

u3a E-News

NEWMARKET



From The Chair - Tim Young

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Dear Members,

Here is another photo representing how I am benefitting so far from relaxation of the national lockdown. It was taken on 2 May this year at the Shuttleworth Collection. Wings, Wheels & Water members will know that I am an aeroplane fan, particularly of those from the early years of flight and it was a delight to attend a special, socially distanced air show for the first time in more than a year. *(For those who need to know,*

the upper aircraft is a Tiger Moth from 1931, from DeHavilland, and the lower is an Avro Tutor, from 1929, designed by Roy Chadwick, later designer of the Lancaster and the Vulcan.) I hope you are also able to delight in the resumption of your favourite activities.

As I write, we are looking forward to the next level of relaxation, with our fingers firmly crossed, and planning how and when activities can recommence. At present it seems as if some of our Groups may well be able to start in July and August, but we are planning our reopening for September, when we hope all our groups will be able to meet face-to-face. To celebrate this, we are planning an afternoon barbecue, probably on Wednesday 8 September. Put the date in your diary: it will be a great afternoon for us all.

Our July E-News is to be replaced by a special edition publication, delivered to all as a hard copy – no searching on line this time. In this current E-News, our Chair of the Publicity sub-committee has set out the plans. I do hope you will contribute to this special marker for Newmarket U3A, as we emerge from the pandemic. *(Please see page 7 for details of how you can contribute.)*

Tim Young

Chairman

The Spirit of U3A

One of the basic philosophies is that U3A is run for its members by volunteers, and that is exactly how Newmarket U3A has always worked. Every year members step forward to take on jobs so that the organisation can flourish and members can, in U3A words, 'learn, laugh, live'. *(Continued over page)*

2021 Annual General Meeting

In the next few days, you will receive the official notice of our intention to return this year's AGM to its traditional time of year. This will be held by Zoom on Monday 26 July at 2.30 p.m. All the information you need to take part in the AGM will be distributed electronically and by post, as it was in 2020.

Six members of our Executive Committee will be retiring at the AGM, having worked hard on all our behalves for up to six years. We shall need new Executive Committee members to take up the reins. The actual responsibilities that each member may have are decided at the first committee meeting, so no-one signs up to a specific role. I realise that it may seem a daunting prospect but it really isn't; we all work together to do the things that need to be done

Running Our Excellent Interest Groups

Over the past 16 months, while we have not been able to meet regularly, life has gone on and some of our Activity Group co-ordinators find themselves unable to continue to lead their group. So, we are seeking new co-ordinators; without them the groups cannot continue. It is not an arduous task but is very rewarding. Shortly we shall be publishing a list of the groups seeking new co-ordinators. Perhaps if you have enjoyed belonging to that group, you might consider, perhaps with others, taking on some of the organisation: it is straight-forward and there are people to help.

Maybe you would like to discuss either of these situations. My phone number and email address are at the bottom of this article. I should be happy to talk things through and give you some more detail about the various roles and how things work

I do hope you will consider helping us to continue to run an exciting and vibrant U3A and to provide our present broad range of activities for all our members.

Tim Young Chairman (Phone: 07766396303: email: tim_young@live.co.uk)

From Group Liaison – Stephanie Ellington

In order to be able to update our list of current Group co-ordinators, please could any co-ordinators that have not been receiving my e-mails let me know at either skle2@cam.ac.uk or by phone on 01638 731131.

Latest News: Group Activities

Antiques – Niddy Walpole

The next meeting will be on Wednesday 2 June at 2.30 p.m., with our usual 2 x Zoom format, and again hosted by David Palmer.

There will not be any meetings in July or August. We have our fingers crossed however that we will be back at the room in Tesco for our September meeting. If we aren't able to meet there, David's presentation will be via Zoom.

Carpet Bowls – Alan and Kath Gifkins

If all goes to plan and restrictions are lifted, we have been told that Exning Road Club will be open for business on 1 July. We will contact all regular members of the group once we have definite plans for restarting. Meanwhile if there is anyone out there who fancies giving carpet bowls a go, please get in touch.

Camera Group – John Herring

With COVID-19 restrictions it has been a challenge to find monthly subjects which still allow most members to participate every month. The subject for May however was **'Garden Wildlife'** which has been one of the more difficult themes. After a hesitant start, we had a healthy collection of quality entries. Congratulations go to Barry Coles for his winning photograph, 'Sparrow Hawk at lunch in the garden'. Barry took his photo of this occasional visitor to his garden with a telephoto lens from about 6 metres away, whilst the Hawk tucked in to its lunch of pigeon. The runner up was Phil Boggie with 'Hello'. The subject for the June challenge will be **'Life on the River'**.



© B Coles

'Sparrow Hawk at lunch in the garden'



© P Boggie

'Hello'

Cook Off Friday – Niddy Walpole

June's recipe is for blue cheese biscuits, chosen by Chris Timmins, and can be found at the end of this edition of E-News, and on the [website](#).

The winner of May's Cook off Friday was Grace Crump with a very well-presented cake, decorated with lemon slices. We all loved the very tasty cake, and Annemary gave a lovely tip to make your own slices of lemon for topping by heating them in the sugary glaze. Grace's choice of recipe will be Welsh Cakes, for us to try in September.



© G Crump

Kath Gifkins has chosen flapjack for July's recipe, and we shall be meeting face to face in Ashley Pavilion. Do come along and join us. More details will appear on the [website](#).

Drama – Tim Young

The Drama Group has soldiered on throughout the pandemic, meeting on Zoom every month except for a couple last summer when we were briefly allowed to meet outdoors. However, with the postponement of our local U3A day, and the drama performances planned, the group has decided to take a little break as members are finding Zoom rather frustrating as a creative medium. We aim to restart in September.

We are not idle though, and are currently looking through appropriate scripts that the group might tackle, which are complete plays, not excerpts as we have been using. Plays come in assorted styles and lengths so we are seeking something appropriate to our cast and of a suitable length – maybe half an hour. Over the past year the group has sadly lost several members so we are on the lookout for new recruits. Let me assure you now – no-one has to learn lines!

Facebook – Nigel Day

Due to the COVID-19 restrictions a challenge has been keeping in touch with people and telling them about what you have been doing. The planned special edition publication is going to do this retrospectively, but the U3A Facebook group has already provided this opportunity throughout the pandemic. For example, I have done a 300-mile bike ride, raising money for Cancer Research UK. Being unable to chat about my adventure over coffee at U3A meetings, I have instead posted updates about my progress on the [Facebook page](#). This has helped me by not only keeping a record of my activity but also raising awareness for my chosen charity. If you want to learn more about my exploits, you'll be able to read more in the special edition publication.

Meanwhile, why don't you consider joining the Facebook Group and contributing your own activities or thoughts, or even just comments on the posts of other members. The 61 members are a pretty active bunch with plenty of suggestions for places to visit, information on plants that our intrepid explorers have come across, baking tips and suggestions and event reminders. They are usually all accompanied by a great selection of pictures and advice. Why not join in the fun?



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The only criterion is that you are a Newmarket U3A member. Simply apply on Facebook, approval is usually the same day. Share your fun and thoughts with others and share in their experiences too. You can be as active or passive as you like but we do look forward to welcoming some new faces on the group – could you be one of them?

French Conversation – Alison Giles

We are beginning to meet in person again at Burwell Museum on the third Thursday of the month, 2 p.m.-3.30 p.m., but there is still an Email option for those who do not want to come out yet. Contact Alison on education@burwellmuseum.org.uk for more details.

Garden – Kath Gifkins and Rosemary Foreman

We have a speaker in place should the group be able to meet on 21 July. She is Melanie Collins from Mickfield Hostas in Stowmarket, who will be giving us '**A Fresh Perspective on Hostas**'. The meeting will be confirmed nearer the time by Email or phone. Meanwhile why not visit a garden or two on 23 June? *Details can be found on page 6 of this E-News.*

History – Niddy Walpole

Over the last few months of national lockdown, the History Group researched museums of their choice that fell within an hour's journey of Newmarket.

A great big thank you to Chris Timmins whose clever fingers have put a google map on the [History web page](#) with each of the 12 museums flagged. Click on this and you find information for each museum. I hope that you may be feeling like small trips out and about, so this may help you decide where to go. Also, a big thank you to Angie Harrison who collated all our work and transformed it into the same format.

Music Appreciation – Mike Jocelyn

In expectation of one day soon being able to resume meetings, and to encourage new members to try out classical music, the YouTube link below will introduce you to the Music Appreciation Group. When that happy day arrives, we would love to welcome new, and of course our regular members to one of our programmes. Just click on the link: <https://youtu.be/s3yeqW9QiCU>

Lunch Group – Brenda and Mike Hastings

It is with regret that we have to announce that due to health reasons we are no longer able to continue as co-ordinators for the Lunch Group. To enable the group to carry on we do of course need a willing member, or members to take over as soon as possible in order for the group to continue.

Please contact Stephanie Ellington (skle2@cam.ac.uk) if you are prepared to be the co-ordinator. If required we are ready to assist anyone who is willing to take up the post of Lunch Group co-ordinator, or please give us a call if you are considering this position but would like more information. We thank you all for the support you have given us in making this such a successful group and we hope to join you on as many occasions as we can in the future.

Realm of Books – Margaret Jocelyn

Our more serious book choice for March, 'Being Mortal' by Atul Gawande, was followed by a piece of fiction by Richard Osman, 'The Thursday Murder Club'. This was given mixed reviews by our readers but as someone described it, 'it was a bit of a lark' which was true, as it was an unlikely set of happenings in a retirement village where four of the residents tried to solve unsolved murder cases from the past, until a couple of real ones happened! For May we read 'Where the Crawdads Sing' by Delia Owens, which looked to be an interesting and unusual piece of literature, but I'll say more in the future. Full reviews of our chosen books can be seen on our [website](#) under COVID-19 Book Group for each month.

The History of Science – Alison Giles

Last month we talked about the sunshine recorder and climate science, with an update on earthquakes. The next meeting will be at 11.30 a.m. on Wednesday 9 June, and will cover the Mars globe, other globes and maps. After that we are looking for requests – you can search the museum collections using the link below. Please let Alison know if there is anything which particularly interests you. Contact Alison on are26@cam.ac.uk for Zoom links or more information.

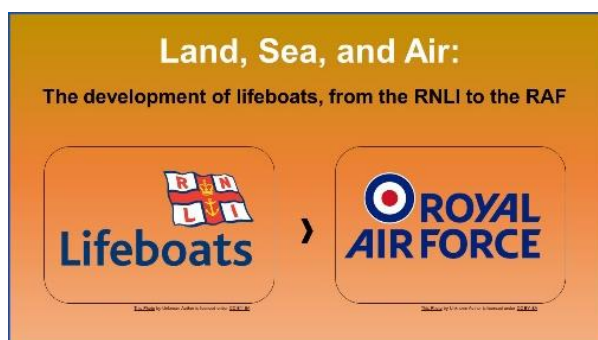
Search using: <https://collections.whipplemuseum.cam.ac.uk/objects/>.



© The Whipple Museum

The Mars Globe

Wings, Wheels & Water – Tim Young & Stephen Garner



The presentation on 7 June will be by Steve, with the title of '**Land, Sea and Air: The development of lifeboats, from the RNLI to the RAF**'.

Steve will look at how developing technology, particularly with engine design, enabled the change from early 'pulling and sailing' lifeboats to the latest big, bright and hi-tech RNLI rescue vessels we now see at coastal towns. He will also remind us that not all lifeboats are launched from the land, indeed some are

launched from ships, others from oil rigs and even the RAF has played a role, as well as having their own land-based boat in Aberdeen.

We anticipate completing this year's programme via Zoom, but circumstances permitting, we hope to re-convene face-to-face meetings at the start of the new U3A year, in September. We are currently planning a varied programme and are delighted to say that due to the continued success of the group and support of its members, we will be expanding to having three regular presenters, and occasional additional contributions.

Walking – Rosemary Foreman

With the easing of restrictions and, hopefully, some warmer weather, Kath and Alan are planning on leading a walk in the Ashley/Cheveley area on Wednesday, 9 June, meeting at 10.30 a.m. at Ashley Pavilion. By then, we should be able to have lunch afterwards, at the New Wellington, so get those boots out and get some practice in!

Speaker Meetings – Trish Newell

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



A Schoolgirl's War Mary Smith

Mary Smith was a secondary school headteacher until 2014 and has recently produced a book entitled 'A Schoolgirl's War'. This tells the story of school life in the south during WW2 and features the recently discovered and exquisite art work of a WW2 school art teacher. She set out to document in paint and pencil the lives of school children and their teachers as the war unfolded. I don't think there is a similar collection of paintings anywhere. Her work features in paint the disrupted schooling, air-raids, doodlebugs, and underground lessons in shelters which were experienced by so many children.



Mary's talk includes a selection of these paintings, together with some anecdotes from wartime pupils.

(Photographs courtesy of Maidstone Girls Grammar School and Mary Smith)

Additional Activities

U3A Open Gardens 23 June – Kath Gifkins and Rosemary Foreman

Mark this date in your diary – Your opportunity to visit up to 14 of our members' gardens.

Large and small, works in progress and established, there is something for everyone. The gardens are in various locations in Newmarket and the surrounding villages. Some open in the morning and others in the afternoon, some will also be offering refreshments.

Entry into the gardens is free and you are invited to take along a friend who need not be a member of the U3A. Why not make a day of it, now you can?

For a full list of gardens along with opening times: Please contact Kath gifsmrs@gmail.com or phone 01638 610535, or Rosemary rofore22@gmail.com, phone 01638 730072.

Can you help with our Special Edition publication?

We are all looking forward to a sigh of relief as national lockdown comes to an end. But, as well as enjoying the additional freedoms, how about helping the Publicity Team put together a special hard copy Newmarket U3A publication called '**Moving Forward**', to be delivered during July? It will be magazine-style, not an E-News format, as we want to celebrate with all of you the success of Newmarket U3A in communicating with and helping its members throughout the past 12 months.



There will of contributions from our committees and co-ordinators, but most of all, we would love to hear what you, as non-committee members have been doing to keep yourselves interested and involved. Have you been developing new interests, learning new skills, being creative with your time and maybe releasing that photographer, artist, poet or author from within? Maybe you have been participating in on-line activities, courses or competitions? Have you taken on a new pet for company or exercise? Whatever it is, we would love to include contributions from the entire membership.

We want '**Moving Forward**' to celebrate the resilience of spirit and inventiveness of the membership. You can if you prefer, submit something anonymously, but if you have your own pictures as well, we'll try and include them. We look forward to your contributions. Please submit them to us via our email u3anewmarket@gmail.com by **Tuesday 15 June**. If you need help, or assistance please do not hesitate to contact me (Nigel Day) at the u3anewmarket email and I will do my best to assist.

(Although there won't be a July E-News, you can always keep updated by discussion with your colleagues, and by viewing the website, which contains articles on [Group activities](#), [Events](#) and a [Calendar](#) page enabling you to plan your month ahead.)

Recipe for Cook Off Friday (18 June at 11.00 a.m.)

Adapted from a recipe by ©Nigella Lawson from her book 'How to be a Domestic Goddess'.

Blue Cheese Biscuits (makes about 30)

Nigella uses Cashel Irish Blue Cheese, but use ANY robust but crumbly, creamy cheese, blue or otherwise.

- 175g blue cheese, crumbled**
- 100g unsalted butter, softened**
- 1 large egg yolk**
- 175g plain flour**
- Pinch of salt** (depending on saltiness of cheese)
- 2 baking sheets, lined**



Mix the cheese, butter and egg yolk together and then work in the flour, and the salt if you're using, just enough to form a soft dough. Form the dough into a fat disc, wrap it in cling film and put in the fridge for 30 minutes or so to rest before it's rolled out.

Preheat oven to 200°C/gas mark 6.

Dust a surface with flour and roll out your cheese pastry to a thickness of about half a centimetre. Cut into whatever shapes you like, square, round, stars, etc. and cook for 10 minutes, by which time they'll be crisp at the edges and puffy in the middle. Remove to a wire rack to cool.