

**u3a** learn,  
laugh,  
live

**Cambourne & District u3a  
Bulletin October 2023  
Issue No. 57**



The all- sorts group are pointing to a statue in Cambridge. Which college were they in and whose statue is coyly hiding behind the buddleia?

Kath writes:

**Percy Byshe Shelley lamented,**

**‘O world! O life! O time!  
On whose last steps I climb,  
Trembling where I had once stood before  
When will return the glory of your prime?  
No More -Oh, never more.’**

Well we could all indulge the melancholy of the Romantics, the worship of the beauty in failure, or we could do just one thing! I’m sure some of you have listened to Michael Mosley’s BBCr4 podcasts with that title, where in 15 minutes he extols on the benefits of one thing you can do to keep healthy and fit. There was a glass of water with your breakfast, although if you stop there, I think you may be taking the title a little too literally. Or the early morning walk to boost your immune system. A glass of red wine with your dinner perhaps - sometimes sacrifices have to be made. Or you can get your polyphenols and reduce stress from a cup of strong tea. I think we all knew this.

However, there has been a lot of research recently revealing the benefits to body and brain of resistance training. He spoke to an American woman called Shirley who was persuaded by her granddaughter to join a gym at 76. She said she initially refused as she had difficulty getting upstairs and didn’t do much exercise. Surely, she said, that was what most people expected at that age.

Once started, Shirley felt the immediate mental boost after one session and over a period of time and with expert weight training, she ended up being able to lift 100kilos. At 86 she has 17 medals and is still doing weights. Those stairs are conquered!

Crikey, I thought, that's some achievement. I've not long started doing some hand weights to build up some lost muscle mass in my arm and who knows, I may get to 5 kilos.

Take that Shelley.

Best wishes

Kath

Copy for the next edition to:

cambou3anews@gmail.com

please by 31st Oct

WANTED: Book reviews

Poems

Photos of Autumn gardens

My best sunset

My favourite painting

<b>Forthcoming Talks</b>	
20 October	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	A Most Unusual Railway – follows the tale of a transport interest group in Ross-on-Wye by Rob Alliot.
15 December	Christmas Celebration
19 January	N.E. Spain & the Pyrennees by Graham Bruce
16 February	Traditional winter festivals and feasts by Joanna Bogle
15 March	TBA
19 April	East Anglia and the Danelaw by Ian Cameron
15 November	Winter Feasts and Festivals by Joanna Bogle

## The Back Door

All day long in the summer heat  
The back door stands open  
Stayed by a case of Evian  
Summer scurries in bringing  
Shrieking paddling pools  
And strimming trimmers  
As the holiday planes fly high in the sky  
In the long light evening  
Ambrosial barbecues invade  
With laughter, clinking cutlery  
The twilight thud of car doors closing.  
A curious little toad hops in  
Dressed in autumnal brown  
In the morning a glistening  
Silver cobweb announces itself  
And soon the door will close  
And the shops will turn red for Christmas

Lucy Purvey  
September 2023

EMAIL SENT TO ALL U3A CHAIRS AND SECRETARIES  
IN THE EAST OF ENGLAND

Your members are invited to join us for a zoom presentation on  
Thursday 7th September 2023 from  
10am addressing the current climate crisis.

This is an opportunity for us to learn more about climate change  
which is affecting us all. It will be  
followed by a discussion when all are free to participate.

Please click on the link below to register for this event.

The zoom link will be sent nearer the date to  
all those who have registered.

[https://docs.google.com/forms/d/e/1FAIpQLSemCUY-MMhHFOztV3vm0F22bZ-EIvIHP6ZII4sdxXc4XpOGvg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSemCUY-MMhHFOztV3vm0F22bZ-EIvIHP6ZII4sdxXc4XpOGvg/viewform?usp=pp_url)

WE LOOK FORWARD TO SEEING YOU THERE.

Barbara Cordina  
Trustee East of England

Some personal questions

Who's the oldest member of Cambo u3a?

Who's the youngest ?

Who's still working? WHY?

Do you fit one of these descriptions? Would you be willing to  
be interviewed for the newsletter?

Peter

[cambou3anews@gmail.com](mailto:cambou3anews@gmail.com)



The Allsorts Group event for September was a guided tour of Cambridge. We met our guide outside the Guildhall on the Market Place, where she gave us a brief introduction and we started our one and half hour walk. Our guide was very informative, of course, but also very mindful



of what we wanted, and was very approachable. We saw colleges, some of their gardens, and some of their chapels, narrowly missing a choir practice in one. All the time of course we were given the stories of the places, the his-

tory of the colleges, and some of the famous alumni. Some of us had done a similar tour (or two) in the past, but we were surprised to find there was still more to learn about. It was an excellent afternoon, and the rain started only just at the end!



Fran

**CAVENDISH LABORATORY**  
1874-1984

Established by the Prof. of Experimental  
and extended by Lord Rayleigh (1904) and  
Lord Austin (1914) the Cavendish Laboratory  
formed the Department of Physics  
from the time of the first Cavendish Professor  
James Clerk Maxwell until its move to  
new laboratories in West Cambridge



**Cambourne & District u3a  
Monthly Meeting at the Hub  
On 20<sup>th</sup> October at 10.30 am  
Talk at 11.00 via Zoom  
My Great Aunt Constance by Jenny Mallin**



'My great aunt Constance was a woman of high social status, a wife of a British official, born in 1898 this is her account of her life in Burma and the story of a civilian trek in 1942 involving thousands of people who had to face for the first time in their lives, an arduous hike across some of the world's

most treacherous terrain, dealing with monsoon climatic rivers, jungles and steep mountain ranges and dangerous wildlife. We discover how living in Rangoon throughout its heyday of the 1930's meant a charmed life, one that was filled with opulence, bon viveur and style. We then learn how life can change overnight and the juxtapose of a situation where there was no possibility of turning back but only in moving forward.' *Jenny Mallin*





Jenny's career has been the culmination of several instinctive paths in her life which have led her to enjoying being an author and now a public speaker. With almost thirty trips to India over the past thirty years, she has explored and uncovered the history of her ancestors and their interesting path. Her past career

has also influenced her with her continuing interest in both research and travel from her early days in television production at the BBC where she picked up skills in how to present but also carved out a career there in researching.

**This talk will be held at the Hub with the Zoom presentation projected onto the wall. The audience will see the speaker and she will be able to look out and see everybody in the hall. *Christine Tyler***



**All u3a members are invited to join us on zoom on WEDNESDAY 4<sup>th</sup> OCTOBER 2023 FROM 10am - 12pm for the following presentation**

**THE FINAL DAYS OF THE ALLIED AIRWAR OVER GERMANY – A PILOT'S STORY – BY OUR OLD FRIEND ANDY STRANGE**

March - 1945. In the last weeks of the war in Europe the Allies were pushing ever deeper into Germany. The Allied ground and air forces were meeting determined and fanatical resistance at every turn. The Allies were making good their increasing losses in an all-out battle of attrition to secure a final victory over Germany.

This is the story of one 21-year-old RAF fighter pilot. Sgt Peter Corin Brown. His story is representative of so many of those who joined the front-line forces in the last desperate days of the war.

In this talk, our presenter Andy Strange, tells Sgt Brown's story using RAF archive materials, Service Records and original documents to give an intimate and sobering view of what it was like to be a RAF fighter pilot in March 1945 over Germany.

The talk is also a demonstration of where to find and how to use these archive sources to tell the 'real' story of allied airmen. The talk will be of interest to not only history and aviation enthusiasts but also to those wishing to conduct their own family history investigations into their own relative's service in WW2

Andy's presentation will be followed by an opportunity for questions and discussion. We look forward to welcoming as many of you as can attend – see you there! Zoom link below.

Barbara Cordina is inviting you to a scheduled Zoom meeting.

Topic: East of England Aviation Group

Time: Oct 4, 2023 10:00 AM London

Join Zoom Meeting

<https://us02web.zoom.us/j/88410303039>

Meeting ID: 884 1030 3039

Barbara Cordina Trustee - East of England

*Thanks to Kath for this update on what has been discussed at committee meetings. Cancellations in any business have always been a thorny subject, but this makes it clear from a u3a perspective and hopefully will ease the pressure on those booking coaches. Ed*

## Notes from the committee meeting

One of the questions we discussed was coach trips, as the Kew trip proved to be difficult in cost terms from the initial planning. Obviously the size of the coach is booked to accommodate the numbers, so quite a few cancellations can have an impact on the cost to others. In this case everyone who couldn't travel was reimbursed and the u3a soaked up the cost. There will always be reasons we can't participate in a planned event, so we thought we should lay down certain conditions re trips so everyone understands the process. I think most of us would have thought this anyway, as cancelled trip members were certainly not asking for a refund.

- 1 Any member booking a place on a trip should not expect a refund if they cannot go, unless the whole trip is cancelled.
- 2 We won't ask for deposits as this complicates matters for the Treasurer. Once committed to a trip members will be asked to pay in full within two weeks, as by that time a coach will have been booked and paid for.
- 3 If there is a waiting list and someone takes the seat of a member not able to participate, they can take over the cost of that seat and a refund can be made.







# 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 17<sup>th</sup> – 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 2<sup>nd</sup> 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](mailto:fran@panrucker.co.uk)

## **November Cambridge Mosque**

Lesley [lesley610@hotmail.co.uk](mailto:lesley610@hotmail.co.uk)

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



