

u3a NEWMARKET

E-News



From The Chair - Tim Young



Dear members,

As I write I am allowed to go shopping, although I haven't actually been yet. I can also have a haircut, and this really ought to be high on my list of priorities. However, my real priority is to visit the beach in this photo; Holkham in Norfolk. Whatever the weather, it is always lovely; relaxing, peaceful, and despite a crowded car park the beach is so huge that it is never crowded. I have missed it enormously – not long now.

Things are beginning to look brighter for us all and we are beginning to plan for our activity groups to meet again. It will take some time yet and we have to wait for the official say-so from the Third Age Trust and the Charity Commission, as well as the Government of course.

U3A Day

This year we will need our celebrations for the national U3A Day on Wednesday 2 June to be tailored to suit the current circumstances. Consequently, our activities will be on line, using Zoom. We have a great day planned with a variety of events for you to watch and join in with. The Zoom link for this day will be freely available so we hope you will 'bring along' your friends and acquaintances to see what we are all about.

We shall, however, also be holding a traditional face-to-face Newmarket U3A open day, later in the year. This, of course, will be accessible to everyone. More details of both the events will be available for you as soon as possible.

Tim Young Chairman

New look U3A

We are launching the new U3A brand today. The full 'University of the Third Age' in our title has been replaced by a simpler logo, together with a few changes in formatting. You will see we have adopted our new logo at the head of E-News and similar changes will be used for our other publications and website. This change of logo is the beginning of a much larger drive to promote our U3A. As Tim has mentioned above, a national U3A Day is coming on 2 June, when we will use the occasion to encourage prospective members to have a look at our website, and try various taster sessions going on via Zoom during the day.

The Publicity Team

Latest News: Group Activities

Antiques – Niddy Walpole

During the 7 April meeting David Palmer was able to show us items of furniture, something that he can't normally do when we meet face to face. There was modern artwork, tribal artwork and sculptures too. There isn't a meeting this May, but David will be doing an antiques talk as part of the U3A Day on Wednesday 2 June. Please look out for announcements, closer to the date.

Camera Group – John Herring

Our subject for April was 'Reflections'. Congratulations for the winning picture go to Kath Gifkins, with 'Eltham Palace River Walk'. There were 3 joint runners up photos; Gwen Dixon with 'Chippenham Park,' Pam Melbourne with 'Bridge of Sighs', and John Herring with 'Lode Mill'.

Whilst we have been restricted from going anywhere much to take new photos, members have submitted a strong selection each month. The practice of 'mining' our digital photo collections to find candidates

can help us to improve our photography. We get to reconsider what works and what does not in a way not always possible at the time the photo was freshly taken. The posh term for this is 'reflective practice' – fitting last month's theme.



'Eltham Palace River Walk'

© K Gifkins



'Chippenham Park'

© Gwen Dixon



'Bridge of Sighs'

© P Melbourne



'Lode Mill'

© J Herring

Now the clocks have changed and COVID-19 restrictions are easing somewhat, there is more scope for members to add new photos to their collections. The subject for the May competition will be 'Garden Wildlife'.

If you wish to join the Camera Group, please contact John Herring. Telephone 01638 744 332.

Cook Off Friday – Niddy Walpole

April's meeting was the traditional friendly event. The social aspect was highlighted by the discussions which started with baking, but soon drifted to COVID-19 vaccination, history, books, and future U3A activities for when we are able to meet face-to-face. The moist apple cake was considered a success, although comments did vary from 'easy' to 'some difficult bits'. As usual members varied the constituents to suit their tastes. The winner was Kath Gifkins, who will supply a flapjack recipe for a future meeting.



© K Gifkins

The May recipe from Denise Cioffi, is for a lemon drizzle traybake. Details can be found at the end of this E-News, and on the [website](#).

Do join us on U3A Day, 2 June, for a Cook Off event. We anticipate starting at 11 a.m., and meeting again at 1.30 p.m. for the results. Please look out for confirmation of the details closer to the date. David Palmer has kindly agreed to be our judge.

Facebook – Nigel Day

Last month I extended an invitation for new members to the U3A [Newmarket Facebook Group](#) and the response was a little disappointing to say the least, particularly as the Facebook Group contributions are going from strength to strength. Now, I would advise that if you are on a diet you may want to avoid looking at the fantastic displays of baking and culinary skills being put up, as we look to feed those family members that we haven't been able to see for a long time. If, however, you are a keen gardener, or even if you are not, you should look at the displays of spring flowers from members' gardens, which are a delight and an inspiration. Then, if you want to see what is happening in the local area the members' photographs of their trips will be of interest, and perhaps they may give you some ideas for interesting places, maybe just to have a walk around in the region.

Even if none of these options interest you then the Facebook page is also keeping members up-to-date on forthcoming events, or timely reminders of things that are about to happen, such as Speaker and Antiques meetings on line. I often use it to ask for plant/gardening advice (and even sponsorship).

So why not give it a try? Just ask to be admitted into the Group and see what the members are doing on their own or with others. Membership of the Facebook Group is free and open to every Newmarket U3A member, and you don't even have to go to a meeting, as we're on a smart device near you! Maybe you have some Facebook concerns – if you do, please contact me on u3anewmarket@gmail.com – perhaps I'll be able to help you overcome them.



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French Conversation – Alison Giles

We had some good responses about spring, and we're currently busily writing about our favourite films. We are tentatively planning a meeting in person on May 20, but that will depend on how many people are interested, and on the weather.

Garden – Kath Gifkins and Rosemary Foreman

Well, despite the recent random snow showers we hope that spring is well and truly with us when you read this! As we said last month, we will be holding a plant sale at 9 Wyndham Way, Newmarket. It will be open for business between 2.30 and 4 p.m. on Wednesday 19 May. Numbers allowed into the garden at one time will depend on government guidelines. Please be courteous to our neighbours when you park.

Plants for sale can be left with Kath at Wyndham Way anytime between now and the morning of the sale. If no one is in, it is quite safe to leave them near the front door. Non-Garden Group members are also most welcome.

Please also see the item on the Open Garden event in this and next month's E-News. Many thanks to those of you who have already agreed to open your garden.

History – Niddy Walpole

For the 7 May meeting, my talk will be 'Horses, their development and their use in warfare'. For the 4 June meeting the talk will be on the subject of 'Medicines from Ancient to modern times'. On the U3A Day I shall be talking on the history of Newmarket and some of the women associated with the town.

The History of Science – Alison Giles

In April we looked at the history of science in Japan, and the history of scientific models by exploring Professor Sekiya's model of the movements of an earthquake.

We had some great questions and I promise a short update on current earthquake science at the next session. That session will be at 11.30 a.m. on Wednesday 12 May, and will look at sunshine recorders, climate science and portable instruments – email Alison on are26@cam.ac.uk if you would like to receive the Zoom link and you're not already on the list.



© The Whipple Museum

A Sunshine Recorder

Music Appreciation – Mike Jocelyn

This month's offering is strictly classical. Just click the link below. Both pieces are performed by virtual string orchestras. The first movement of the Grieg Holberg Suite is followed by a short very familiar Mozart piece.

You may notice that the YouTube items advertised at the end of the video are 'clickable' if they look interesting to you. Plenty of COVID-19 related skits sung by dogs, cats, and choirs. Some are quite clever and, or, amusing. Click here- <https://youtu.be/3FRZEcVAOf0>

Realm of Books – Margaret Jocelyn

For the March Realm of Books Zoom meeting we strayed away from our usual fiction and escapism of the COVID-19 restrictions to read and discuss 'Being Mortal' by Atul Gawande. This was a learning curve for all of us, as the author took us through what happens to us as we age, often with a humorous slant, such as when dogs, cats, and birds were introduced into a home for the elderly. However, the book does express the importance of a quality of life rather than trying to prolong it with drugs that give pain and discomfort.

We are now reading a fun book by Richard Osman, 'The Thursday Murder Club', and the book for the end of May is 'Where the Crawdads sing' by Delia Owens.

If you would like to learn more, the full reviews appear on our website under [Covid-19 Book Group](#) for each month.

Speaker Meetings – Trish Newell

On Fri 28 May Charles Garland will be talking about ‘**Dad's Army, the Nation's favourite comedy**’. Charles is a television producer, director and writer. Having worked with David Croft OBE and Jimmy Perry OBE, the writers of Dad's Army, Charles will recall his personal insights into this great TV comedy. Please see the [Events page](#) of the website for details of Speaker Meetings.

Wings, Wheels & Water – Tim Young & Stephen Garner

For our 3 May Zoom meeting the topic of Tim's presentation will be **The RAF 'V' Bomber force and the Avro Vulcan**. After the war, as the east – west split developed, air forces around the world began to design jet bombers capable of delivering the new Atomic Bombs, which had first been used against Japan at the end of World War II.

Britain's contribution was a trio of four-engine jet aircraft, given names starting with 'V': in the order they came into service, the Vickers Valiant, Avro Vulcan, and Handley Page Victor. Together they formed the United Kingdom's Strategic Nuclear Strike Force, and were deployed until 1968. After that they continued in traditional bomber roles and served in various conflicts, most notably, the Vulcan's record-breaking bombing mission of the Falkland Islands in 1982.



"Avro Vulcan XH558"
by 47843.Vulcan licensed CC BY-NC-ND 2.0

While the Valiant and Victor have passed into history, the Vulcan remains a fascination to aircraft buffs, and several are preserved in museums around this country, although none are in flying condition at present. We will look at the science and technology involved, the political and strategic demands of the time and the romance of a special design.

Future Activities

U3A Open Gardens 23 June – Update by Kath Gifkins

Thanks to those who have already come forward to open their gardens for this event. To date we have several gardens opening in Newmarket and Cheveley, with one each in Soham, Isleham and Ashley. Some gardens are large, some small and some are still 'works in progress'. Come on Burwell, we know the U3A is well represented there too.



© K Gifkins

We would like more in all locations, particularly in Newmarket's surrounding areas, to make travelling there even more worthwhile. You don't need to be a member of the garden group, have a perfect garden, (we promise the weed police won't be involved), garden size doesn't matter, only a willingness to offer an opportunity for your fellow members to get together before indoor meetings start once again.

The current plan is that gardens in Newmarket will open between 10 a.m. and midday, with those in the surrounding areas between 2 p.m. and 4 p.m., giving those opening their gardens a chance to make a visit too.

Please contact Kath gifsmrs@gmail.com or 07752578389. Final details of where you can visit in the next E-News.

Recipe for Cook Off Friday (21 May at 11.00 a.m.)

Lemon Drizzle Traybake

Denise has chosen a recipe she has used many times, from Mary Berry's Absolute Favourites©.

Equipment

30 x 23cm/12 x 9in tray bake or roasting tin (to make 16 slices)

Ingredients

225g/8oz baking spread, straight from the fridge, or butter at room temperature, plus extra for greasing

225g/8oz caster sugar

275g/10oz self-raising flour

2 level tsp baking powder

4 free-range eggs

4 tbsp milk

2 lemons, zest only

1 heaped tsp very finely chopped lemon verbena (optional)

For the glaze

175g/6oz granulated sugar

2 lemons, juice only

Preparation method

1. Preheat the oven to 180°C/160°C Fan/Gas 4. Grease the tin with baking spread and line the base with baking paper.
2. Measure all the ingredients into a large bowl and beat for 2 minutes or until well blended. Turn the mixture into the prepared tin and level the top.
3. Bake for 35-40 minutes until the cake has shrunk a little from the sides of the tin and springs back when lightly touched with a fingertip in the centre of the cake.
4. Meanwhile, make the glaze. Mix the granulated sugar with the lemon juice and stir to a runny consistency.
5. Leave the cake to cool for 5 minutes in the tin, then lift out, with the lining paper still attached, and place on wire rack set over a tray.
6. Brush the glaze all over the surface of the warm cake and leave to set. Remove the lining paper and cut into slices to serve.

Tips

1. It is important to spoon the glaze on to the cake while it's still warm so the lemon juice soaks in properly.
2. Lemon balm works well as an alternative for lemon verbena if you can't get hold of any, or you could use finely chopped lemon thyme leaves.
3. This traybake can be stored in an airtight container for 3-4 days and frozen for up to a month.



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