
15 November 2024	Traditional winter festivals and feasts by Joanna Bogle

ALLSORTS VISITS' – SPACES AVAILABLE

Cambridge Blue Badge Guided Walk – Sunday Sept 17th – 2pm

This is a walk of one and a half hours around parts of Cambridge that you might not have seen, or know much about, and promises to be very interesting.

The cost is according to numbers attending, but currently will be about £10 per person. The full amount will be asked to secure your place as numbers are limited to 20.

Waterbeach Recycling centre guided tour – Monday Oct 2nd 2-4pm

This is a chance to find out exactly what happens to all our rubbish, a fascinating insight into current recycling facilities. There is climbing of steps involved.

We will travel by coach, and the cost will be according to numbers but should be around £10 . There is no charge at the recycling facility. Please get in touch asap as places are limited to 30.

October Madingley afternoon tea

Fran fran@panrucker.co.uk

November Cambridge Mosque

Lesley lesley610@hotmail.co.uk

Please get in touch as soon as possible on: fran@panrucker.co.uk and I will give you our Treasurer's payment details.

