

u3a Update

Saffron Walden Autumn 2023

Coming up
very soon: our
Antiques Roadshow
see page 5

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Saffron Walden u3a:
Registered Charity
No 290670

Cover photo:
Dover Castle in June,
u3a trip see page 11

Chairman's Report

*"there's a lot
to look
forward to
this autumn
term"*



I have thoroughly enjoyed my first year as Chairman of the Saffron Walden u3a and I am honoured that I have been asked to serve for a second year.

I would like to thank the Committee for their support, dedication and hard work that has ensured we continue to operate as a coordinated organisation, working with our members' interests at heart.

There's a lot to look forward to this autumn term: as well as our popular monthly Open Meetings, we are also staging our very own Antiques Roadshow on 23rd October at the Bowling Club (see further details on page 5). We will also be hosting our Christmas Buffet at the Golf Club - which has sold out very quickly.

Our Book Groups continue to expand with Group 5 now established at Café Cornell with Gillian Frost as coordinator. A new group, Out & About, now offers members a short drive in the countryside to a specified destination where picnics or lunches can be enjoyed, Rod George is the coordinator for this.

The weather held - just - for our Choir's concert on 15th July and it was a success with £231.97 raised, which will go to the East Anglian Children's Hospices - a very worthy cause. The Ukulele group were also in attendance, see pages 14/15.

Thanks once again to all you contributors to Update - and those of you who enter our competitions - you are really appreciated, please keep it up.

Jim Dwyer, Chairman

The football season has started, so there are 2 footballs hidden within this Update, see if you can find them. There's also a deliberate mistake and a 7-letter crossword waiting for you to complete. *Winners get a mention in the next edition.*

Send your answers to the Editor at . . . jim_dwyer@btinternet.com

Membership Secretary's Report

"A warm welcome to all new members"



John Trueman,
Membership Secretary

Thank you to everyone who has renewed their membership and a special thanks to all who used the Beacon on-line facility.

A warm welcome to all new members who have joined recently. We can all look forward to getting back to 'normal' and taking part in our u3a activities now that we are relatively free of the Covid epidemic.

I wish you all a happy and entertaining year.

Welcome to another exciting year for our u3a. Our groups are thriving and we have some new ones and hopefully some in the planning stage.

We now have 5 book groups, and a new Out & About group, all of which have been very successful – but only possible due to the people who give their time to organise them, so thank you to all group coordinators – you are the backbone of u3a!

If you feel you can share any of your interests or expertise with our members, I would love to hear from you and support you to start a new group.

There is no need to be proficient in your subject, or to teach – just have commitment and enthusiasm. Remember the u3a motto – by the members, for the members!

Mary Curtis,
Activities Organiser



Activities Organiser's Report

"thank you to all group coordinators – you are the backbone of u3a"

Saffron Walden u3a Committee

Title	Name	Tel.	Email
Chairman & Update Editor	Jim Dwyer	07531 115160	jim_dwyer@btinternet.com
Secretary	Tony Treglown	01799 516707	tregact@gmail.com
Treasurer	Steve Messenger	01223 890133	stevemessu3a@btinternet.com
Membership Secretary	John Trueman	01799 541288	joandjohnt@btinternet.com
Activities Organiser & Vice Chairman	Mary Curtis	01799 524784	maryfcurtis@live.co.uk
Speaker & Special Events Organiser	Brian Kerrison	01799 516586	briankerrison599@btinternet.com
Venues Organiser	Susan Brown	07808 772774	susan_m.brown_swu3a@btinternet.com
Non Committee			
Website Manager	Martin Hugall	01799 527805	website@saffronwaldenu3a.org.uk

£1 ENTRANCE

Antiques Roadshow

*Bring along 1 or 2 of your
favourite items from home
for a brief discussion
and valuation.*

Monday 23rd October
Bowling Club in Abbey Lane
1:30 pm until 4:30 pm.




Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Art	Jean Mead	01799 501405 j.mead@mac.com	Tuesday	2:00 - 4:00 pm URC
Art Appreciation	Linda Dyer	01799 218759 lindadyer70@yahoo.co.uk		10:30 - 12:00 pm Bowling Club
Ballroom & Sequence Dancing	Pauline Palmer	01799 502560 pauline.palmer3@ntlworld.com	Tuesday	9:45 - 10:45 am URC Hall
Birdwatching	TBC	TBC	TBC	TBC
Book Group 1	Mary Curtis	01799 524784 marycurtis@live.co.uk	First Thursday	10:30 - 11:30 am Café Cornell
Book Group 2	Susan Brown	07808 772774 susan_m.brown_swu3a@btinternet.com	Third Tuesday	10:00 - 11:15 am Café Cornell
Book Group 3	Susan Brown	07808 772774 susan_m.brown_swu3a@btinternet.com	First Tuesday	10:00 - 11:15 am Café Cornell
Book Group 4	Catherine Prentice	Catherine.prentice@btinternet.com	Third Thursday	10:30 am Café Cornell
Book Group 5	Gillian Frost	07814 669275 gillianfrost2@gmail.com	Second Thursday	10:30 - 12:00 noon Café Cornell
Choir	Walter Poulter	07766 330749 w.poulter9999@btinternet.com	2nd & 4th Wednesday	11:30 - 1:00 pm Quendon Village Hall
Cribbage	John Trueman Christine Taylor	01799 541288 joandjohnt@btinternet.com 01799 501886 christine.e.taylor@ntlworld.com	Thursday	2:00 - 4:30 pm Faircroft
Drama	Gill Williamson	01799 524947 gill.e.williamson@gmail.com	Contact coordinator	Member's homes
Easy Riders Cycling	Colin and Anne Taylor	colinandannetaylor@live.co.uk	First Thursday	11:00 am

Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Exploring Churches	Christine Hall	c.hall153@btinternet.com	Second Friday	Various
French Conversation 1	Joelle Doegar	01799 501897 joelle.doegar@gmail.com	Monday	2:00 pm Member's homes
French Conversation 2	Isobel Jones	01799 522552 isobel.jones@talktalk.net	Thursday	10:30 - 12:00 pm Member's homes
Gardening	Marilyn Hemmings	07788 544401 marilynhemmings@sky.com	Last Friday	2:00 - 4:00 pm Bowling Club
Gym Fit 1	Judy Hervey-Murray	01799 543164 judyhm@btinternet.com	Tuesday	11:30 - 12:10 pm Just Gym
Gym Fit 2	Judy Hervey-Murray	01799 543164 judyhm@btinternet.com	Monday	3:00 - 3:40 pm Just Gym
History Byways	Diane Tucker	tucker.diane@gmail.com	Monday fortnightly	11:00 - 12:00 pm Baptist Chapel
Indoor Bowling	Derek Ayres	01799 521180 derekandjuneayres@yahoo.co.uk	Contact coordinator	Turpins Indoor Bowls (behind Butler centre)
Keep Fit	Lynda Sawkins	01799 521022 sawkins.roylynda@gmail.com	Wednesday	11:15 - 12:15 pm Baptist Hall
Knit & Natter	Penny Maystre	01799 501262 pennymaystre74@hotmail.com	Monday	10:00 - 12:00 pm Coordinator's home
Landscape & Literature	Alex Reeve	01799 522818 alex_reeve@hotmail.com	Contact coordinator	Contact coordinator
Latin 1	Ros Woodcock	07773 272748 roswoodcock@yahoo.co.uk	Thursday	2:00 - 3:00 pm Member's homes
Latin 2	Alex Reeve	01799 522818 alex_reeve@hotmail.com	Monday	11:00 - 12:30 pm Coordinator's home
Line Dancing	Rod & Betty George	01799 584527 rod.george1@btinternet.com betty.george1@btinternet.com	Monday	10:30 - 11:30 am 12:00 - 1:00 pm URC Hall

Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Literature	Elise Collins	01799 540316 emcollins1@hotmail.co.uk	Last Wednesday	2:30 - 3:30 pm Faircroft
Lunch Club	Peter Cowper	01799 527161 petercowper@btinternet.com	Various	Monthly
Mah-Jong 1	Christine Greet Irene Bedward	01799 531732 tygreet@gmail.com 01799 528178 irenebedward@hotmail.com	Wednesday	2:00 - 4:00 pm Bowling Club Abbey Lane
Mah-Jong 2	Jess Grinyer	01799 500344 / 07811 382541 grinyer.jess@gmail.com	Thursday	1:30 pm Coordinator's home
Mah-Jong 3	Geraldine Plunkett	01799 599159 ger_plunkett@yahoo.co.uk	Contact coordinator	
Mandarin	Wen Zhang	07425 830888 zhangwenl@gmail.com	Tuesday Friday	1:00 - 1:30 pm both, contact coordinator
Natural History	David Saunders	01799 501696 david.saunders560@ntlworld.com	Contact coordinator	2:00 pm contact coordinator
Nice'n'Easy Fitness	Jan Powell	01799 523855 janibobs@ntlworld.com	Wednesday	12:30 - 1:30 pm Baptist Church
Out & About	Rod George	01799 584527 rod.george1@btinternet.com	TBC	Contact Coordinator
Philosophy 1	Richard Gilyead	01799 510749 rgilyead@gmail.com	Tuesday monthly	10:30 am Coordinator's home
Philosophy 2	Peter Wright	01799 516749 p.r.wright@outlook.com	Second Tuesday	10:00 am member's homes
Photography	Bronwen Woods	01799 599950 bronwenwoods@btinternet.com	2nd Monday monthly	2:00 - 4:00 pm Community Hub
Pilates 1	Hilary Price	01799 521696 hilaryprice127@gmail.com	Thursday	1:00 - 2:00 pm Friends Mtg House
Pilates 2	Irene Bedward	01799 528178 irenebedward@hotmail.com	Thursday	2:00 - 3:00 pm Friends Mtg House
Pilates 3	Rob Garmey	07497 969229 robgarmey@gmail.com	Thursday (during term)	3:15 pm Friends Meeting House
Pilates 8	Chris Kerrison & Christine Simpson	01799 516586 briankerrison599@btinternet.com	Tuesday	11:30 - 12:30 pm Baptist Hall

Classes and Coordinators

Class	Coordinator	Telephone & Email	Day	Time & Venue
Play Reading	Alan Nicholls	01799 522260 alannicholls36@gmail.com	Third Monday	Coordinator's home
Ramblers	Colin Potterill	01223 834937 colinpotterill@hotmail.co.uk	Thursday fortnightly	10:00 am Leisure Centre
Scrabble	Bronwen Attenborough	01799 524772 bronwen.atten@googlemail.com	Thursday	10:00 - 12:30 pm Member's homes
Spanish Improvers	Jessica Reeve	01799 522818 jessicareeve@hotmail.co.uk	Wednesday	2:00 pm Coordinator's home
Table Tennis	Ann Cousins	01799 219072 cous.anns@gmail.com	Wednesday	2:00 - 4:00 pm Widdington Vill. Hall
Tai Chi 1 & 2	Angela Rowland	01799 521192 mrsarowland@gmail.com	Wednesday	1) 9:30 - 10:45 am Baptist Church 2) 10:45 - 12:00 pm Baptist Church
Theatre & Travel	Christine Duffy	01799 520173 chrisduffy146@gmail.com	Third Monday	1:45 pm Bowling Club
Holidays	John Martin	01799 521504 (07803 197983) jomacot@tiscali.co.uk	monthly	
	Pam Mugliston	01799 521697 (07910 746887) pjmteddybear@btinternet.com		
	Jean Little	01799 513411 little361@btinternet.com		
Ukulele	Mary Curtis	01799 524784 marycurtis@live.co.uk	Wednesday fortnightly	10:00 - 11:30 am Wimbish Village Hall
Writing for Pleasure 1	Diane Drury	07870 900852 dianejgdrury@gmail.com	Monday fortnightly	10:00 - 12:00 pm Football Club
Writing for Pleasure 2	Lisa Mades	07939 437191 lisa.mades@gmail.com	Tuesday fortnightly	9:30am Member's homes

Coordinators: please check your details and advise the Editor if there are any errors. If you don't want your details to appear on the website please advise the Website Manager (details page 5).

Easy Riders Cycling

Easy Riders are, in the main, quite a well-behaved bunch. However, as the photographs show, even they “cross the line” from time to time!



Pictured left are David, Vic, Rod and Trevor on the ride of the first Thursday in July. David and Vic (left) are in the Western Hemisphere whilst Rod and Trevor (right) are in the Eastern Hemisphere. Anne, Sandy, Peter, Miranda, Simon and Colin are pictured beneath them.

They are “astride” the Greenwich Meridian near Orwell, having enjoyed a picnic lunch on the Wimpole estate and are just about to head back to Melbourn for a cuppa at the end of (another) very pleasant cycle ride.

Colin & Anne Taylor, coordinators

“Wait for me!”



Lunch Club

The Saffron Walden u3a Lunch Club continues to go from strength to strength. Once a month we go out to a pub or restaurant around the area for a social get together. The group is open format so people are free to join us or drop out for a month as the mood, availability or liking of that months choice takes them. In recent months we have been to Greek, Italian and general pub lunches and in coming months will

be going to Thai and possibly Indian. Group is normally around 20 strong which makes for good conversation with new people always welcome. Lunches restart after a summer break in August in late September and monthly thereafter. If you would like to join us at one of our lunches please contact me, details are on page 8, to be added to the circulation list.

Peter Cowper, coordinator

Dover Castle

Twas on the morning of Thursday 15th June, a beautiful warm, sunny day, that our intrepid Theatre & Travel group set off for Dover Castle, the first trip organised by new coordinator John Martin. Situated high above the White Cliffs and overlooking the town, the castle was built in the 1180s by Henry II, and has been the site of royal intrigue and epic sieges, as well as being at the centre of the crucial effort to evacuate hundreds of thousands of Allied troops from the beaches of Dunkirk in 1940.

Our group arrived and headed straight for the NAAFI restaurant and some refreshments after a fairly long journey. Some of the group then headed for a tour of the Secret Wartime Tunnels where wartime planning was undertaken during the Dunkirk evacuations. There were also Medieval Tunnels to explore dating from just after the siege of 1216-17.

After some lunch there was the castle's Great Tower to visit where the court and times of King Henry II were

colourfully brought to life. There were many more items of interest to see but they could not all be experienced in a single day. So, after a long and interesting day, it was good to board the coach again for our journey home.





u3a

Art Gallery

For the latter part of this recent summer term, the Saffron Walden u3a Art Group has been moon gazing!

Their project was The Moon and some of their very creative work is shown here.

Gill Howe

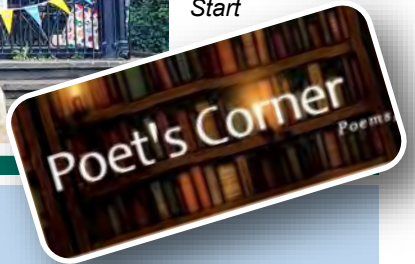


Ukulele



The Ukulele group is seen supporting the Choir at their Coronation Summer Concert in Jubilee Gardens. Looks like they have some young admirers!

Photo by Janet Start



The Octogenarian

Now I have turned eighty
Still full of fun, gregarious and matey
Suave and cool, sometimes witty
But folks let me tell you I am no Walter Mitty
I am staunch, dependable and not at all pretendable
I am what you see and hear

I have been a professional soldier, a salesman and worked in far off lands
A trained carpenter and joiner, I'm good with my hands
I know how it feels to close many a big deal
Have experienced life when it's raw and real

I inherited musical talent from my Mum and dancing skills from my Dad
But only fully realised this after retirement - and that's sad
Because given the opportunity when I was young
to develop the natural gifts that they gave
I wouldn't have become a mortgage slave

But that's all behind me, I am now debt free
Able to enjoy my life -- hee hee hee
Regrets I have few and blessings I have many
My life changed completely when I met my wife Penny
And although it took years to make her mine
Our marriage has been nothing less than divine

And now when I look round at all of you here
I am forcing myself to hold back a tear
Because you have become my extended sisters and brothers
And may this continue for many a year

by Ian Lawson
and dedicated to the
Saffron Walden u3a
Dancing Group

Theatre & Travel

If you like to visit interesting places or to see a West End show and enjoy the company of like-minded people, then the Theatre & Travel group is waiting to hear from you.

The coordinators are available every third Monday of every month at the Open

Meeting in the Bowling Club, Abbey Lane.
Doors open at 1:45 pm

For all the latest information, dates, costs etc, please contact one of our T&T coordinators, contact details appear on page 9, or check out our website: www.saffronwaldenu3a.org.uk



Choir



The Saffron Harmony Choir is seen here performing at their Coronation Summer Concert in Jubilee Gardens on 15th July, proceeds went to EACH.

If you can sing a bit and would like to join the choir, why not contact their coordinator Walter Poulter, his details appear on page 6.



French Conversation

The French group meets every Monday afternoon. Members take turns to host this very sociable group and offer refreshments. The host picks an easy subject for discussion, giving members a few days to prepare/reflect. We start and finish the meeting with a general chat occasionally reverting to speaking English after the hard work of speaking French! The photo was taken recently, celebrating the Summer. One of our hosts generously offered to hold the party at her house.

Joëlle Doegar, Coordinator



Ramblers



Here we see Ramblers taking a well-earned break on their Bluebell Walk near Quendon on 4th May.

'May the fourth be with you!'

Photo by Martin Hugall



Holiday to Scotland 2024

**The Rob Roy Hotel, Aberfoyle
8th to 14th September 2024**

Stopping overnight on the way up and back.

**Dinner, bed and breakfast - 6 nights/7days
£759.00 - Price to reduce if 25 persons.**

**Contact Jean Little: Telephone 01799 513411
Email: little361@btinternet.com**

Holiday

In June, a friendly group of members arrived at a seafront hotel in Llandudno for a four night stay. We arrived in bright sunshine to admire the wide, sweeping bay contained between the Great and Little Ormes, and enjoyed sunshine virtually every day. Quite rare in Wales!

We filled our days visiting the interesting Plas Newedd House in Llangollan and afterwards cruising high on the Llangollan canal, going across the Dee valley via the Aqueduct, a unique experience. The gardens of Bodnant were a delight and the morning visit was followed by an afternoon in Llandudno to do as we pleased. One brave member left us to experience a trip on

a zip wire, a speedily, flying Grandma! On our third and last day we boarded the Festiniog railway to sedately descend to Porthmadog, the scenery was very, very beautiful, especially crossing the estuary. We then boarded the coach to return with a stop off at Portmeirion, the fantasy Italian village.

At last I saw it in brilliant sunshine, and its display of pink, blue and mauve hydrangeas was amazing. It was a day of glorious scenery, made interesting by our excellent and safe driver Derek. On returning home, we discovered that our friends in Saffron Walden had not been so lucky with the weather.

Jean Little, coordinator



Tai Chi



I first joined the Tai Chi group in 2010 and soon began to appreciate the feeling of peace and tranquility it brings. We began the lesson in a circle and bowed to pay our respects to one another.

2 The exercises were next, they were like nothing I had done before and many had strange sounding names like, Holding the Moon, Pecking Rooster and the Dragon Walk!



3 One of the exercises, Standing Post I found really challenging as it involved standing in a Horse Stance with the arms in the Heaven or Earth posture for about five minutes in each position. (I wasn't used to being still for so long, especially with my eyes closed!). Towards the end of the class we began The Form, a series of slow graceful movements which test the memory and concentration as well as the physique.

4 Tai Chi is not a strenuous form of exercise, although I certainly felt that I had worked the following day. It involves the breathing and the mind, pushing away troublesome thoughts to bring a sense of inner peace, an oasis of calm in these challenging times.

We have two very friendly groups and there is always time to catch up with news before and after the classes. We have places available, so please contact me, the coordinator if you are interested. My contact details appear on page 9.

Angela Rowland

Line Dancing



During June and July, a Taster Class for Line Dancing was run by Betty George. This has been a great success with over 25 participants.

Anyone who is interested in joining should contact **Betty George** - her details appear on page 7.

Out & About

The group's aim is to have a drive in the countryside to a destination which will be disclosed on the day, never more than 40-50 miles. The journey's instructions will encourage participants to notice areas of interest and beauty, and participants are welcome to take as long as they like to reach the destination, stopping for photos, views, breaks etc. The destination will be one that is not easy to access by public transport, and car sharing is encouraged.

The first two meetings were held on 17th August and 12th September at Swan Meadow when instructions were given for the day. Members had the opportunity to buy lunch/snacks at the destination, or to take a picnic. There are no further meetings over the winter until May 2024. Please contact **Rod George** for more information, his details appear on page 8.

Mary Curtis



Uttlesford Community Bus

is available to all u3a members.

If you have transport needs just get in touch on

01799 519008 or

info@uttlesfordcommunitytravel.org

Dates for your Dairy



Thursday 5th October

OUTING: Southend - Creeks, Cockles and Cockneys

Monday 16th October

OPEN MEETING: 'Dr Livingstone I Presume' - talk by Fran Sandham

Thursday 19th October

PLAY: 'The Woman in Black' - Palace Theatre, Southend

Monday 23rd October

ANTIQUES ROADSHOW: 1:30 pm Bowling Club, bring along 2 items for valuation - £1 entrance

Tuesday 7th November

OUTING: 'A Taste of Leicester'

Sunday 19th November

HOLIDAY: 2 night break - Chatsworth at Christmas

Monday 20th November

OPEN MEETING: 'Hospitals Before the NHS' - talk by Dr Jane Pearson

Tuesday 28th November

CHRISTMAS SHOW: 'Fairytale of New York' - Cliffs Pavilion, Southend

Monday 11th December

CHRISTMAS BUFFET: 2:30 for 3:00 pm Saffron Walden Golf Club
SOLD OUT.

Monday 15th January 2024

OPEN MEETING: 'Butterflies of Britain and Europe' - talk by Roger Gibbons

Monday 19th February

OPEN MEETING: 'Gossip from Pharaoh's Village' - talk by Janet Brewer

Monday 18th March

OPEN MEETING: '50 Years of Rock'n'Roll' - talk by Alan Goldsmith

Monday 15th April

OPEN MEETING: 'My Great Aunt Constance and the Burma Trek' - talk by Jenny Mallin



u3a

Please note:

The dates and events that are shown above are planned for the future and are correct as we go to press. They could possibly be subject to change.

Open Meetings



Our Open Meetings are proving very popular with record attendances nearly every time. Here we see our near-capacity audience being entertained by guitarist/singer Saffron Summerfield in July. The meetings are held every third Monday of each month (except August and December) at the Bowling Club in Abbey Lane, doors open at 1:45 pm. As well as the excellent entertainment, we also have free refreshments and a free raffle. Come along and join in the fun.

Quiz answers from our spring edition

The hidden rabbit was, of course, Bugs Bunny and he appeared on page 12 hanging on the wall on the extreme left by the Christmas tree. He was spotted by Jean Pattenden, John Martin, Sue Washington, Christine Taylor, Chris Duffy and Dolores Clew – well done you rabbit hunters!

The deliberate mistake was on page 15, the top heading reads 'Travel & Theatre' but, of course, it should have read 'Theatre & Travel' – and no one found it. Surprised no one from T&T saw that!

The Dingbats were as follows from top left: An inside job, Just between you and me, Fowl language. *From bottom left:* Can't spell for toffee, A play on words, Undercover cop - and no one got any of them.

The crossword was successfully completed by Sue Washington - well done Sue – and the answers are as follows:

1a Catchphrase, 6a Spoilt, 8a The, 9a Fortunes, 11a Dua, 12a Ole, 13a Miles, 14a Spot, 15a Nil, 16a SOS, 18a Yet, 21a Golden, 22a Chase.

1d Countdown, 2d Cap, 3d Pointless, 4d Set, 5d Weakest Link, 9d Family, 10d Soap, 17d Shot, 19d The, 20d Ode.

Thank you to all our competition entrants

New crossword is overleaf

7 letter Crossword

1		2		3		4
5						
6						
7						

**This is a new kind of Crossword, never seen before, I hope!
Each answer is seven letters long, hope the clues are not too obscure.**

Clues across: 1. This part or compartment has the nicest o. 5. A close and harmonious relationship has a good art prop. 6. The perfect embodiment of anything is the tie poem. 7. Say 'knee' to become like sporty Americans.

Clues down: 1. If Guy errs he'll end up having an operation. 2. This short picture explanation or description makes Pat an icon. 3. No ire or hot temper becomes steely raw material. 4. This gum nest can flavour soups and desserts.

Please send your answers to the Editor: jim_dwyer@btinternet.com

Notice Board

u3a

**New Committee members
wanted for next year**

If you think you have what it takes, then please contact any of our Committee members. We look forward to hearing from you.

U3a term dates 2024

Spring Term:

4 January – 28 March 2024
Half-term: 19 Feb. – 23 Feb.

Summer Term:

15 April – 23 July 2024
Bank Holidays: 6 and 27 May
Half-term: 28 May – 31 May

**Any u3a member who
feels isolated can speak
to a Committee member.
Contact details page 5.**

**DON'T FORGET TO COME TO
OUR 'ANTIQUES ROADSHOW' AT
1:30 pm ON 23RD OCTOBER AT
THE BOWLING CLUB. BRING
ITEMS FOR VALUING.
£1 ENTRANCE**

**Our Christmas Buffet
on Monday
11th December at the
Saffron Walden
Golf Club has now
SOLD OUT**

Remember

to visit our website at
www.saffronwaldenu3a.org.uk
for all the latest u3a
information.

Pun fun



**I've just lost my Dusty Springfield
record collection, now I just don't
know what to do with myself!**

I used to think that Cape Town was
where Batman lived!

**My chicken-mating business is in
financial trouble - I just can't make
hens meet!**

I felt very emotional recently at the
petrol station - I could feel myself
filling up!

**When I fell asleep at a friend's
house someone put a teabag in
my mouth - I hate being taken for a
mug!**

I'm selling my puppets Sooty and
Sweep, I don't want a lot for them I
just want them off my hands.

**Never discuss infinity with a
mathematician, they go on about it
forever!**

I decided not to get a brain transplant
- but then I changed my mind!

**England doesn't have a kidney
bank, but it does have a Liverpool.**

Notices

Saffron Walden u3a is a Registered Charity Number 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. 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
- Saffron Walden u3a retains the copyright of the contents of Update
- For more information visit our website at www.saffronwaldenu3a.org.uk

Insurance

All members are covered by public liability insurance, but Saffron Walden u3a accepts no responsibility for any accident not covered by that insurance

Legal Assistance

Legal advice, including Private, Commercial and Employment advice, is currently no longer available



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