Update

Autumn 2018

www.saffronwaldenu3a.org.uk

Inside:

Mah-Jong resurgence
Ferry 'cross the Mersey
Would I Lie To You?
Keeping Fit with U3A
Back from Extinction

Saffron Walden
Registered
Charity
No 290670

U3A
THE UNIVERSITY OF THE THIRD AGE

AGM
3 Sept

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Open Meetings:

every 3rd Monday at the Bowling Club (except August & December), doors open 2:15pm. Come and enjoy the refreshments, some socialising and the raffle before the talk starts at 2:45pm approximately.

See page 9 and Dates for your Diary on page 26

Editorial

‘Autumn that year painted the countryside in vivid shades of scarlet, saffron and russet, and the days were clear and crisp under harvest skies’.

Yes you’ve guessed it, it’s the autumn edition of Update and novelist Sharon Kay Penman’s words make a perfect introduction for us - bearing in mind that summer is still going to be with us for a while yet, hopefully.

So, as autumn and the AGM/Registration Day approach, so a new year beckons for the Saffron Walden U3A. Our annual subscription remains at £10, so we hope this will encourage you to register with us again and continue to enjoy the many activities that the Saffron Walden U3A has to offer, and perhaps consider joining a new group and learning a new skill whilst making new friends.

We introduce new visual and editorial ideas into Update regularly, but if we don’t hear from you then we don’t know if you like them or not. We only received 1 email in the correspondence section this issue - see page 21, so please email me with any thoughts or comments you wish to make, good or bad - I’d love to hear from you.

I visit many groups in my capacity as Editor and am always so impressed by how enthusiastic all the class members are. This enthusiasm stems from people doing something they enjoy with people they like, surely this is what makes our U3A the special organisation it is today.

Jim Dwyer, Editor

Would I lie to you? How would you answer? See our version on page 20

Cover: The falling leaves drift by my window, the autumn leaves of red and gold

There are 3 hedgehogs hidden in this issue, see if you can find them. The first three readers to email me with the answers will get a mention in the next issue. jim_dwyer@btinternet.com

Chairman's Report

Greetings to you all, with hopes that you have all been enjoying the long, hot summer. A gentle reminder to you that our AGM will be on Monday 3rd September at The Baptist Church in Saffron Walden, and that the annual subscription fee is to remain at £10 for a further year, with thanks to our Treasurer for making this possible.

The new renewal form is enclosed with this issue of Update, and new members who are eligible for Gift Aid are requested to ask for the appropriate form for signing. Again, many thanks to all our co-ordinators for continuing to do a magnificent job, plus a request for more volunteers to become co-ordinators.

There is also a demand for tutors for various classes, specifically Italian, French, German and Writing for Pleasure.

Our membership is still expanding, as is the number and variety of groups. Anyone with ideas for a new group will be given all possible help to set it up. This is **YOUR** U3A so get involved! This includes perhaps offering to join the Committee, several members of which will be standing down at the AGM. We welcome, and need, new blood and fresh ideas.

Alan Nicholls, Chairman

Treasurer's Report

Our organisation continues to grow and our treasure chest remains healthy! As a result, we have managed to hold our membership fee down to £10 for yet another year. Membership fees and Gift Aid are our only sources of income. If you are a taxpayer and have not already done so, please sign up so that we can reclaim Gift Aid from HMRC.

A big thank you to all the Coordinators who help me by collecting money promptly from their groups. To help the Coordinators do that, could I make a plea to all members who sign up for these classes, we need your money at the start of each term. If you don't pay in I cannot pay out!

Please don't forget to make all cheques payable to Saffron Walden U3A. Thank you.

Ann Treglown, Treasurer

Saffron Walden U3A Committee

As in previous years, the existing Committee will resign before the AGM and Registration Day on 3rd September 2018 and a new Committee will be elected.

In the meantime, if you need to contact an existing Committee member please refer to the last edition of Update or the website for email addresses and telephone numbers.

The positions below remain unchanged.

Update Editor	Jim Dwyer	01799 521524 07531 115160	jim_dwyer@btinternet.com
Website Manager	Martin Hugall	01799 527805	website@saffronwaldenu3a.org.uk

Potential New Groups

Violin – Please contact Ann Worthing if you are interested on 01799 530983 or worthingann@icloud.com

Bell Ringing – Please contact Trevor Reynolds if you are interested on 01799 599414 or reynolds.stairs@gmail.com

Mandarin – we have someone who is willing to teach this, please contact Ann Cousins for details

Food and Drink – this is just an idea at present, possibly split into separate groups for drink, recipes, sampling etc. If you are interested please contact Ann Cousins

Darts, Dominoes, Whist – If anyone is interested in forming either of these groups, then please contact Ann Cousins, details below.

If you have an idea for a new group, please contact Ann Cousins 01799 219072 or cous.anns@gmail.com

Class Co-ordinators

Class	Co-ordinator	Telephone	Email
Art 1	Esther Rawlings	01799 520203	egerawlings@greenbee.net
Art 2	Mary Lewendon	01799 526463	marylewendon10@icloud.com
Art Appreciation	John & Alison Forster	01799 540982	jsforster6@gmail.com
Ballroom & Sequence Dancing	Pauline Palmer	01799 502560	pauline.palmer3@ntlworld.com
Bird Watching	Christine Taylor	01799 501886	christine.e.taylor@ntlworld.com
Bridge	Beryl Ihm	01799 502512	berylihm@virginmedia.com
Bridge Beginners	Linda Jackson Jane Guy	01799 540269 01763 838912	lindajacko@aol.com jane@warrenfarm.com
Choir	Joan Shadbolt	01799 516585	joanshadbolt@hotmail.co.uk
Computer Club	Gerald Gardner	01799 500543	gerald.gardner@ntlworld.com
Craft	Penny Maystre	01799 501262	pennymaystre72@hotmail.com
Cribbage	John Trueman & Christine Taylor	01799 541288 01799 501886	joandjohnt@btinternet.com christine.e.taylor@ntlworld.com
Drama	Gill Williamson	01799 524947	gill.e.williamson@gmail.com
Easy Riders Cycling	Colin and Anne Taylor	01799 543127	colinandannetaylor@live.co.uk
French Conversation 1	Ginny Eley	01799 742348	ginnyeley@hotmail.com
French Conversation 2	Isobel Jones	01799 522552	isobel.jones@talktalk.net
Gardening	Jo Ware	01763 838654	josphine580@btinternet.com
History Byways	Eleanor Bullough	01799 524783	eleanor.bullough@gmail.com
Indoor Bowling	Grahame Wilmott	07922 187361	grahame.wilmott@btinternet.com
Keep Fit	Helen Verity and Lynda Sawkins	01799 550408 01799 521022	helenmverity@btinternet.com roysawkins@waitrose.com
Latin 1 & 2	Alex Reeve	01799 522818	alex_reeve@hotmail.com
Line Dancing	Sheila French	01799 530364	sheilamfrench@btinternet.com

Please advise the Website Manager (details page 5) if you do <u>not</u> wish any of your personal details to appear on the Saffron Walden U3A website. *Check website for any updates.*

Class Co-ordinators continued

Class	Co-ordinator	Telephone	Email
Literature	Ann Crawford	01763 838080	crawford.ann@outlook.com
Lunch Club	Kate Barwood	01799 550271	kbarwood@btinternet.com
Mah-jong 1	Christine Greet	01799 531732	johngreet@waitrose.com
Mah-jong 2	Jess Grinyer	01799 500344	jess.grinyer@ntlworld.com
Mah-jong 3	Peter & Geraldine Plunkett	01799 599159	ger_plunkett@yahoo.co.uk
Mainly for Men	To be confirmed		
Music Club	Joy Smith	01799 502219	
Natural History	David Corke	01799 599376	david@corke.biz
Nice 'n' Easy Fitness	Jan Powell	01799 523855	janibobs@ntlworld.com
Philosophy 1	Joanna O'Connor	01799 522260	joanstuart26@gmail.com
Philosophy 2	Denys Hickey	01799 523904	denys.hickey@gmail.com
Photography	Tony Treglown	01799 516707	tregact@gmail.com
Pilates 1	Hilary Price	07825 292467	hilarydoone@hotmail.com
Pilates 2	Irene Bedward	01799 528178	irenebedward@hotmail.com
Pilates 3 & 4	Ann Cousins	01799 219072	cous.anns@gmail.com
Pilates 5	Glennis Virgo	01799 524189	glenvirgo@hotmail.com
Pilates 6	Linda Dobson	01799 500939	linda.dobson1@ntlworld.com
Pilates 7	Anne Brown	01799 529026	annebrown676@hotmail.com
Play Reading	Gill Williamson	01799 524947	gill.e.williamson@gmail.com
Poetry	Beryl Ihm	01799 502512	berylihm@virginmedia.com
Ramblers 1	Keith Patmore	01799 527568	keithpatmore@btinternet.com
Ramblers 2	To be confirmed		
Scrabble	Bronwen Attenborough	01799 524772	bronwen.atten@googlemail.com
Spanish Improvers	Jessica Reeve	01799 522818	jessicareeve@hotmail.co.uk
Table Tennis	Ann Cousins	01799 219072	cous.anns@gmail.com
Tai Chi	Angela Rowland	01799 521192	mrsarowland@gmail.com
Theatre Outings Travel	Chris Duffy Pauline Smith Jean Little	01799 520173 01799 521524 01799 513411	chrisduffy146@gmail.com paulinesmith39@hotmail.co.uk little361@btinternet.com
Ukulele	Mary Curtis	01799 524784	maryfcurtis@live.co.uk
Writing for Pleasure	Diane Drury	07870 900852	dianejgdrury@gmail.com

Weekly/Fortnightly Activities

Day	Activity	Venue	Time
Monday: twice monthly on an ad hoc basis	**Writing for Pleasure**	Tutor's home	10:00 - 12:00
Monday	**Pilates 7**	Fairycroft House	9:00 - 10:00
Monday	**Craft**	Member's home	10:00 - 12:00
Monday	**Pilates 6**	Fairycroft House	10:15 - 11:15
Monday	**Latin 1**	Tutor's Home	11:00 - 12:30
Monday fortnightly	**History Byways**	Baptist Room	11:00 - 12:00
Monday	**Line Dancing**	URC Hall	1:00 - 2:15
Monday	**French Conversation**	Contact co-ordinator	2:00 - 3:30
Tuesday	**Sequence Dancing**	URC Hall	9:45 - 10:45
Tuesday	**Indoor Bowls**	Turpin's Indoor Bowls Club	11:45
Tuesday	**Pilates 3**	Baptist Hall	1:30 - 2:30
Tuesday	**Art Class 1**	URC Hall	2:30 - 4:00
Tuesday	**Pilates 4**	Baptist Hall	2:30 - 3:30
Tuesday	**Pilates 5**	Baptist Hall	3:30 - 4:30
Tuesday	**Mah-jong 3**	Co-ordinator's home	Contact co-ordinator
Wednesday	**Tai Chi 1**	Baptist Hall	9:30 - 10:30
Second & fourth Wednesday	**Saffron Harmony Choir**	Quendon	10:00 - 12:00
Wednesday	**Listening to Music**	Baptist Hall	10:30 - 11:45
First & third Wednesday	**Ukulele**	St Paul's Mission Room, Tye Green, Wimbish CB10 2XE	10:00 - 12:00
Wednesday	**Tai Chi 2**	Baptist Hall	11:00 - 12:00
Wednesday	**Keep Fit**	Baptist Church	11:10 - 12:10
Wednesday	**Nice 'n' Easy Fitness**	Baptist Hall	12:30 - 1:30

Weekly/Fortnightly Activities (continued)

Day	Activity	Venue	Time
Wednesday	Mah-jong 1	Member's home	1:30 - 3:30
Wednesday	Bridge Beginners	Re-starting January 2019	
Wednesday	Table Tennis	Widdington Village Hall	1:30 - 4:30
Wednesday	Spanish Improvers	Tutor's home	2:00 - 3:00
Thursday	Scrabble	Member's home	10:00
Thursday	French Conversation 2	Member's home	10:30 - 12:00
Thursday fortnightly	Ramblers 1	LB Leisure Centre	10:00 - 12:00 approximately
Thursday fortnightly	Ramblers 2 To be confirmed	LB Leisure Centre	10:00 - 12:00 approximately
Thursday	Pilates 1	Friends Meeting House	1:00 - 2:00
Thursday	Mah-jong 2	Member's home	1:30 - 3:30
Thursday	Latin 2	Tutor's home	2:00 - 3:30
Thursday fortnightly	Drama	Fairycroft House	2:00 - 4:00
Thursday	Pilates 2	Friends Meeting House	2:00 - 3:00
Thursday	Cribbage	Fairycroft House	2:30 - 4:30
Friday	Computer Club	Tutor's home	10:00 - 12:00
Friday fortnightly	Art Appreciation	SW Town Bowling Club	10:30 - 12:00
Friday	Bridge	SW Town Bowling Club	1:30 - 4:00
Friday	Art 2	Baptist Church	2:00 - 4:00

Open Meetings

There are more great talks coming up, with refreshments and a raffle, so come and enjoy!

<u>There's no Open Meeting in August or December</u>

17 September: 'George Cruikshank, the man who drew Oliver Twist', talk by Ian Keable.
15 October: 'My Family and Other Animals', a talk by Mel Rees.

If you are a Saffron Walden resident and are unable to get to an Open Meeting because of a disability, please contact a Committee member.

Volunteers wanted to provide transport for members who are Saffron Walden residents and are unable to get to these Open Meetings. Email the editor at jim_dwyer@btinternet.com

Monthly Activities

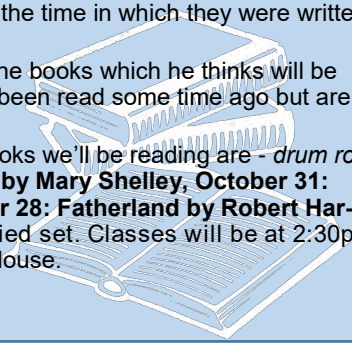
Day	Activity	Venue	Time
Check website	Birdwatching	Contact co-ordinator	See Co-ordinator
First Thursday	Easy Riders Cycling	Contact co-ordinator	11:00
Third Friday	Gardening	Contact co-ordinator	
Last Wednesday	Literature	Fairycroft House	2:30 - 3:30
Dates for your Diary	Lunch Club	Kate Barwood	12:15 for 12:45
Check website	Mainly for Men	SW Town Bowling Club	2:30 - 4:00
Fourth Friday	Natural History	SW Town Bowling Club	10:30 - 12:00
First Tuesday	Philosophy 1	Joanna O'Connor	10:30 - 12:30
Second Thursday	Philosophy 2	Co-ordinator's home	10:30 - 12:30
Second Monday	Poetry	Member's home	2:00 - 4:00
Second Monday	Photography	To be confirmed	To be confirmed
Last Monday	Play Reading	Member's home	10:00 - 12:00
Last Friday	Theatre & Travel	Baptist Hall	2:00 start

Literature

Each year our tutor chooses a theme to follow through the academic year. This year we have followed the theme of Last Works, from the autumnal elegance of 'Persuasion' through the dark mystery of 'Edwin Drood', not forgetting the steamy violence of 'Wide Sargasso Sea', the harsh tragedy of 'Weir of Hermiston' and the bittersweet regret of Fitzgerald's 'Last tycoon'.

Our theme for next season is 'What if?' We'll be reading novels which take a possible scenario and speculate on what would happen if it turned out to be true. For example, in 'Frankenstein', Mary Shelley asks: 'What if it were possible to create a human being?' In her day, this raised questions about the relationship between God and man; in ours, it raises questions about the limits of science. (And books about the future are always about the time in which they were written: think of 'Nineteen Eighty-Four').

In choosing titles, Alan our tutor tries to combine books which he thinks will be new to the reader with those which may have been read some time ago but are worth re-reading now.



So for the first term of our next season, the books we'll be reading are - *drum roll, cymbal crash* - **September 26: Frankenstein by Mary Shelley, October 31: Fahrenheit 451 by Ray Bradbury, November 28: Fatherland by Robert Harris.** These should be an interesting and varied set. Classes will be at 2:30pm and hopefully at the same venue - Fairycroft House.

Ann Crawford, Co-ordinator

NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN that the Annual General Meeting of Saffron Walden U3A will be held at Saffron Walden Baptist Church on Monday 3rd September 2018 at 2.30 pm, or at any adjournment thereof.

Agenda:

1. Chairman's welcome
2. Apologies for absence
3. Minutes of the previous AGM (Unapproved copy available on Saffron Walden U3A Website)
4. Chairman's report for the year ended 31 July 2018
5. Treasurer's report for the year ended 31 July 2018 and adoption of Accounts (draft Accounts on SW U3A website, late August, very limited number of hard copies available on day)
6. Appointment of the Independent Examiner of Accounts
7. Amendment to Constitution. To replace the first paragraph of item **3, Charitable Purposes,** in our Constitution with: ***'The advancement of education and, in particular, the education of older people and those who are retired from full time work by all means, including associated activities conducive to learning and personal development.'***
8. Election of the Committee for 2018-2019
   - *Under the terms of the Constitution, all the members of the Executive Committee, including those serving as Officers, will retire at the Annual General Meeting.*
   - *Non-officer members of the Executive Committee have a one-year term of office and may serve not more than three terms*
   - *Officers other than the Treasurer have a one-year term of office and may serve not more than three terms in a particular Officer role.*
9. Any other Business

Only current members are entitled to attend, vote and speak at the Meeting.

Janet Pearson, Secretary

U3A Membership renewals due 3 Sept

Theatre & Travel

Imagine my surprise when I opened the first page of the latest City & Villages Tours brochure and saw myself with 4 of my U3A friends pictured on a U3A Greenwich trip! City & Villages is the company with whom I arrange some of our trips.

Christine Duffy, Co-ordinator

Membership Secretary's Report

Hello all, another busy year has sped by, and it's time for your renewals again! We have again maintained the subscription at £10, which we feel is very good value for money. The renewal forms are enclosed within this issue, so please complete and return them as soon as possible, and no later than the 31st October. If you have not returned them by then we will assume you do not require to continue membership, and you will be unable to attend any classes or activities. Please note that it is a new form this year, so please read it through carefully, ticking all relevant boxes, and you must SIGN on the reverse. Please bring them to the registration day/AGM at the Baptist Church, at the top of the High Street, on Monday 3rd September, doors open at 1.00pm, or send them by post to the address on the form. (Please don't forget a stamped addressed envelope to return your membership card).
If any NEW members are eligible for Gift Aid, please ask for a form, and we will be able to reclaim 25% of your subscription from HMRC, and it makes an enormous difference to our income.

New Members Meeting
An invitation is extended to all new members to attend a special meeting on Monday 8th October, at the Bowls Club, Abbey Lane from 10.30 to noon to meet the coordinators and committee members in an informal atmosphere. Refreshments will be available.

Membership Secretary

Activities Organiser's Report

Hi everyone, it will soon be the start of another year with lots of activities to look forward to, and you can tell by the happy faces in this issue's photos how much everyone is enjoying their particular activity. We are still looking for tutors to take Italian, German, French and Writing for Pleasure, and I also need 2 or 3 more members to join Mandarin. We're hoping we can fill these vacancies soon so that classes can begin – hopefully members on the waiting lists will be patient with us. Meanwhile we still have some potential new groups in the wings waiting for anyone who may be interested in joining or leading them - see page 5. So come on, why not give it a go and fulfil your potential!

Ann Cousins Venues & Activities Organiser

Photography

Early steps are being taken to reform this group with a new co-ordinator, Tony Treglown. In the past meetings have been held in a member's home, this will change and suitable venues are being explored to allow a growth in membership. The group will continue to cater for anyone with an interest in photography, whether a beginner or someone with the most expensive camera in the shop. At this stage, Tony is trying to gauge the level of interest before finalising arrangements. Please call him on 01799 516707 or email tregact@gmail.com if you are interested.

Should any members have difficulty in hearing at our meetings or classes or have difficulty with access through disability, please speak to a member of the Committee to try and make attendance easier and more comfortable.

Theatre and Travel

On 10th April, 25 members visited Bentley Priory in Stanmore, HQ Fighter Command during the Battle of Britain in 1940. Our guide talked us through the history of The One, The Few and The Many.

The One was Air Chief Marshall Sir Hugh Dowding, who led Fighter Command during the Battle of Britain, The Few were the British and Allied airmen who fought in the Battle of Britain and the Many were the men and women who worked in the Filter & Operations Rooms.

The Filter Room had a map table on which men and women plotted enemy air raids *(see photo page 14)*, the Controller ensured it was accurate and The Teller reported the filtered information to the Operations Room. The Filterer gathered the information from radar stations and assessed height, range and direction and if this was aircraft or just a flock of birds!

The Plotter followed radar detections and placed coloured counters on the map. The plots changed quickly but the Plotters kept it up to date and established if it was the same plot or another aircraft formation. The filtered information was passed to the Command and Group Operations and Sector Control Rooms to help squadrons intercept enemy aircraft.

After our guided tour, we were treated to a wonderful afternoon tea with a selection of sandwiches & cakes. *Editor*

Easy Riders Cycling

May: We saddled-up at Bottisham and rode through Lode across fenland to Upware, stopping at the Five Miles from Anywhere pub on the riverbank. We crossed the waterway onto Wicken Fen where we enjoyed an ice cream in the sun. Turning back, we cycled alongside another waterway and on to Reach and lunch. Sue had to procure a replacement part for one of our riders and then bravely re-joined the group at Reach for the return journey.

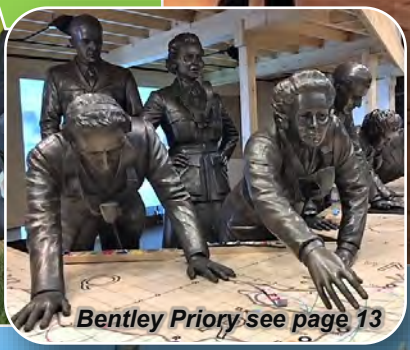
June: We met up in Newport and headed West, passing through Arkesden and Meesden and enjoying the wonderful Essex and Herts countryside with lunch at The Woodman Inn at Nuthampstead which was frequented by USAF staff during WW2. There are memorabilia around the pub and memorials in the grounds (as shown in the photo, l - r: Dominic, Colin, David, Sue, Linda, Simon, Ann, Anne, Tony and Brian. Colin and Anne's bikes were locked together and we couldn't remember the code – hence they're at the back looking sheepish. The bikes were eventually released using some 'safe-cracking' techniques!

Colin'n'Anne, Co-ordinators

July: We met over coffee at The Booking Hall Café by The Flitch Way at Rayne. At Little Dunmow, we doubled back and travelled through Felsted and Thistley Green, ultimately to the little known village of Littley Green where we lunched at a great pub. The route was planned with a shortish cycle ride back via Bartholomew Green (overall about 17 miles in a 12/5 split). Tea/ice cream back at Rayne finished off a really very pleasant day.

August: the plan is Stort Navigation from Bishop's Stortford to Harlow and to visit Gibberd Garden.

Ramblers 1 taking a rest during their ramble near Bardfield End on 5th April. OK guys, you can carry on rambling now! *Photo Martin Hugall*



Bentley Priory see page 13

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The diverse world of Saffron Walden U3A

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e, page 16.

All aboard!
Theatre & Travel group members squeeze into the Mail Rail as they travel back in time through the 100 year old tunnels under Mount Pleasant in the heart of London. The group visited the Postal Museum on 10th May and learned about the history of the Post Office and saw Post Office transport through the ages and an original proof sheet of the Penny Black.

beautifully
afted piece of
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aft co-ordinator
enny Maystre

Saffron Harmony Choir, in its fifth Concert on 14th July, performed songs from West End shows, some Beach Boys music, songs by composer John Rutter, a couple of Italian songs and other old favourites. The Ukulele Group delighted us with three sing-along songs. The Concert raised £873-27 for charity, to be divided between East Anglian Air Ambulance and Saffron Walden Opportunity Playgroup. Thank you all for your help and support.

Joan Shadbolt, co-ordinator

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adventurers
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In reality the
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but were we
ed? Answers
n a postcard!
See page 19.

Photo: Paul Crawford

Keep Fit

Looks just like one of those old school photos doesn't it? But this is the Keep Fit class 2018 after its exercise to music session at the Baptist Church. Co-ordinators Helen Verity and Lynda Sawkins, with the rest of the class, follow tutor Marlene Sharpe-Westwood's movements which comprise moderate cardio vascular exercises designed to increase the heart rate.

These moderate exercises include jigs, heel taps with arms raised, box steps, knee lifts with arms raised, pushbacks, side push outs, sit to stand and balance on one leg for 10 seconds. Resistance bands of varying strengths are used for stretching and muscle control whilst mats are laid down for floor exercises where hamstrings are stretched. It's up to each member how much they put into each routine and rest is taken when required. *See the all-action photo page 15.*

Tutor Marlene also takes classes in Cambridge and has recently raised over £1500 for charity with all her classes wearing hats and which was split three ways between Mind, Brain Tumour Research and Child Carers in Saffron Walden. *Editor*

Nice 'n' Easy

The Nice 'n' Easy class concentrates on very moderate exercises for strength and balance, and class members move their feet, legs, arms and shoulders to music as directed by tutor Marlene. Co-ordinator Jan Powell and her class complete these exercises in a sitting position and perform heel taps, rowing, stretching one leg at a time, stretching arms up and rotating around, all designed to increase the heart rate. *Editor*

Memories

Another memory from me - not musical this time - but from our hobby of showing and breeding English Springer Spaniels.

In 1993, a new little puppy purchased from Newcastle joined us. She became our first success at Championship show level, my husband's pride and joy! In the Show ring they were like Batman and Robin, they moved together in unison. She was the most vocal dog we had owned, but one day exasperated with the noise, I said 'Look, it's me or the dog!' My husband's reply was 'Please don't make me choose!' I didn't, and 59 years later we're still married - and with another English Springer Spaniel!!

Jean Pattenden

Getting My Life Back - concluded

Continued from Update Summer edition - by Connie Ellis

Whilst contemplating my changes, I had contacted both Saffron Walden and Sawston branches of the U3A, so subsequently joined both as soon as I arrived in the area. My son-in-law had offered wise advice for me: 'You need to make your new life while you are still mobile and able to make new friends – don't wait until you lose your Independence and mobility before making this move.' How wise and far-seeing he was. I arrived here and was immediately asked by the Chairman of Sawston to start a Mah-Jong group which took off from the first session and then Saffron Walden branch wanted a Mah-Jong group but needed help to get started so, along with those groups, I also hosted a Scrabble group and joined the existing Scrabble at Sawston.

I was very busy but happy and contented with my new life. During 1981 and 1985 I sustained four spinal fractures and, as a result, my mobility has been somewhat limited so I have never been able to join the numerous trips and outings which are available to U3A members. Having the games sessions filled my time and enabled me to continue meeting people and gave me so much interest and satisfaction. Eighteen months ago I had a life-changing fall in my home and unfortunately have since been unable to participate as before. However, I have recently restarted some of my groups with a lot of help and encouragement from my friends and so, once again, I feel I am living my life and not wasting precious days.

It has always been an important factor of my widowed life to have something to do every day, something to get out of bed for and something to keep life interesting. So, having people arrive at 1:45 pm two or three days each week to play games has been of major importance. I also visit other members for games sessions during the week when I am able.

Little did I realise that day back in 1992 how important a part the U3A would play in my life. I am sure if I hadn't been a member of the U3A in both 2001 and 2016 I wouldn't have survived to live as full a life as I have had and so enjoyable and interesting. I will always be indebted to the Association for the opportunities it has given me to meet so many lovely and interesting people who are so much part of my life. To all of them I say a very big 'thank you so much for all you have done in helping me to get my life back and to continue living'.

And a very big 'thank you' to you too Connie - well done.

Tai Chi

As I arrived, 12 members of Tai Chi were performing the Standing Post exercise, standing in a circle with legs slightly bent, feet parallel and arms at their side (called a Horse Stance). Tutor Sue Taylor spoke her instructions and members raised their arms, slightly bent, level with their shoulders and with hands open and palms facing their bodies (called heaven and earth). Arms are then lowered with hands at waist level - each stance is held for 5 minutes.

With the Dragon Walk, hands are crossed at the lower back, and members draw their back foot in a semi-circle and then place it a shoulder's width apart, heel first slightly ahead and step into a bow stance; with practice this becomes a continuous flowing movement.

Tai Ji Quan, or Tai Chi Chuan, is an ancient Chinese art combining health and relaxation with self-defence. With regular practice members harmonise mind, body and spirit.

The traditional Yang family teaching methods have been handed down over the centuries and embody 108 continuous moves. The aim of each student is to become pliable, rather than brittle and inflexible with age. As the channels unblock, the body accelerates its healing process and energy flows more easily. It is said that benefits can be found with back problems, depression, arthritis, poor circulation, ME and migraine. Regular practice is said to bring students alive with eyes sparkling and an obvious joy of living.

Co-ordinator Angela Rowland was unable to attend today's session, but you can telephone or email her for more information, please see contact details on page 7. Editor, assisted by Sue Taylor

Parli Italiano? Sprechen sie Deutsch? Parlez-vous Francais?

We are looking for new tutors for our Italian, German and French classes. If you think this could be you, or you know someone, please contact Ann Cousins on 01799 219072 or email her at cous.anns@gmail.com

Theatre & Travel

On 23 April, 43 U3A members set off on a 5 day coach holiday to Liverpool. We stopped for lunch at Trentham Estates on the way, and we arrived at our hotel overlooking Sefton Park about 6:00 pm where we dined after changing and refreshing. It was an early night for most of us after a hard day's night travelling, but we were up for a great breakfast next day before setting off for a Blue Badge magical mystery tour of Liverpool.

Ferry 'Cross the Mersey

We picked up our guide and were treated to an excellent and informative tour of the city which included the original homes of Lennon and McCartney, Penny Lane, Strawberry Field, Matthew Street (home of the Cavern) plus the docks area, the Mersey tunnel and many other places of historical and significant importance. After a light lunch we were driven past the Liverpool and Everton Football Stadiums to the Terracotta Army exhibition before returning to the hotel for dinner, socialising and relaxing. On the third day, us day trippers were driven to the Ferry Terminal where we got our ticket to ride and boarded the ferry 'cross the Mersey where we witnessed a staged sea rescue by lifeboats and a helicopter - *see photo page 14.* In the afternoon we were driven to Port Sunlight, a delightful village founded by William Lever in 1888 to house his workers from the Lever Brothers' Soap Factory.

The Long and Winding Road

On the fourth day we drove to the charming town of Southport where we enjoyed free time walking on the pier, shopping and drinking coffee before proceeding, via Aintree Racecourse, to Crosby where we saw the Gorman Statues on the beach before returning to Liverpool for more free time around the dock area with its many shops and cafés. After breakfast on our last day, our suitcases were loaded onto the coach and we headed for home via Clumber Park where we had coffee amidst some beautiful, but wet, scenery before taking the long and winding road back to Saffron Walden. It was generally agreed that the holiday had been a success with a full itinerary taking us here, there and everywhere with good food and service at our hotel; yet another fab holiday organised by co-ordinator Christine Duffy - yeah yeah yeah! *Editor*

Ukulele

The Ukulele Group is seen here in action at the Fete de la Musique which was held on 24th June in Saffron Walden. They performed for 40 minutes outside the Cross Keys and were very well received. They followed this up with an appearance at the Baptist Church Choir Concert on 14th July. Hope some of you were able to see and enjoy their performances. *Editor*

Indoor Bowling

We are now approaching the new bowling season starting in September/October. Our teams for this season are: Monday Morning Triples; Team Leader, Tony Treglown, Ann Burgess, Dave Stone, Keith Harrison, and Tony Marks. For the Friday Morning Triples: Team Leader, Grahame Wilmott, Stephen Skelton, Russel Young, Ian Brownlee, Dereck Ayres, Pauline Cunningham and John Truman. Our Thursday Evening Hong Kong Pairs team is led by Keith Harrison. Our Tuesday morning open session is on now in the summer, ring for details and will also play Tuesday mornings throughout the winter. If you would like to try your hand at bowling or if you are an experienced bowler come and join us. Ring me for all the details on 07922 187361. We will also have a desk at the AGM on 3rd September from 1:00pm so come and meet us.

Grahame Wilmott, co-ordinator

Music

We need lots of new members to join the Music Group where we cater for all musical tastes. If you're interested please contact Joy Smith 01799 502219.

What Mother (or Father) used to say

John Martin writes:
After a long day causing mayhem in the wasteland behind our house, Dad or Mum would wash my face, arms and legs before going to bed - baths were only taken on a Sunday! My Mum would say 'you're as dirty as Newgate's knocker', referring of course to Newgate Prison. Another thing my Mum would say is that I 'would be a man before my Mother was'. This I did not really understand until I was much older!

Birdwatching

Since Easter, our Group enjoyed four interesting outings to Wicken Fen, Abberton Reservoir, Lakenheath Fen and Minsmere. All very varied habitats where we usually record over 30 different species. Our butterfly, dragonfly, caterpillar and wild flower identification skills are improving as we learn from each other. **From September, there will be changes to the co-ordinator role, with some responsibilities shared amongst the group; details to follow once finalised, check website.** Next term outings likely to include: Sept - Lackford Lakes; Nov - Welney Wetlands Trust.

Brian Linford

Correspondence

From: Barbara Russell Pitman
Sent: 29 March 2018 10:58
To: jim_dwyer@btinternet.com
Cc: 'Diane Drury'
Subject: Thank you

Hello Jim
Thank you once again for some excellent publicity for Writing for pleasure and for another entertaining issue.
So enjoyable!

Yours
Barbara x

Thank you very much Barbara for your kind words. Now come on all you Update readers – you must have an opinion or two to express about Update or Saffron Walden U3A. Please email them to me and see them in print, your opinions are important to us.
Editor

Would I Lie to You?

Three of the statements below are true and one is a lie. Can you identify the lie? Answers to jim_dwyer@btinternet.com

- **Every time I shop at Waitrose in Saffron Walden, I buy a tin of Clam Chowder (my favourite soup) so they can see that someone is buying it and will continue to stock it; I've now got more in stock than they have!**
- **I once gave a very pregnant woman, and her husband, a lift to the hospital after their car had broken down; they named their son after me.**
- **I taught myself to type when my parents bought me a toy typewriter made of tin for my thirteenth birthday; thank goodness for Tipp-Ex!**
- **When I hear or sing a song that makes me feel emotional, I try to think of Arsenal to take my mind off the emotion and prevent me from crying; it doesn't always work!**

Quiz answers:

The 3 observant readers who spotted all 6 rabbits in the last issue were: Jacky Haigh, Sheila Ridgewell and Chris Duffy, well done to you 3. The rabbits were hidden on pages 10, 14, 19, 20, 23 and 27. But nobody got any of the I-Spy Saffron Walden questions, keep your eyes open next time you walk through town! Answers are: 1. The time capsule is in the museum grounds and due to be opened in 2236, 2. Jack Cardiff's plaque is at 7a High Street, 3. Mother and Child statue is in the Church Grounds, 4. Henry Winstanley's plaque is by the Conservative Club in Museum Street, 5. The big, red 'Hello' is in the library, 6. The 11-tiered carousel is in Boots, 7. George Gibson's plaque is at 75 High Street, 8. The one-armed woman plaque is at 9 Market Row, 9. Two dogs guarding Susie are outside Susie Watson Designs in Market Row, 10. William Campling's plaque is on the bridge by The Eight Bells.
Editor

Mah Jong 1

Evidence suggests that Mah-Jong was first developed in the Ningpo area of China in the 1870s. It was first played in Britain in the early 20th Century and was very popular in the twenties and throughout the years with the Ex-Pat community abroad. It's always been a very popular gambling game in the Far East and now it's enjoying a British resurgence.

The members of Mah-Jong 1 have certainly taken to it and play enthusiastically and passionately every Wednesday at the home of Ken and Irene Lockwood in Debden. On the day I visited, there were 3 tables of 4 players and one of 3 players, co-ordinator Christine Greet says there are often 5 tables. The game is played with 144 coloured tiles which have 3 suits: Bamboo, Circles and Characters, each tile is numbered and has a meaningful illustration. The aim of the game is to create either a basic hand - 5 sets of tiles, 4 sets made up of 3 (pung) or 4(kong) identical tiles, plus a pair - or to complete the pattern or a special hand. The winner is the first to lay out a completed hand which is called 'going Mah-Jong'.

There are endless numbers of hands available such as Big Robert, Wriggling Snake, Windy Pairs and Dragon Fly, but the group has created its own list that everyone plays from. The game starts with the players building a 4 cornered wall representing the Great Wall of China. One player is named East Wind and they will roll 2 dice once to select the wall to be broken, and then roll again, combine the scores, break the wall and deal the tiles starting with East then South, West and North until East has 14 tiles, South, West and North 13 tiles each which are placed on their racks. East Wind will then discard a tile into the centre, saying what it is, then South Wind takes a tile from the wall and discards a tile, the game continuing until one player has created their chosen 'special hand' and goes 'Mah-jong'. Scores are kept and the star player, second and third are announced the following week. Each group of 4 stays together for the 2 hour session but can move around the following week.

This particular group has been going for about 7 years and many beginners have become experienced players, there is a friendly atmosphere with plenty of conversation plus a little bit of competiveness thrown in! Ken and Irene provide tea and coffee and members donate 50p each week. This money is collected for the Home Farm Trust and over £500 was recently donated to that cause. *Editor*

Mah Jong 2

There were 2 tables of 3 and 1 table of 4 players at the Mah-Jong 2 class where Jess Grinyer is the co-ordinator. Like other Mah-Jong classes, this group gets very serious and competitive about its game. Connie Ellis was one of the players present and she had taught the game to most of the others, see her article on page 17. As I was watching, a member declared Mah-Jong and won her game with 1000 points getting a mixed run, consecutive pairs and a run of each suit, this is called Little Willie. In the main picture Connie is making a move and the smaller picture shows another game in progress. *Editor*

Writing for Pleasure

It was a glorious hot June day when 10 members of the U3A Writing for Pleasure group, together with their tutor Barbara Russell-Pitman and guests, gathered for their annual get-together at the Orchard Tea Rooms in Grantchester.

The day started with members reading their short stories aloud; the theme was 'The Village Fete'. We heard about the antics of villagers' including vicars, drunken Mayors' wives, vicars, one-upmanship, excess alcohol, vicars, codpieces, buxom barmaids and, of course, vicars.

This was followed by an excellent lunch, a general discussion and afternoon tea. Feeling relaxed and 'stuffed' we all agreed it was a wonderful venue and that a splendid time was had by all – thank you Barbara. ***David Broadley***

Theatre & Travel

On 18th June, 32 members of Saffron Walden U3A's Theatre & Travel group set off for the English Riviera and Torquay, stopping on the way at Shaftesbury for lunch at the top of Gold Hill, the steep cobbled street famous for the Hovis television ad.

We arrived at our Torquay hotel late afternoon just up the road from the sea front. Keys were allocated and members got to their rooms and relaxed and changed for dinner at 6:30 pm. After breakfast next morning, our coach drove us to Plymouth for the day where we had a guided tour of the Barbican district with its narrow, cobbled streets and harbour before lunch, followed by some free time.

Next day we travelled to Totnes where we caught the steam train to Buckfastleigh and the Otter & Butterfly Sanctuary, the otters were asleep but the many varieties of butterflies were amazing. It was just a short drive to the tranquil 1000 year old Buckfast Abbey and lunch, before carrying on for a short visit to the busy fishing port of Brixham.

On our last day we travelled to Dartmouth, taking a river cruise up the River Dart and having a light lunch before returning to Torquay for more free time for shopping, or relaxing by one of the open-air pools and soaking up the sun. After dinner we relaxed in the bar area chatting or playing cards, before retiring early to pack for our journey home next day.

We stopped at the Rosebourne Garden Centre near Andover on the way home for lunch where fresh and locally sourced produce is served in the restaurant. A big thank you was given to Jean Little who organised this very pleasurable and successful holiday. *Editor*

Italian

After about *tre anni* of teaching a group of us to understand and speak Italian, Sue Humphries has decided to hang up her *scarpe* and focus on other pleasures such as perfecting her Spanish and going on cruises and other *vacanze*.

We will miss our Tuesday morning *lezione* – Sue has always been patient and humorous with our mistakes and painful pronunciation, so often it just went wrong between brain and mouth. Sue kept correcting us sympathetically and worked out what we needed to do to improve. We could now probably manage to work out shopping and answer a simple question.

My original ambition was just to be able to greet people or order my food politely in Italian. I have learnt so much more and enjoyed stretching my lazy brain. Some of the others are much better than me as they have some Italian blood; Sue made even the beginners feel good about it.

Grazie Sue for inviting us into your house, giving us refreshments and for all your time preparing the lessons, homework and for teaching us so well.

Grazie, addio e godete molte altre crociere e avventure!

Noreen, Alan, David, Helen, Lynne, Naomi and Sue M and other past members of the group

Dinnertime at the Torquay Hotel and these U3A members are enjoying their meal after sightseeing all day. No doubt they're thinking about breakfast now!

Natural History

We had three sessions in this, our first term. The June class considered the mammals and birds that had gone extinct in Essex but had returned. We looked at the picture below (from 'The Nature of Essex' which I wrote in 1984) showing extinct species in the Lea Valley as it may have been a few thousand years ago. I assumed they'd gone for ever but how wrong could I be!

Now back as Essex species are the Red Kite, Spoonbill, Otter and Polecat; back in England but not Essex (yet) are Wild Boar and Beaver, still extinct is the Brown Bear. Here is a picture taken in 2015 by group member Steve Dutton near Thaxted. The May class studied caterpillars - ecologically much more important than the moths and butterflies they become. Members photographed caterpillars they found and sent in the photos for identification. Here is a Mullein moth photographed by Issa Cochran.

Information about the Group is on my website which is www.corke.biz
We have 26 members but there is still plenty of room for more. If you are interested in joining please email me at david@corke.biz
You can sample the group at one class without payment, after that we ask for £5 a term to cover room rental and refreshments. The class meets on the fourth Friday of each month, re-starting on 28th September at the Abbey Lane Bowls Club 10:30 to noon. We are also planning visits to nearby wildlife sites at times and places yet to be arranged.

David Corke, Co-ordinator

Obituaries

We were very sad to hear about the passing of Saffron Walden U3A members Julie Rose, Norma Pluck and Brian Sumner. Our thoughts go to their family and friends.

Dates for your Diary

September
3 - AGM/Registration Day: Baptist Church 2:30pm
6 - Ramblers 1: Hadstock
17 - Open Meeting: 'George Cruikshank, the man who drew Oliver Twist', talk by Ian Keable
20 - Ramblers 1: Strethall

October
4 - Ramblers 1: Hamperden End
8 - New Members Meeting: Bowls Club 10:30am
15 - Open Meeting: 'My Family and Other Animals' talk
18 - Lunch Club: The Plough at Debden 12:30pm
18 - Ramblers 1: Wimbish

November
1 - Ramblers 1: Ashdon
14 - Lunch Club: The Crown at Little Walden 12:30pm
15 - Ramblers 1: Lindsell
19 - Open Meeting: Talk by Tricia Thompson, subject tbc

December
5 - Lunch Club: The White Hart at Wimbish 12:30pm
13 - Ramblers 1: Duddenhoe End
27 - Ramblers 1: Wimbish (Parsonage Farm)

Please remember . . .
if you've signed for Gift Aid, please inform us if your circumstances change. Thank you.

New Members Meeting

8th October 2018 Bowls Club
Abbey Lane Saffron Walden
10:30am – 12 noon. Meet the Committee and Co-ordinators.
Refreshments available

Theatre & Travel

All details correct going to press, please check website for updates.

Date	Event	Cost	Due	Organiser
17 Aug	**Brinton Hall** & afternoon Tea	£34	July	Pauline
27 Sep	**Walmer Castle**	£27	August	Pauline
6 Oct	**Oklahoma** - Palace Theatre Southend, Matinee	£30	August	Christine
17 Oct	**Dreamgirls** - Matinee Savoy Theatre. Coach only available £21. *Reserve list*	£49	March	Christine
21 Oct	**Music of the 60s** with Strictly stars. Matinee Westcliffe Theatre	£53	July	Christine
25 Oct	**Autumn Countryside Tour**, Stamford with lunch	£35 approx	TBA	Christine
8 Nov	**Thursford**	£55	TBA	Pauline
2 Dec	**Czech Nat Symphony Orchestra** - Matinee Theatre Royal Norwich	£50	Now	Christine
10 Dec	**London Shard** & lunch at Strand Palace. Xmas lights	£52	Now	Christine
24 Jun 2019	**Verona** 8 days, half board. Includes Lake Garda, Wine tasting. Aida Opera optional. *Contact Christine ASAP.*	£750 pending nos	TBA	Christine

Christine 01799 520173, Pauline 01799 521524, Jean 01799 513411, Wendy 01799 510852. Make cheques payable to SAFFRON WALDEN U3A. Dates and prices subject to alteration. We meet last Friday each month at The Baptist Church for booking trips. Please note: coach only seats are often available on all outings especially London Theatre trips.

Update

NEXT ISSUE

The next deadline for submitting your articles is 23rd November. Please let me know if you'd like me to write an article or take a photograph

Editor

Quote unquote:

Have you noticed that when you're right, no one remembers; but when you're wrong, no one ever forgets!

When I was a boy of 15 my father was really ignorant, but when I got to be 30 I was astonished at how much he had learned in 15 years!

My psychiatrist told me I was crazy so I said I wanted a second opinion. Okay, he said, you're ugly too!

When science finally locates the centre of the universe, some people will be surprised to learn that they're not it!

Pinboard

Please remember to

email your comments to jim_dwyer@btinternet.com

and have your say!

U3A Term Dates 2018 - 2019

Autumn: 4 Sept 2018 - 19 Dec 2018
Half-term: 22 October - 26 October

Spring: 3 Jan 2019 - 5 April 2019
Half-term: 18 February - 22 February

Summer: 23 April 2019 - 24 July 2019
Half-term: 27 May - 31 May

STOP PRESS

Saffron Walden U3A is still looking for Tutors to take classes for Italian, French, German and Writing for Pleasure.

We are also looking for people with knowledge and an interest in any subject with a view to becoming a co-ordinator for that particular interest group. If this is you or you know someone, then please contact:

Ann Cousins 01799 219072
cous.anns@gmail.com

Don't forget to email your comments to the editor. He may need to truncate them!

PLEASE don't forget

to visit www.saffronwaldenu3a.org.uk for all the latest U3A information and to view Update in full, glorious colour.

Notices

Saffron Walden U3A is a Registered Charity No. 290670

The views and opinions expressed in Update are not necessarily those of the U3A or of the Committee.

The Committee reserves the right to close any class or activity because of low enrolment or poor attendance.

Errors and omissions excepted.

We try to keep in contact with all members but it is not always possible to do so. This may be due to illness or other incapacitation.

If you hear of any member who may need assistance please contact any member of the Committee.

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For more information visit our website at **www.saffronwaldenu3a.org.uk**

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