



Spring time is just around the corner! We feature the Walking Group striding out on a sunshine walk in Ashley, during June 2021. Hopefully we shall soon be out again in similar weather.
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WALKING GROUP

We continue to have a good attendance with some twenty members joining us each month.

Future walks are planned as follows, all starting at 10.30am:-

APRIL: Cavenham Heath, Tuddenham - lunch at Tuddenham Nurseries, IP28 6SQ

MAY: Wicken Fen - lunch at the Cherry Tree, Soham

JUNE: Bradfield Woods, IP30 0AQ - lunch at the Rushbrooke Arms, Sicklesmere

LUNCH GROUP

Lunches are planned as follows, all meeting at 12.00 noon for lunch at 12.30pm:

9 March: Mangiare, Newmarket

13 April: The White Horse, Exning

11 May: The Village Inn, Witchford

CHANGES IN OUR U3A

Two important matters

Firstly, you may recall some two years ago we introduced the monthly E-News as the pandemic struck and lockdowns were introduced. The aim, largely successful, I think, was to ensure that we remained in touch with all our members when there were no longer regular meetings. This was always intended to be a temporary measure and so the time arrived for us to reconsider. After considerable discussion in the Publicity Subcommittee, who actually produce the E-News, as well as the Executive Committee, who make the final decisions, it has been decided that E-News will revert to the **bi-monthly format** originally used for our newsletters. We will still supply a printed version to all our members who have not supplied us with an email address.

Secondly, the Executive Committee and the Resources Subcommittee have been examining our finances, and particularly the membership fees, which have remained at £10 for some years now. Costs have risen considerably in this time and we are determined to follow our philosophy of ensuring that minority interests and smaller groups can be supported to continue to provide for our members. Following extensive discussion it has been decided to hold a Special General Meeting on 25 April 2022, just before the Monthly Speaker Meeting.

Full details of this are on page 5

MOTO: Members on their Own

On 17 March we will be visiting The Ark Church, Isleham, a £4 million pound timber-framed building, built by the members when the congregation out-grew its 19th century chapel in the village. It took over 10 years to build and is believed to be the largest structure in Europe built in modern times from green oak. The size of this project meant that a sawmill had to be built first in 2009 to enable extra-long beams to be cut.

Please be at the church by 11.00am

The following activities are being planned but are subject to confirmation:

27 April - 2.00pm: Suffolk Regimental Museum followed by tea at Glasswells, 01284 749317

20 May - 2.00pm: Fuller's Mill Gardens, West Stow

16 June - 2.00pm: Burwell Museum

HISTORY

Our group continues to meet, as usual, at Exning Road Club at 2.30pm on the first Friday of the month. Our plans, so far, are as follows:

4 March: Three very profitable East Anglian crops of times long gone by: Hemp, Flax and Opium.

1 April: The Tiptofts; a famous medieval family with connections with the village of Burwell.

6 May: The development of Guilds from their start in the Middle Ages.

3 June: NO MEETING on Jubilee Weekend.



ANTIQUES

We are continuing to meet at the Racing Centre, in Fred Archer Way, at least until the summer term, as the Tesco Community Room remains closed. Our meetings, on Wednesdays, at 2.30pm, are as follows:

2 March, 6 April, 4 May, 6 July

NOTE, no meetings in June due to the Jubilee weekend, or in August

VILLAGE LIFE

We continue to meet in the meeting room at Burwell Museum on the first Tuesday of the month.

By the time this newsletter arrives we will have discussed the windmill and museum on the **1st of March** and will be looking forward to finding out more about communication on the **5th of April**, shopping on the **3rd of May** and Jubilee celebrations on the **7th of June**.

HISTORY OF SCIENCE



Sessions continue to be very well supported on Zoom and we looked at Botany last month. At 11.30am on the 9th March we shall be looking at GLOBES, followed by the LEECH STICK and the HISTORY OF MEDICINE on the 13th April. On the 11th May we shall look at SCIENTIFIC TOYS.

New members are always very welcome. To be added to the list contact Alison on:
education@burwellmuseum.org.uk
or 07855 184549

REALM OF BOOKS

We meet at All Saints Church on the fourth Friday of each month at 2.30 pm. Please do come along and join us. A full list of the books can be found on the website or a copy can be obtained from Margaret by phoning 01638 615252.

As we move into March, with hopefully some warmer weather on its way, the Realm of Books group looks forward to continuing with plans for the rest of this year.

DISCUSSION

Discussion Group has been welcomed back to Newmarket Day Centre for our meetings on the third Tuesday of the month starting at 2.30pm.

Our February discussion centred on the challenge of sustaining green policies to combat global warming in the wake of drastic rises in the cost and restricted availability of carbon based energy sources, gas, oil, etc, which we now import from all over the world.

Last year there was a certain pride in the leadership stance being promoted by the UK hosting the COP climate conference, but now the realities of pursuing these policies seem expensive and uncomfortable.

Our discussions change every month depending on what is topical and interesting. If you have something you would like to discuss in a convivial group over a cup of tea or coffee, please contact one of the group coordinators:

John Herring - 01638 744332
or Ann Lay - 01638 731520

In January we came up with a varied timetable for the books that we will be reading each month, and we are hoping to meet up at some point for a lunch at one of the local hostelrys.

In February we started off with the novel "The Crossing Places" by Elly Griffiths.



Elly Griffiths: Copyright © Elly Griffiths 2020

This will be followed on the **25th March** by "Wish You Were Here" by Jodi Picoult, which was chosen partly because it portrays someone facing isolation due to the Covid situation.



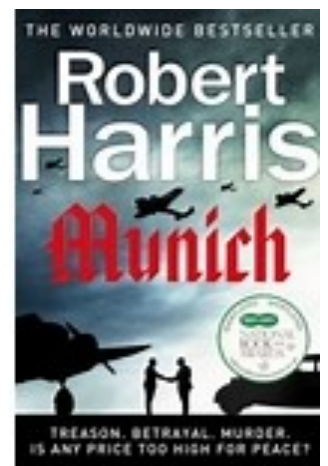
Jodi Picoult © Copyright 2020



22nd April will be "The Dig" by John Preston regarding the discovery of the burial ship at Sutton Hoo.

For the **27th May** we have chosen "Munich" by Robert Harris, which opens up with a

debate reviewing the worth of the maligned Prime Minister, Chamberlain.



MUSIC APPRECIATION

Due to storm Eunice we were unable to meet in February so our programmes jump forward a month. Our next Music Appreciation get together will be on **Friday the 18th March** when we should see better weather, longer daylight hours and lots of members. Any new U3A members are very welcome to join us for a taster.

We hope members will feel comfortable to come to our meeting at 2.30pm in the well spaced bar area of the Exning Road Club and enjoy tea or coffee with a relaxing video presentation entitled: “**One Hit Wonders**”. **Music from composers remembered mainly for just one musical offering**. The most obvious of these is **Pachelbel** and his **Canon**. Written in around 1696 it has stood the test of time. Now, some 300 years later, there are versions for every occasion.



Another one is **Henry Litolff**. (You can enjoy a Silesian folk tale of knights and a fair maiden with a sting in its tail).

Then **Gustav Holst** and the **Planets** suite and **Max Bruch's** violin concerto (a regular top choice on Classic FM Hall of Fame).

Friday the 15th April is Richard's choice of **Scandinavian composers**, in particular **Sibelius** and **Greig**. This falling on Good Friday surely by then we will see a lovely warm period of Easter weather. Keep an eye on our **U3A Group page** for further details.

For **Friday the 20th May** Judy is preparing a programme relating to ‘**Places**’. A mix of music relating to the subject, for example ‘*Wedding Day at Toldhaugen*’, ‘*Steppes of Central Russia*’, etc. By now we will be well into a lovely Spring. Again keep an eye on our **U3A Group page** for further details.

ANNUAL SUMMER OUTING



IT'S BACK: The Newmarket U3A SUMMER TRIP

After two years of Covid restrictions we are delighted to announce that the Summer Outing is back this year. And better still, we have managed to reschedule our fascinating dual transport journey by steam train and paddle steamer.

Once at Bures we will join the train for a gentle trip through the rolling Norfolk countryside. Arriving at Wroxham, we shall board the paddle steamer ‘Southern Comfort’ after lunch for a leisurely journey along the broads.

Monday the 20th June. Put this date in your diary.

Times and prices will follow when confirmed.

NOTICE OF SPECIAL GENERAL MEETING: 25 APRIL 2022

Notice dated 8th March 2022

NEWMARKET U3A

Dear Member,

I write to invite you to attend a special general meeting, called by the Executive Committee of Newmarket U3A, at 2.30pm on Monday the 25th April, to be held at EXNING ROAD CLUB, to consider the following proposal:

The Executive Committee of Newmarket U3A intends to raise the annual membership subscription from £10.00 to £12.50, as of the 1st August 2022.

The AGENDA for this meeting is as follows:

1. Welcome by the Chairman
2. Apologies for absence
3. Consideration of the **PROPOSAL TO RAISE ANNUAL MEMBERSHIP TO £12.50**
See the explanation below.
4. Vote on the adoption of the proposal
5. Any Other Business of particular relevance and urgency
6. Close of the SPECIAL GENERAL MEETING

There are a number of reasons for this proposal:

1. The annual fee has remained at £10.00 for some years now, while costs have steadily increased. These include room hire, fees to the Third Age Trust, and licenses and insurances required for us to function legally.
2. During the years of the pandemic we had little income, (the Executive Committee having decided that it would be unfair to charge during the pandemic), but still had expenses as described above.
3. Our philosophy differs from many U3As; we function as one unit rather than independent interest groups. This means that we can support the smaller groups, allowing minority interests to continue.
4. Newmarket U3A owns and maintains equipment required for the various groups. This has to be maintained and replaced as necessary.

This is an important event for our U3A and we hope very much that you will be able to attend. If you are unable to attend, please send apologies and any comments to the Chairman and they will be presented to the meeting.

Yours faithfully,

Tim Young

Chairman, Newmarket U3A

Please respond to the Chairman, either via the CONTACT page of the website or on 07766 396303

CAMERA GROUP

The theme of our February challenge was 'Birds'. We had a good number of entries to judge at our meeting on Monday the 7th February. We had joint winners this month. Andy Cogan with his 'Swans' and Barry Coles with his 'Heron' photo.



Andy Cogan: 'Swans at Gibraltar Point'

Andy's photo was taken at Gibraltar Point, a national nature reserve just south of Skegness, run by Lincolnshire Wildlife Trust. Andy was in a viewing hut by one of the meres, when these amorous Swans came by. In order to save the swans' blushes, Andy waited until they had finished their most intense canoodling before taking his photo.

Barry Coles: 'Heron at Osterley Park'

Barry's photo 'The Heron' was taken on a 2017 Newmarket U3A trip (remember those?) to Osterley Park, a Georgian estate now in the boroughs of Ealing and Hounslow, dating back to 1570, the first Elizabethan period. Barry doesn't report whether the Heron had just arrived or was about to leg it when he shot this photo.



Congratulations to Andy and Barry. In March the theme of our challenge is '**Symmetry**', whilst in April our theme is '**Something Fluffy**'. Instead of a meeting in May, due to the bank holiday, we are hoping to have a trip and photography day to Lavenham, Suffolk.

MODEL MAKING

Model making began as an element of 2nd Tuesday, a monthly session offering various activities. Unfortunately, it suffered during the pandemic, being one of those groups that doesn't really translate onto digital media. However, now it is back at 10.00am. We would like to broaden it to include crafts of any type that can be carried out on a table with the basic tools that you can carry.

Come and make something!

COOK-OFF TUESDAY

We continue to enjoy trying old favourite recipes from members of the group.

In our last meeting we all made Liane's easy cheese muffin scones - a delicious, quick savoury recipe.

At our next meeting, which is on the **8th March**, we will be tasting our versions of Ann's '**Maids of Honour**'.

'MAIDS OF HONOUR'

RECIPE:

Make the shortcrust pastry as follows:

2 oz butter (or 1 oz Stork and 1 oz lard)

4 oz self-raising flour

Work the fat into the flour until it resembles fine breadcrumbs, then add a little water to make a dough. Roll it out and cut rounds to line 12 well-greased muffin tins. (Alternatively just buy ready-to-roll pastry).

For the filling: 2 oz margarine 2 oz sugar 1 oz desiccated coconut 1 egg

Grated rind and juice of half a lemon

Cream the margarine and sugar, then stir in the coconut. Add the well-beaten egg and the lemon juice and rind. Mix thoroughly. Half fill the pastry cases and bake in a quick oven for 15 minutes.



GARDEN GROUP



Spoiled for Choice!

Here we see Garden Group members, spoiled for choice: what to buy from the selection of plants provided by Mickfield Hostas who visited our Interest Group?

This is just one of the many talks and demonstrations we present regularly for our group members.

For the gardeners, Hostas are a specific type of perennial plant, which come in all shapes and sizes, generally with green leaves, but sometimes with bluish tinges.

WINGS WHEELS & WATER

The Group continues to meet in person at the Exning Road Club. In response to members' suggestions this year has seen us broaden our range of presentation styles, content and format. The social aspects of our meetings will be enhanced by changing from taking refreshments at the end, to having an interval during which members can enjoy their tea or coffee and a chat.

We started 2022 with a film show covering Grafham Water, the Liverpool to Manchester railway and the current Spitfire exhibition at the Imperial War Museum at Duxford, all representing aspects of Wheels, Wings and Water.



Our April
and June



presentations will look at past, present and future aspects of transport. The London Underground, including the new Elizabeth line will be the focus of April's meeting. June will see us glance into the future of transport and how we might move around as part of our leisure and work activities. **Due to the Bank Holiday, there won't be a meeting in May.**

The WWW Group page on the U3A website is updated each month and contains details of future meetings. If you don't have internet access, simply contact the co-ordinators or other Group members for information.

CARPET BOWLS



The photo shows Carpet Bowls members, eager to start playing for the new season in their first post-lockdown game. Hoping of course to repeat their triumphant victories of last season's competition at Potters Holiday Camp.

SPEAKER MEETINGS

Speaker Meetings are the flagship events of our U3A

Every month, usually on the last Monday of the month at Exning Road Club, we present an afternoon's entertainment which includes an interesting and entertaining talk or presentation from a carefully selected outside speaker. Our Speaker Secretary collects recommendations from various sources, which provide a wide variety of styles and topics that will interest everyone, before putting these before the Executive Committee

Our February speaker was Horry Parsons, seen here clutching a brick as he tells us absorbing tales from his time as Project Manager for the company building the Millennium Tower for Bury St Edmunds Cathedral. His talk covered the time from the first abbey 500 years ago to the topping out ceremony in the year 2000.

Who would have thought that bricks and scaffolding could have been so fascinating and amusing?



Horry Parsons & the Millennium Tower: Copyright © Tim Young 2022

AND: it is all free to our members - no admission charge and free refreshments

You can't afford not to be there!

Future Talks & Presentations:

Mon 28 March: **David Smith will bring us the history of finger printing.** As well as the history, his talk covers the use of fingerprinting in crime scene investigations and recollections of his career.

Mon Apr 25th: **Dr Stephen Ashworth; "Lasers – the light fantastic".**
All you wanted or needed to know about lasers. Stephen's talk includes demonstrations of laser lights.

Mon May 30th: **Paul Barwick "The White Mouse".** Paul is a retired police officer with a background in national intelligence and security. His talk tells the story of Nancy Wake a WW2 spy, who became one of the most decorated Allied women of the war.

Mon Jun 27th **Amanda Sutherland - Part One - MY CREATIVE JOURNEY.** An exciting career journey through film, television and theatrical costume design with an insight into running a successful accessories business. Amanda talks about her career journey working as an assistant costumier, A stunning display of headdresses and accessories completes this award winning presentation. Afterwards the gift shop will be open for members to browse the latest collections of Amanda's own label, with the opportunity to buy a range of fabric, jewellery and eco accessories at a members group discount.

APRIL 2022			
GROUP MEETINGS			
DAY/DATE	TIME	GROUP	VENUE
Friday 1st	2.30pm	History	Exning Road Club
Monday 4th	10.30am	WWW	Exning Road Club
	2.30pm	Camera	The Racing Centre
Tuesday 5th	10.30am	Village Life	Burwell Museum & Windmill
	2.30pm	Art Appreciation	The Racing Centre
Wednesday 6th	10.30am	Walking	Caddenham Heath, Tuddenham
	2.30pm	Antiques	The Racing Centre
Monday 11th	2.30pm	Scrabble	The Racing Centre
Tuesday 12th	10.00am	2nd Tuesday	Exning Road Club
	10.00am	Model Making/Crafts	
	11.00am	Cook Off	
Wednesday 13th	11.30am	History of Science	Via Zoom
	12.00pm	Lunch	The Wheatsheaf, Exning
Thursday 14th	10.30am	Carpet Bowls	Exning Road Club
GOOD FRIDAY Friday 15th	2.30pm	Music Appreciation	Exning Road Club
PUBLIC HOLIDAY Monday 18th	10.00am	Executive Committee	Scotsdales, Fordham
Tuesday 19th	2.30pm	Discussion	Newmarket Day Centre
Wednesday 20th	2.00pm	Garden	Exning Road Club
Friday 22nd	2.30pm	Realm of Books	All Saints Church
Monday 25th	2.30pm	Special General Mtg Speaker Meeting	Exning Road Club
Tuesday 26th	2.00pm	Rummikub	The Racing Centre
Wednesday 27th	2.00pm	MOTO	Suffolk Regimental Museum
Thursday 28th	10.30am	Carpet Bowls	Exning Road Club

MAY 2022

GROUP MEETINGS

DAY/DATE	TIME	GROUP	VENUE
BANK HOLIDAY Monday 2nd	- TBA	WWW Camera	Cancelled Possible visit to Lavenham
Tuesday 3rd	10.30am 2.30pm	Village Life Art Appreciation	Burwell Museum & Windmill The Racing Centre
Wednesday 4th	10.30am 2.30pm	Walking Antiques	Wicken Fen The Racing Centre
Friday 6th	2.30pm	History	Exning Road Club
Monday 9th	2.30pm	Scrabble	The Racing Centre
Tuesday 10th	10.00am 10.00am 11.00am	2nd Tuesday Model Making/Crafts Cook Off	Exning Road Club
Wednesday 11th	11.30am 12.00m	History of Science Lunch	Via Zoom The Village Inn, Witchford
Thursday 12th	10.30am	Carpet Bowls	Exning Road Club
Monday 16th	10.00am	Executive Committee	Scotsdales, Fordham
Tuesday 17th	2.30pm	Discussion	Newmarket Day Centre
Wednesday 18th	2.00pm	Garden	Exning Road Club
Friday 20th	2.30pm 2.00pm	Music Appreciation MOTO	Exning Road Cub Fuller's Mill Gardens
Tuesday 24th	2.00pm	Rummikub	The Racing Centre
Thursday 26th	10.30am	Carpet Bowls	Exning Road Club
Friday 27th	2.30pm	Realm of Books	All Saints Church
Monday 30th	2.30pm	Speaker Meeting	Exning Road Club

NEWMARKET u3a *Face to Face*



ABOVE: MOTO (Members on their Own) enjoy sun and scenery

BELOW: Camera group choosing the winners



ABOVE: DRAMA rehearsal. The group is currently 'resting'

In the summer of 2021 the lockdown began to be lifted and our groups began meeting *Face to Face* again. All the pictures on this page were taken after the pandemic, when face to Face really became a significant time. Of course it didn't all happen at once and we are still moving forward. Things are changing: some groups, (e.g. Drama) have ceased to function at present, while others are running with renewed energy.



ABOVE:
The inevitable tea and coffee:
An integral part of every group meeting, and yet now a great opportunity to meet members, to chat, to exchange stories, to enjoy the company of others



ABOVE: 2021 Summer Barbecue - a celebration of the freedom to meet