



September Magazine 2023

St Ives (Cambs) u3a



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Message From the Chair:

Weather is often the topic of conversation in the UK. This summer the weather has been much wetter than normal. Whilst we have been wet, we have not been subject to the high temperatures that many places in the world have experienced this year, often with fatal consequences. I hope wherever you chose to go on holiday this year you had a problem free visit. Meanwhile in St Ives on a wet July Monday our u3a Uke-Troupe took part in a radio Cambridgeshire outside broadcast. Well done to all who took part.

Due to changes in his personal circumstances our Group coordinator, Ian Greaves, has resigned his post. I would like to thank Ian for all the hard work he has put in during his time on the committee.

We now have several posts to be filled within our u3a: A group coordinator to act as a link between the committee and our group leaders. If you are interested, I have a job description I can send you. Second, someone to book speakers for our monthly meetings. If you are interested the current occupant of the post can brief you. We also require at least two people to share the role of Webmaster. The third age trust will soon be changing the software used to build our website and our current Webmaster would like to take the opportunity stand down after many years in the post. If you are interested in any of the posts, please contact me. Please remember that we are a self-help group and we need a constant supply of volunteers to keep running.

If you have not yet been to one of our monthly meetings please come along. You may be surprised. Over the last few months, we have had some very interesting and lively talks, see the article on page 3 by our Speaker Organiser.

As ever, please contact me if with your ideas, complaints or with anything your committee can help you with.

Brian Gilmour

chairstivesu3a@btinternet.com

Open Meeting Programme

Date	Subject	Speaker
Sept. 14 th 2023	A history of gardening in Britain	Nigel Start
Oct. 12 th 2023	House of Spies	Roger Leivers
Nov. 9 th 2023	Tips on Scams & Cybercrime	Nigel Sutton

**All open meetings are held at The Corn Exchange, St Ives.
1.30 for 2.00 start**

A Speaker Organisers Year

The year started with an unusual speaker format where Cathy Shelbourn gave us several short accounts of maritime heroes as selected from her pack of cards. The year continued with a musical insight into Gilbert & Sullivan.

March saw us learning about the toxic effects of arsenic and how Cornwall was the world's biggest exporter of the substance as well as the tragic accidents that occurred when arsenic could be mistaken for sugar!

April's speaker gave us an insight of life in the 1960 decade which many of us could relate to. Then the next months followed with the history and origins of the travel company Thomas Cook and the rise and fall of seaside resorts since 1750.

July saw what many members have suggested was one of the best presentations for many years, a talk by Martin Orkin on "The Beatles Story" with many music extracts which got feet tapping and even some singing.

The latest speaker so far this year was the author Philip Caine who gave us an insight into his career that took him from Barrow to Baghdad and how this led to him becoming a well-known author of the Jack Castle and Shackleton Blister series of books.

Coming this month is Nigel Start giving us a “History of Gardening in Britain.” October it is Roger Leivers with “House of Spies” which has local interest as the house referred to is in Godmanchester.

In November we have a return visit from Nigel Sutton from Cambridgeshire police giving tips on scams and cybercrime, this time he will be in person and not on Zoom.

December will see a departure from the normal speaker meeting with our own members from the musical and singing groups providing some pre-Christmas entertainment that everyone will be able to join in.

What of 2024? already booked is a return visit from “The Banjo Man” this maybe our last chance to catch his performance as I believe 2024 will be his retirement year! Another returner is Robin Bletsoe this time with his “New Zealand Gardens” talk.

Also booked is an ex-Wimbledon umpire and by request a further visit from Martin Orkin with some more stories from the 60’s music scene.

P.S. remember the committee is still looking for a speaker organiser, or maybe more than one, to take over this position! If anybody is interested, please see me at the next Thursday open meeting.

John DeFries, Speaker Organiser.

A Message from our Treasurer

GIFT AID

As a registered charity, for every £1 donated by a taxpayer, we are entitled to claim 25p from HM Revenue and Customs. Every year a claim is made but we need to make sure that everyone who has filled in the Gift Aid form is still paying tax and anyone who has not filled in a form, but is now paying tax, fills in the form.

If anyone finds themselves in either of the above situations please contact our Treasurer, Pat James at

TreasMemStIvesCambsu3a@outlook.com

or telephone 01480 381204.



News and Views from around the Groups

Outings Group Leaders – Wendy Wagstaffe, Lydia Harris, Pam Medlicott & Sue Belcher (call Sue Belcher 01480 497592. Strictly only to be used by members with no Internet).

For outings booking procedure see Page 7

Thursday 21st September 2023

Cromer - Holt and Cromer with End of Pier Show tickets

Morning coffee stop in delightful Holt. Half hour drive to Cromer allowing time for lunch for or picnic. (Own cost)

Matinee
show tickets
for 2.30pm
performance.

Show ends
5.30pm.

Theatre
tickets still
available.

There are
also a few
coach seats
only for
those who

just want a day in Cromer.

We think this is at least our fifth visit and has always proved very popular.

Cost £36 including ticket for the show.

Cost only £17 just for the coach journey should you prefer to do your own exploring all day.

Driver's gratuity included in either cost.



**Wednesday October 11th Best of Braintree
Braintree Museum and Warner Textile Archive (am)
Melford and Melford Hall (NT) (pm)**

Arrive Braintree Museum for short guided introductory talk prior to looking round the museum.

Then short walk to Warner Textile Archive where you will receive a talk on Silks and Velvets for Royalty. Tea/Coffee and cake will be served on arrival at the Museum.



This is followed by a short drive to Long Melford and Melford Hall (NT) which is on the High Street and has tearooms.

Longest high Street in England, two and a half miles!

Time to explore!

Cost £44 NT members.

Non NT £52.

Lunch not included . Coach and driver's gratuity included



**Friday 24th November 2023 Knebworth House
Christmas Fair**

Over 250 stalls in the Halls and marquees packed with gifts and festive food.

Cost £25 which includes coach and entry to the fair. Driver's gratuity also included.



Booking Procedure for Outings

PLEASE DO NOT PAY FOR TRIPS BEFORE YOUR BOOKING HAS BEEN CONFIRMED

Bookings can be made at Open Meetings, through the St Ives Cambs. u3a web page, or call Sue Belcher 01480 497592 (Strictly for members with no internet)

When booking a trip on the web page, click on the blue envelope which can be found either on the top right of the Outings Group on the St Ives web-page or at the very bottom depending on whether you are using a laptop or iPad /iPhone.

Please **DO NOT** click on 'CONTACT' at the very top of the page. **ALWAYS BOOK BEFORE PAYING.**

All bookings will be confirmed.

BACS payment preferred please, either online or by going into your branch

Payment online details: - St Ives (Cambs) U3A Social Account Sort code: 40-16-08

Account: 74557352

Ref: U3A membership number and

trip name

If no alternative, cheques to be made payable to: St Ives (Cambs) U3A Social Account

Payment to be made at least a month prior to the trip. (Bookings made within a month should be paid ASAP)

Reports from recent Outings.

Lyveden NT and Holdenby House

Another double bill that was enjoyed but our over enthusiastic guide at Lyveden caused many to miss their lunch slot unfortunately.

Made up eventually by tea and cake at Holdenby. Impossible to plan timings when guides have no sense of urgency.

Wendy



Coughton Court NT

Blessed with sunshine

I visited Coughton Court several years ago in torrential rain, thankfully this day was much better. The gardens delighted all and the perfume from roses and lavender was a heady mix.



Although the property is relatively small its history and connection with the gunpowder plot is well documented. Due to roof renovation, we were unable to visit the top floor rooms but the guides were more than happy to fill in the gaps.

More garden signage would have helped and the current lack of maps is a continuing problem. We are blithely instructed to take photo of the garden plan, assuming all our group are capable of doing this. I was pleased to see Lyveden did provide maps so perhaps my complaints are bearing fruit. Don't hold your breath.

Wendy

Walsingham

9th June followed my East Ruston Vicarage Gardens. A long day but worth it

Walsingham really struggled to find a guide in this region. Eventually found one who had a vast amount of knowledge and enthusiasm but wanted to share it ALL when really, we wanted to 'look'. I often wish I had a zapper when we consider enough is enough!

Our afternoon visit to the Old Vicarage at East Ruston was a peaceful haven of delights a real feast for the eyes. A long day but satisfying, blessed with superb weather

Wendy



Theatre Group Group Leaders – Ron & Kathy Meadows

I decided to take on organising U3A Theatre trips, never having done anything like this before, it was a challenge!

I have to say I was worried to start with, will I choose the right things, that people want to see? Here we are now with Trip 3 happening on 13th September, when we are going to Southend to see Sister Act. The booking is now closed so if you want to go on this trip you would be added to a waiting list.

I couldn't have chosen a worse day for our first trip! It was going to Milton Keynes to see Sleeping Beauty Ballet. It was on 19th January, the day that St Ives traffic ground to a halt! You couldn't get into St Ives town! Unfortunately this meant that one person completely missed the trip, and another couple drove to Milton Keynes and met us there. It was a lovely ballet which 45 us enjoyed.

The second trip was also to Milton Keynes, no dramas on that day luckily with 49 people attending, we saw The Mousetrap. Charming play, we are sworn to secrecy about who did the Murder!

Our fourth and final trip for this year is on November 29th and is to Thursford Christmas Spectacular. It is always a wonderful show well worth seeing. Tickets still available cost will be between £65 and £70. Please can I ask that you take a few minutes to look at the booking procedure which is explained on Theatre Trips page on U3A St Ives [Cams} website.

We also display it at the monthly meeting.

I'm now thinking about what to go and see Jan /Feb time!

Something to look forward to after Christmas! Seems mad sitting here melting at the moment!

I would so like to hear from you about what you would like to see, any suggestions welcome.

Please email me kathymeadows@hotmail.co.uk or text me on 07713 403257

Kathy

Wednesday 13th September Sister Act Cliffs Pavilion at Southend Matinee performance

There are just 3 seats available. Cost for the theatre seat, coach seat and driver's gratuity is £46.50.



We also have 5 spare seats on the coach, so if you would like a visit to Southend on 13th September please let me know. **Coach only cost will be £15.50**

Wednesday 29th November Thursford Christmas Spectacular

We also have a few spare tickets to the **Christmas Spectacular at Thursford** on 29th November. I know it is very early to think about Christmas, but these tickets sell out really fast and we had to get them in January! The cost for the Theatre, coach and driver's gratuity will be **between £65 and £70**



It is always a Fantastic Christmas Show which never fails to please.

GUITAR CLUB

Following a year of sore fingers, hard work and laughter, Guitar Club held its last meeting under the leadership of Brian Barnes. During the final session, each member of the group performed a song of their choice and others joined in as appropriate. There were many highlights of this session but mention must go to Joy Cooper who re-wrote a Bob Dylan classic with appropriate new lyrics. These lyrics can be seen on our U3A web page. The group thanked Brian with a voucher for one of his favourite restaurants. From September the group will continue to meet monthly, to support each other, under the leadership of Jayne Westlake. If you already play guitar and need encouragement to play more often...contact Jayne!

Jayne Westlake



Elementary Italian Group - Group Leader Ann Jackson

The Elementary Italian Group is looking to welcome new members. We meet on Thursday mornings from 9.30-11.00 usually in café locations around St Ives or in one of our homes. We began as beginners approximately 3 years ago meeting on Zoom for at least a year. Currently our comprehension skills exceed our conversation skills which we are seeking to improve now we meet face to face. We have worked through the two BBC Talk Italian books and currently use BBC Buongiorno Italia as our core text, supplemented with Easy Italian Reader and Internet resources. If interested please contact Ann Jackson on the Groups page of the website.

Sketchbook Art Group Leader – Barry Tankard

There are four vacancies for new members of Sketchbook Art Group, please contact Barry Tankard through the contact button on the group page which can be found on the u3astivesgroups@gmail.com web page.

Singing For Pleasure - Group Leader-Anna Cherkas



‘Singing For Pleasure’ was started several years ago with a few founder members- most of whom are still with the group- and has gone from strength to strength since then- around 40-45 members at each fortnightly session.

Our repertoire is varied- musicals old and new, country and western, the old crooners, songs from the 40’s and 50’s and requests if the sheet music’s available... all accompanied by our wonderful pianist John- we couldn’t do it without him!! No audition is necessary, our only restriction is governed by the capacity of the Hall, so there’s no waiting list at the moment.

A warm welcome awaits - the feel -good factor is always there after the session- and not just from the excellent refreshments at half-time!

Anna Cherkas

News from Uke-Troupe

We have had a very busy time recently. Back in April we were once again invited to take part in the Rotary Voices concert at Brampton, held to raise funds for their charities. We continue to play every other



month at Warboys Day Centre, and have also been to Over Day Centre. During July we played at four different venues in the area for the various branches of the Hunts Blind Society.

We continue to meet at the Methodist Church twice a month and have recently moved to the upstairs room which has much



better acoustics for playing and singing. We are very grateful to Mark who continues to lead us, planning our sessions each time and making sure we all come in together at the beginning of a song.

If you were at the groups fair in June, you will have heard us playing there, and if you tuned into Radio Cambridgeshire on 24 July, you will have heard us playing live from the town centre on their morning show.

Unfortunately, we had to retreat indoors due to the wet weather, and they had some technical issues on the day which meant the sound cut out during a song,

but it was good fun to do. Our next big event is the Ukulele Festival in St Ives Corn Exchange at the beginning of October when we will be taking to the stage during the day, along with several other ukulele groups from the area.
Joy Cooper



The Pétanque group – Group Leader Ron Meadows

The Pétanque group meets every Tuesday morning at 10.30 in Needingworth Village Hall Car Park. We currently have nearly 60 members and have just invited 6 people to join us from our waiting list. We normally play in two teams of three on each pitch, each player having boules. Our pictures show players in action and volunteers laying extra gravel to improve the pitches.



We have a break at about 11.30 when we meet in the village hall for refreshments and to put the world to rights.

Some of the group are going to Potters at Hopton to enjoy the facilities there and we are planning a Christmas lunch. We have 11 people on our waiting list.

Indoor Bowls Group Leader – Barry Ward

The 2023/24 Indoor Bowls Season will start with two free taster sessions on Wednesday 20th September and Wednesday 27th September, both starting at 4.20pm until 6.15pm. The sessions are held at the Huntingdon Indoor Bowls, Club, St.Peters Road, Huntingdon, PE29 7DA (www.huntsbowls.co.uk). All you need is to bring along some flat soled shoes to change into - all other equipment and coaching will be provided. If you want to join the Group sessions will start on Wednesday 4th October at 4.20pm and you will need to join Huntingdon Indoor Bowls Club for a fee of £35 and it is then £4 a session thereafter. The Club promotes a dress code which is grey trousers/skirts and a mainly white polo style shirt. Any jumpers/coats etc should also be mainly white. Ideally bowling shoes should be worn but trainers are acceptable provided that do not have a ridged sole and are mainly flat. Group members will be expected to comply with the dress code. If you are interested in attending either, or both, of the taster sessions and or wanting to join the main group please contact Barry Ward on barry.ward30@hotmail.co.uk to register your interest.

Interest Group Update

1. Intermediate German

There are a couple of spaces still available within the Intermediate German group, which meets on the 1st and 3rd Tuesday afternoon of the month, 1.30 to 3 pm. If you have reasonable German, even if rusty (say, from O-level days), and fancy dusting it off in a friendly environment, please contact Bruce (contact details below).

2. Spanish Beginners

At the Group Fair a couple of members asked if we could get a Spanish Beginners group going. This will depend on interest amongst u3a members. The group would need to be run by one or more individuals in the group, although guidance is available from those running the existing Spanish Conversation and Upper Intermediate Spanish groups. Please contact me if you are interested.

Bruce Hanworth Assistant Groups Coordinator
bruce.hanworth@gmail.com

Library newsletter

Your local Library helps to serve the community in many ways:

Engage events coming up which are FREE. The events can be booked in advance as they usually get booked up. Donations appreciated. Tea/Coffee and biscuits supplied.

6th September 2pm - 4pm: History of RAF Wyton.

4th October 2pm - 4pm: History of Ramsey Abbey

1st November 2pm - 4pm: History of Hemingford Manor House

New book clubs on Saturday morning:

Sci Fi Fantasy - start 11am, 1st Saturday in the month

Reading group - start 10.30am, 2nd Saturday in the month

Shelf Indulgence - start 10.30am, 4th Saturday in the month

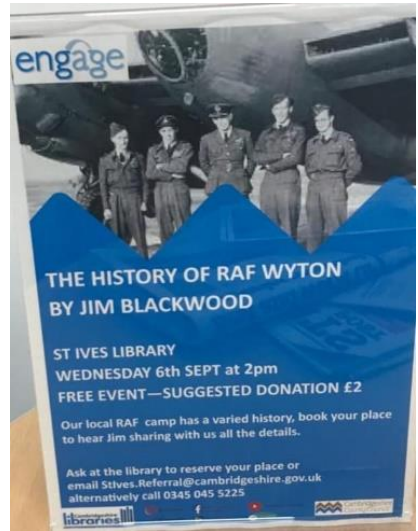
Second Wednesday in the month:

Reading Bunch - start 2pm.

Bus pass renewals or applications for a new bus pass. You can book an appointment for this brilliant FREE service at the front desk.

Cambs Hearing Test and Battery Check. By appointment only, held in the meeting rooms, 2nd Wednesday of the month 10am till 12 noon

Health Check Blood pressure and BMI check. 2nd Wednesday of the month 10 till 4pm. By Appointment only.



Lego Club. Grandparents can bring their grandchildren along to the Lego club where there is a room provided full of Lego for the children to make. We can display some of the models in the library display cabinet near the front door. The next Lego club is on 16th September, then 21st October, 18th November, 16th December. Cost is £1. The Club is held 10-11.30am and 2-3.30 pm.

We also have a very large selection of jigsaw puzzles which are free. Just pick some up and return them when you have finished with them. Great to alternative watching TV.

Art Club. Lots of fun for children. First Saturday of the month 10am till 12 noon. Cost is £1.00.

Looking forward to seeing you in your wonderful local Library.

Jeff Heather

If you are interested in joining a group, becoming a group leader, or have an idea for a new interest group, speak to Brian Gilmour, Chairman, at the open meeting or contact him by email: chairstivesu3a@btinternet.com or telephone: 07984487226

Our next issue will be a Reminder for October. Any items for inclusion to be with the editors by 17th September please.

Your Committee

Chairman – Brian Gilmour
Treasurer – Pat James
Secretary – Sheila Louth
Vice-chairman – Roy Moyser
Membership Secretary – Pat James
Beacon Organizer – Joy Cooper
Reception – Jeff Heather
Reception – Gill Heather
Group Coordinator – TBA
Assistant Group Coordinator – Bruce Hanworth
Theatre Trips – Kathy Meadows
Outings – Wendy Wagstaffe & Lydia Harris
Newsletter – John & Sue Ralph

St Ives U3A Groups

Full details of groups (including venues) are available on the Groups page of the St Ives U3A website: <https://u3asites.org.uk/st-ives-cambs>
The information here has been compiled from the website by Bruce Hanworth (Assistant U3A Group Coordinator). If anything is incorrect, please contact him at bruce.hanworth@gmail.com).

Groups	
Art Appreciation – Your Way	Needlecraft
Badminton	Outings
Birdwatching Group 1	Painting for Pleasure
Birdwatching Group 2	Petanque
Canasta	Philosophy
Country Dancing	Poetry
Country Walks	Science & Technology
Cribbage	Scrabble
Current Affairs	Shakespeare Appreciation

Digital Photography	Singing 4 Pleasure
French Intermediate	Sketchbook Art
French Advanced	Social Outdoor Bowls
German Intermediate	Spanish Conversation
Greetings Card Making	Swedish Beginners
Guitar Club	Table Tennis 1
Indoor Bowls	Table Tennis 2
Italian Improvers 2 (Elementary)	The Painters
Italian Improvers	Theatre Trips
Italian Intermediate	Tuesday 12 Book Club
Leisure Walks	Uke-Troupe
Local & Social History	
Music Appreciation	

Information on times can be found on St Ives Cambs. Website
<https://u3ast-ives-cambs>