

u3a NEWMARKET

E-News



From The Chair - Tim Young



Dear Members,

I make no apologies for starting yet another message with a photo including me; this really is a big moment which signifies what we all hope is to come in the next weeks and months. You may know that I am a drummer and play in a band called Little Band in the Corner. (See page 7 for the BBQ notice!) This photo was taken on Sunday 25 July and is at Burwell Museum Open Day where we were playing our first gig for eighteen months. An exciting but also rather

frightening moment. However, to be out in the open with others enjoying communal activity was something really special; a reminder of how things used to be.

Now, I know we are not out of the woods yet, by any means, and I for one am quite happy to proceed slowly and carefully – ‘more haste, less speed’! But we are now considering plans for August and September and these will be revealed in due course as arrangements are concluded. Remember it is not just our U3A that has to be satisfied with the plans, but also our venues who must decide if and when they can host us again. Some arrangements appear in this E-News, others will come a bit later.

As I write, it is the morning of AGM day, and I think this would be an appropriate place to thank the members of your Executive Committee who are stepping down today, having served their terms of office. Firstly, I wish to thank Barry Coles who stepped down in April for personal reasons. His contributions to the committee were many and varied, from checking our policies were up-to-date to helping build exhibitions. Kath Giffkins has been Vice Chairman recently but previously was Membership Secretary. In her roles she has worked with members and with the venues where we meet, keeping your meetings organised and ready for you. Rosemary Foreman will be best remembered for her years as Secretary, a complex role for which she had amazing skills. Grace Crump has been our Charity co-ordinator and has ‘spread our wings’ into new territories in the locality. Steve Garner has been the guy producing these E-News publications, an essential task in recent times and one which he has carried out brilliantly. Finally, Chris Timmins took over from me as Website Editor and has brought the website on hugely, making it the essential medium that we have been using throughout the pandemic.

Although these members are stepping down from the Executive Committee today, they are not leaving us entirely, and have kindly agreed to continue to carry out some of the tasks that are so essential to maintain the vibrant U3A throughout the coming days.

So, there is much to do! Let us hope that the weather will allow us to enjoy the summer and the many activities that we will be restarting.

Tim Young

Chairman

Latest News: Group Activities

Antiques – Niddy Walpole

We will be meeting up with David Palmer on 1 September. We are waiting for confirmation to determine if this will be by Zoom or at Tesco's Community centre.

Carpet Bowls – Alan and Kath Gifkins

We are awaiting confirmation from Exning Road Club that we will be able to resume on 9 September. Those of you planning to go to Potters in November will receive an email in the next couple of weeks, confirming your balance and when it is due.

Camera Group – John Herring

The Camera Group has continued with its monthly on-line photo competitions. Our June competition on the theme of 'Life on the river' did not finish in time for inclusion in the Moving Forward publication, but our winner was Chris Timmins with her photo 'Swanee River'. The runner up was Barry Coles with his photo 'Morning on the Cam'.

Our July competition on the theme of 'This made me smile/laugh' was won by Gordon Duthie with his photo 'I may be buried up to my neck but I can still welcome you to the Troll trail'.

Gordon explains 'It was taken in 2011 on Mount Floyen, just outside Bergen. In the woods a so-called 'Troll Trail' has been set up. The figure is about 5 or 6 feet high'. Our runner up with his photo 'and now I can't do a thing with it' was John Timmins, with his photo of a bedraggled Robin after a visit to his bird bath.

Congratulations to Gordon and John.

Our competition in August will be on the subject of 'Horses'. In September we will hold a special competition to find a photo to grace the Newmarket U3A Christmas card. This will be open to all Newmarket U3A members, not just Camera Group members.

June's winner: Chris Timmins



© C Timmins

June's runner up: Barry Coles



© B Coles

July's winner: Gordon Duthie



© G Duthie

July's runner up: John Timmins



© J Timmins

Cook Off Friday – Niddy Walpole

July's winner was AnneMary Robinson, using Kath Gifkins' suggested recipe for Flapjacks. AnneMary chose choux pastry, either savoury or sweet as her suggestion for a future event; the recipe will be available later. There isn't a meeting in August, but, fingers crossed, we hope to meet face to face at Ashley Pavilion on Friday 17 September 10.30 a.m. to 12 noon, with Welsh Cakes. The recipe will be on the website.



© AnneMary Robinson

Drama, Model Making and 2nd Tuesday – Tim Young

We wait to see if the venues will be open for face-to-face meetings in September. I am sorry that notice might be short, but we are in the hands of others for our returns to our various venues!

Garden – Kath Gifkins and Rosemary Foreman

The talk on Hostas, originally planned for July, will now take place on 15 September. The meeting will start at 2.30 p.m. at the Exning Road Club. If these arrangements need to be altered the changes will appear on the website and will be emailed to those for whom we have addresses.

We have been busy putting together a programme for the next year which we hope you will enjoy and have our fingers crossed that there will be no more lockdowns.

History – Niddy Walpole

There isn't a meeting on 6 August. September's talk will be **Chronicles of the real East End**, which hopefully, subject to confirmation, will be at the Exning Road Club.

I have set a challenge for History members for the October meeting, but I am happy to have others join in, if you are interested in churches.

The project is to find a tomb of interest, either locally, or when you are out and about. Take a photo and write about whose tomb it is, and what they did and when. Your text should be no more than one side of A4. Email it, and the photo to me. There are also short articles to read and the occasional quiz to try, on the [website](#).

MOTO (Members On Their Own) – Rosemary Foreman

It is hoped that the first meeting of the new Group for members who live on their own will be held on Thursday 19 August at 11.00 a.m. at The Stable, Newmarket. However, it is not yet certain that they will be open on that day, so please contact me just before then if you intend to come.

The plan is that with cups of coffee to sustain us, we will be discussing ideas for visits/activities and drawing up a programme of events - so come and join us and have your say!

Music Appreciation – Mike Jocelyn

This YouTube video is possibly the last one before we all meet in person. It highlights many images taken from the [Camera Group](#) web page, with the permission of the photographers. Hopefully the right image is connected to the right person.

The music is Mendelssohn's incidental music for A Midsummer Night's Dream. Click the following link and enjoy.

https://youtu.be/GU5_9bq7q6w

M3A Music – Tim Young

This group only met twice before the lockdown began in March 2020, and met in the care home in Kentford. Until we see what take-up there might be, and whether this is still a viable group, the meetings are on hold.

Realm of Books – Margaret Jocelyn

For many months now, I have lost count how many, the Realm of Books have been holding their meetings as Zoom sessions. Although it has not been quite the same as it was before, we have made the most of it and many of us have benefited.

For July, the selection was the travel/history book by William Dalrymple 'City of Djinns: a year in Delhi'.

For August the chosen book is 'Murder of a Lady' by Anthony Wynn, which is a Scottish crime mystery.

As I write this, I am keeping all my fingers and toes crossed that we will be able to meet up once again in person in September, to discuss another novel 'Music and Silence' by Rose Tremain.

Anyway, I have provisionally booked our room in All Saints Church, but as we all know by now, nothing is certain these days, and to quote Father Benjamin Franklin (1789) '..... in this world, nothing is certain except death and taxes'. Full reviews of our chosen books can be seen on our website under [Covid-19 Book Group for each month](#).

Hope to see you soon.

The History of Science – Alison Giles

The Group is taking a break in August, and then we will be meeting at the Whipple Museum for a one-off visit at 11.30 a.m. on Wednesday 15 September. **(Please note that this is the third Wednesday rather than the second, due to having other commitments during the previous week).** Details for the visit will be available closer to the date.

We will then return to Zoom and to 11.30 a.m. on the second Wednesday of every month to look at a new selection of objects. New members are always welcome, please email Alison on are26@cam.ac.uk to be added to the list.



Front entrance to the Whipple Museum

Wings, Wheels & Water – Tim Young & Stephen Garner

There isn't a meeting in August. The programme of talks will commence again on 6 September. If face-to-face meetings have been restarted by then, we shall be in Exning Road Club, if not we shall be on Zoom and you will be sent the link a few days before. If you do not generally attend but would like to on this occasion, please email Tim for the link.

We are delighted to welcome a visiting speaker, our History Group co-ordinator, Niddy Walpole, to talk about 'The Development of Stage Coach Travel'. Viewed from today, stage coaches appear to look a romantic way of travel, but the reality was often quite different.

Please look on our [Group Page](#) on the U3A Website for the programme up to December.

Speaker Meetings – Trish Newell



23 August 2021 at 2.30 p.m., via Zoom – a link will be sent by Email



Sarah Doig

The A to Z of Curious Suffolk

“The A to Z of Curious Suffolk” romps through the rolling countryside and along the shingled coastline of Suffolk, unearthing a curious, alphabetical cornucopia of strange and mysterious facts about the county. Is the supposedly ancient game of dwile flonking quite so old? What did writers like Pepys and Defoe say about Suffolk cheese? And which tower was probably just built to curry favour with the monarch? These stories and more will appeal to Suffolk die-hards and newcomers alike.

Sarah Doig is an independent historical researcher and author. She is also a popular speaker on local and general history. As well as having written for a number of local magazines, Sarah has had several books published by The History Press and Amberley Publishing. These include “The A-Z of Curious Suffolk”, “The Little History of Suffolk” and “A-Z of Cambridge: Places, People, History”.

(Photograph courtesy of Sarah Doig)

Additional Activities

U3A Open Gardens – Kath Gifkins and Rosemary Foreman

As 23 June dawned it was fine and sunny for our first Open Garden event. Some 14 brave gardeners, not all participants in the Garden Group, agreed to open up for visits by members and their friends, once they had been reassured that there would be no visits from the ‘weed police’.

The event proved to be a success with some gardens being visited by up to 40 people and resulted in at least two new members being recruited. The only negative comment we received was that there was not enough time to visit all the gardens, which were spread over most of our catchment area.



Ann Cant's garden -
Isleham



Eve Graham's garden -
Isleham

The majority of those opening their gardens were delighted by the response and were enthusiastic about opening up again, should the event be repeated. It has yet to be decided if this could become an annual event but hopefully it can be included in our calendar sometime in the future.



Rosemary Foreman's garden - Cheveley

Annual General Meeting 2021

The 2021 AGM was held on Monday 25 July, as required under the terms of our constitution. In fact, it was only nine months since the last AGM, but the committee had determined that the meeting should be returned to its regular place, on the last Monday of July. Given the circumstances surrounding the COVID-19 restrictions it was decided to hold the meeting on Zoom once again. The AGM Working Group performed its magic once more, and all the papers were sent to members by email or by hard copy. Arrangements were made for all members to respond, to vote and to pose questions. All the documents can be found on our website under the [AGM tab](#).

Six members of the retiring committee were eligible to stand for re-election and these were returned unopposed. There were no further nominations. Members standing during the 2021/2022 year are: Di Angus-Smith, Cheryl Bampton, Joanne Garner, Trish Newell, Stephanie Ellington, and Tim Young. Roles and responsibilities will be decided at the first Executive Committee meeting following the AGM. However, members will have noticed that the Executive Committee has lost half its membership. **If you would like to offer your services for the furtherance of our U3A do get in touch with any committee member.**

Tim Young Chairman

Membership Renewal

Please remember to renew your membership, due on 1 August each year. Complete a 2021-2022 Membership Form for each individual member, available on the [Join Us page](#) of the website, and please sign up for Gift Aid if you can - every little helps support your U3A.

In case it helps, a membership form is also attached to the email that you received, bringing you this edition of E-News.

If you are going to join us for the Moving Forward BBQ (see the next page) you could always bring your form and payment with you!

Your Groups and their co-ordinators

Hopefully normal life is returning and we will soon be able to resume all our Activity Groups in person. However, a number of Group co-ordinators have stepped down from their role since we were last able to meet face-to-face and, unless others are willing to take over, **we will not be able to continue to run these groups.**

At present we urgently need co-ordinators for the following groups: **Antiques, Lunch Group, and Mah Jong**, and of course for any new Group that members would like to see set up. The Executive Committee supports Group co-ordinators as much as possible: we book and pay for venues, and add details of meetings to the website and current E-News.

There will be a social gathering of Group co-ordinators and members of the Executive Committee to resume old friendships and form new ones, and to discuss any arising issues (details to be circulated shortly.) If you would like to take over as a Group co-ordinator, please don't hesitate to contact me either at skle2@cam.ac.uk or on 01638 731131.

Stephanie Ellington Groups Liaison

Join Our Moving Forward BBQ

We will be officially marking the new U3A year, and the restarting of face-to-face meetings by holding a BBQ*. *Participant numbers are limited, so please book early to avoid disappointment.*

Date and Time: Wednesday 8 September 2021

Arrive from 1.00 p.m., food from 1.30 p.m. Close at approximately 3.30 p.m.

Venue: The Five Bells, 44 High Street, Burwell, CB25 0HD. (Covered area available.)

Entertainment: Live music from 1.45 p.m., with Ian Garmston and Little Band in the Corner

Menu: Please select from the following options, and notify us about specific dietary requirements.

- **Hot food:**
 - Burger: choose either beef or vegan option
 - You can also choose one additional item from: sausage, chicken wings, or ribs
- **Side Salad:**
 - Choose either a pasta or potato salad
- **A drink on arrival:**
 - Choose one from: Carlsberg, IPA, red or white house wine, soft drink

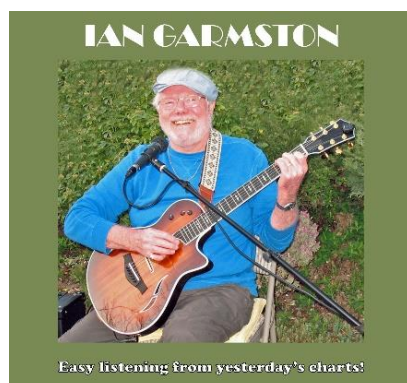
Cost: £10.00 per person, includes food and a single drink of beer, wine or soft drink on arrival. The bar will remain open for anyone wishing to purchase further drinks.

Booking and payment: Booking must be made with Kath Gifkins, by email or post, supplying your details, menu selection, specific dietary requirements and payment by cheque made payable to Newmarket U3A.

(Kath Gifkins, 9 Wyndham Way, Newmarket, CB8 7DS. email: gifsmrs@gmail.com)

Alternatively, payment can be bank transfer to Newmarket U3A, using Sort Code 30-95-96, Account Number 01368345, and adding your surname followed by the letters BBQ, as the reference.

All bookings and payments must be made by the end of Tuesday 24 August



Once payment is received your details will added to the participants list. On arrival at the BBQ, you will be 'checked off' the list, and issued with a ticket for your food and drink. If arriving by car, please park in roads or public car parks.

*Subject to any COVID-19 restrictions that may be in place at the time.