



Issue: 1 April 2021

## FROM THE CHAIR - Tim Young

You may be forgiven for a surprise at the replacement photo where mine usually goes. This is Judy Herridge, who very kindly answered my question about '01 experiences'. Below she gives us a fascinating gallop through the decades. Anyone else got one to match that? Here is Judy's response.



**Judy in Cape Town**

*I was born in a census year, but too late to make a difference, and I had to wait until the age of 10 to be recorded. Reaching double figures was a milestone for me. At the age of 20, I was too concerned about other matters to celebrate the '00 years. I was looking forward to reaching 21, the 'majority' age, and getting the ability to vote.*

*At 30, I had young children, and anyway husband number 1 moaned how ancient he had become at that age, so I did not want to make a fuss. Reaching 40, I had just moved house and had only enough money to splash on redecorating. The age of 50 brought a lovely family meal, in a 'posh' place; while 60 was celebrated with a special holiday to South Africa for the entire month of February. I have brilliant memories of a wonderful experience, especially meeting my South African cousin, for the first time since Coronation Year.*



**My cousin Arthur, his wife Shirley, me, and my husband Brian**

*My 70th was a much more low-key affair, with husband number 2 having health issues. We did however have a special cake in the form of a dart board, to celebrate his 80th birthday, my 70th and our 30th wedding anniversary, giving a 'score' of 180! This year - what will be revealed? Will lockdown permit any celebration? We wait to see the joys of life ahead.*

*Judy Herridge*

Meanwhile, it seems that our members are getting the hang of Zoom, as the attendances are growing at the increasing number of meetings being held on line. They are very simple and convenient. They don't involve all the time consumed in getting ready, travelling, preparing, packing away and returning home. As a result I have a feeling that Zoom is likely to become a rather permanent fixture, and maybe members will have the choice of attending in person, or from home. We shall have some work to do to make this practical, but after our meetings as disparate as the last AGM, Wings, Wheels & Water and History meetings, not to mention Cook Off Fridays and Realm of Books get-togethers, I think the pandemic has brought us a surprising and very useful development in the way Newmarket U3A works.

*Tim Young* Chairman

## Latest News: Group Activities

### Antiques – Niddy Walpole

We are delighted that David Palmer will be back on Wednesday 7 April at 2.30 p.m., with more tales of his lockdown auctioneering. **To join the presentation, with our usual Zoom x 2 format, please use the Zoom links accompanying this April edition of E-News.**

Please note we are looking for someone to become co-ordinator for the Group, and host our future meetings, as I am standing down. Please email Stephanie Ellington, our Groups Liaison Officer, [skle2@cam.ac.uk](mailto:skle2@cam.ac.uk) if you would like to help.

### Camera Group – Barry Coles

The subject for March 2021 was 'Street Scene'. The winner was Geoff Jones, with 'Canterbury Centre'. There were joint runners-up: Barry Coles – 'Tour de France Cambridge' and Gordon Duthie 'Day-to-Day life in Khan el-Khalili'. Congratulations to everyone. I think that again this month members managed to submit a varied selection, and it was great to see 33 entries. Next month's competition with the subject '**Reflections**' will commence on 1 April.



'Canterbury Centre'



'Day-to-Day life in Khan el-Khalili'



'Tour de France Cambridge'

As this edition went to press we were sorry to learn of Barry's decision to step down as co-ordinator for health reasons. We all wish Barry well for the future.

From 1 April John Herring will adopt Barry's role and endeavour to continue the excellent work that Barry has done in the group over the last 5 years. Please contact John on 01638 744332 to join this increasingly popular group.

### Cook Off Friday – Niddy Walpole

March's meeting was the usual social and chatty event. The cheese straws were a great success, with members showing their 'cheese stacks, twisted straws and sticks like fish fingers!' The winner was Chris Timmins, who will supply a Blue Cheese Biscuits recipe for a future meeting.



The April recipe, chosen by Joanne Garner, is for moist apple cake, although you can use pears if you wish. Details can be found at the end of this E-News, and on the website [page](#).

## Facebook – Nigel Day

Do you know the biggest single group in Newmarket U3A? It is of course our [Facebook Group](#), with 61 members. The group offers a way of keeping in touch with your U3A friends, to chat about your activities, comment on other groups and enables day-to-day contact, not only through, but also pre and post lockdown periods. For example, it enabled me to share my progress on my 300 mile cycle challenge for Cancer Research UK, during March. All our groups use it; from the Cook off Friday group posting delicious cakes and savouries, gardeners showing the fruits of their labour; updates on Speaker Meetings; walking routes and pictures. Members can share help requests, and personal updates if they so wish too.

To increase our membership we would like you to encourage your U3A friends to join. It is only available to Newmarket U3A members, and is a private group, so we can prevent outside interference, and membership is controlled by the Administrators, of whom I am one. Current membership reflects less than one-third of the total U3A members, and, whilst appreciating Facebook is not for everyone, why not give it a try and see whether it works for you? If you need any help you can always contact me, be email ([nigel@daysrus.co.uk](mailto:nigel@daysrus.co.uk))



## French Conversation – Alison Giles

We have been discussing the joys (or otherwise) of spring this month, and continue to make our contributions via email. We have our fingers crossed that Burwell museum will open as planned towards the end of May, so that our summer meetings at least can be face to face, even if they have to be outside!

## Garden – Kath Gifkins and Rosemary Foreman

We have no plans for an April meeting but are looking forward to May when spring should really have arrived! We will be having another plant sale then, so start sowing a few extra seeds in preparation for that and remember to save some pieces if you are splitting up some of your perennials too. Full details will be in next month's E-News. Hopefully the weather will be on our side, unlike the last sale. We are also busy putting together future plans, so if you have ideas on topics, activities or gardens worth visiting please let us know.

## The History of Science – Alison Giles

We had a good first meeting exploring Darwin's microscope, with excellent questions and interesting information from various people's experiences. The question I couldn't answer was about how electron microscope images are coloured, so as promised I looked it up.

The brief answer is that different lanthanides (rare earth metals) are layered on top of the cells on the grid, then the colour comes from the microscope detecting when each metal loses electrons. I think on the whole it's a good job I didn't try to come up with that by guessing!



**A Japanese Earthquake Model**

Next month we'll be meeting at 11.30 a.m. on Wednesday 14 April, to look at an earthquake model from Japan. **Please email me on [are26@cam.ac.uk](mailto:are26@cam.ac.uk) if you would like me to put you on the mailing list for the links each month.**

## History – Niddy Walpole

As our usual meeting date falls on Good Friday, I have postponed, and we will meet on Friday 9 April at 2.30 p.m., with the usual x 2 Zooms format. We will be discussing members museum research, in the hope we might be able to visit some later in the year, as they will be within one hour's travel from Newmarket.

## Music Appreciation – Mike Jocelyn

This month's video is a virtual performance of the 'Big Band' sound of a Duke Ellington 1940 classic. The title seems very appropriate. Hopefully it will appeal to most, if not all of our U3A members. 'Land of Hope and Glory', from a virtual 'Big Orchestra' follows, as a contrast. The end of lockdown may be insight, so click on the link and enjoy, 'till we meet again.

[https://youtu.be/ATysCUOB\\_M4](https://youtu.be/ATysCUOB_M4) A 'Big Band' sound for everyone

## Realm of Books – Margaret Jocelyn

As promised in the last newsletter I will now give you our views on our book for February, 'Unsheltered' by Barbara Kingsolver. It is set in an actual town in New Jersey, USA - Vineland, which was set up by Charles Landis as a sort of model community in the 1880s. It is an interesting story based on two separate families living in the same house, but 100 years apart. In each century the families were facing houses in need of much repair or demolition. The novel was skilfully written and enjoyed by most, although some of us found it rather long and confusing at times. If you would like to learn more, the full reviews appear on our website under [Covid-19 Book Group](#) for each month. Our next book is 'Being Mortal', by Atul Gawande, which is an informative book that will promote interesting discussion.

## Speaker Meetings – Trish Newell

The presentation on 26 April will be by Roger Browne talking about 'New Orleans to New York'. He will tell us about the people, places and events that have made his lifetime in music so memorable. There are more details on the [events](#) page of the website.

## Walking Group – Kath Gifkins

I'm sure many of you are looking forward to being able to walk as a group once more. So limber up and polish your boots, it won't be too long now. Hopefully you have all been able to keep active as per the restrictions, but it's so much better in a group, I'm sure you'll agree. As you know Rosemary is taking a step back (but not completely away) from the group and is looking for others to lead walks. If you have a favourite walk you would like to share, please get in touch with her. In the meantime Alan and I have one up our sleeve for the first opportunity we get to resume, shorter and longer routes available, depending on fitness.

## Wings, Wheels & Water – Tim Young & Stephen Garner

It is ironic that the nation inventing the steam engine and developing the railway train, consistently failed to make it pay, apart from briefly in the 1970s. Our next Wings, Wheels & Water presentation looks at '**The Train that Saved our Railways: The Intercity 125**'. Like many a Great British invention, it was born out of a failure, designed by a bystander and became a great success.



# Can you help and support your U3A?

## Activities Sub-Committee

This small friendly committee formulates plans for developing both events for all U3A members and for specific group activities. Meeting usually once a month, ideas are exchanged and recommendations put to the Executive Committee for consideration before implementation.

Would **you** consider joining the committee and helping shape how your U3A moves forward once COVID-19 restrictions are relaxed? If you are interested in learning more please contact Tim Young by email ([tim\\_young@live.co.uk](mailto:tim_young@live.co.uk)), or telephone (07766396303).

## A potential new Activity Group – Rosemary Foreman

Once lockdown has finished and we are able to get out and about and meet other people again, I'm planning on starting a new group for people who live on their own. Although the U3A has a wide range of groups covering various interests, there are occasions when those on their own might think 'I'd like to go there/do that, but have no-one to go with'.

The new group would not impinge on existing groups, such as the lunch or walking groups (although a walk, with lunch might be involved in our time out!). Activities might be a visit to Chippenham Park, a picnic, visiting a museum, exhibition, or the cinema, or maybe even afternoon tea. These are just a few of my ideas and I'm sure there are lots more things we could do. I envisage we would start with a get-together over coffee during the summer to discuss our ideas, whenever COVID-19 restrictions permit. Please give it some thought and let me know if you would be interested in joining such a group, by contacting me by either email ([rofore22@gmail.com](mailto:rofore22@gmail.com)) or phone (01638 730072).

## Upcoming Activities – Kath Gifkins

As we slowly emerge from this most restrictive of years we look forward to offering more activities to all members of our U3A. Whilst it is not practical to consider a summer coach outing this year we are instead proposing a '**U3A Open Gardens**' event in June, when gardens are usually at their best.

This will take place on 23 June, when hopefully restrictions will have been lifted, and offers an opportunity for members to meet in the open air, maybe enjoy a cup of tea and catch up with each other, something we are all craving.



© K Gifkins

This of course means we need **your** help. Initially we would like as many members as possible to **volunteer to open their garden**, you need not live in Newmarket as lots of our members live in the surrounding areas too. We are not looking for 'perfect' gardens, so please don't think yours won't be good enough. If you wish to restrict the numbers of visitors, either by choice or by garden size this is entirely up to you, just let me know.

Once we know which gardens will be open, all members will be contacted with details and informed if they need to book to visit. **Please do consider opening your garden** and contact me as soon as possible either at [gifsmrs@gmail.com](mailto:gifsmrs@gmail.com), or 01638 610535 so that we can see if the idea is worth pursuing.

# Lockdown Activities

Members looking for on-line activities during lockdown should look at the [Lockdown Activities](#) page on our website. You will find links to a variety of topics. Some members are enjoying the Mirthy Online Talks. A selection of these are free, and their subjects may overlap with Activities Groups that you already attend, such as an upcoming talk on 'A History of Our Love Affair with Chocolate'.

## Recipe for Cook Off Friday (16 April at 11.00 a.m.)

### Moist Apple\* Cake

Joanne has chosen a recipe from 'The Good Housekeeping Step-by-step Cook Book', ©Dorling Kindersley Limited, 1980. (Joanne commented that it was 'bought for me for my 18<sup>th</sup> birthday, by my big sister Karen. It has been a very useful book to have'.)

225g (8oz) plain flour	50g (2oz) shelled walnuts, chopped. (If you can't eat nuts, omit)
2.5ml (½ level tsp) salt	
2.5ml (½ level tsp) bicarbonate of soda	50g (2oz) seedless raisins
100g (4oz) butter or margarine	2 eggs, beaten
225g (8oz) caster sugar	5ml (1 tsp) vanilla essence
2 medium cooking apples, peeled, cored and diced*	Icing sugar

\*As an alternative you can use 4 small/medium pears, peeled, cored and diced.

1. Grease a shallow 20.5cm (8in) square tin and base line it with greased greaseproof paper.
2. Sift the flour with the salt and bicarbonate of soda and rub in the fat until the mixture resembles fine breadcrumbs. Stir in the sugar, apples/pears, walnuts (if used) and the seedless raisins.
3. Make a well in the centre, pour in the beaten egg and vanilla essence and gradually work the dry ingredients into the liquid.
4. Pour the mixture into the prepared tin and bake at 170°C (325°F) mark 3 for about 1½ hours, or until the cake is golden brown. Cool in the tin on a wire rack for a short time, then turn out on to the rack to cool completely.
5. When the cake is cold, place a paper doily on top and dredge with sifted icing sugar to make a pattern. Remove the doily carefully without disturbing any of the icing sugar. *[This is a formal style recipe book, so don't worry if you don't have a paper doily, just sprinkle the icing sugar through a sieve and cover the cake evenly – it still looks very nice.]*

*Tip: If you don't wish to eat it all immediately, it does freeze very well.*

