

A vibrant garden scene featuring a central pond. The pond is surrounded by a variety of plants, including large green leaves in the foreground, tall reeds, and colorful flowers. A person in a blue shirt is visible in the background, standing near the water's edge. The overall atmosphere is peaceful and natural.

u3a Update

Saffron Walden Autumn 2025

Your
insight
into the
world of
SWu3a

Contents

Chairman's Report	3
Membership Secretary's Report	4
Activities Organiser's Report	4
Committee / Open Meetings	5
Classes and Group Leaders	6-9
Abba / New Testament Greek	10
Art / Outdoor Bowls	11
Easy Riders Cycling	12
Repair Shop / Don't Throw Out	13
Isle of Wight Snapshots	14/15
More Outdoor Bowls	16
BBC Proms	17
Lords Cricket Ground	18
Rambling / Thames Cruise	19
Isle of Wight Holiday	20
Enjoy Baking Again	21
Folk Music	22
Nice 'N' Easy Keep Fit	23
Dates for your Diary	24
Exploring Literature / Answers	25
Crossword / Puzzles	26
Notice Board	27



Saffron Walden u3a:
Registered Charity
No 290670

Cover: Beautiful scenery
on Gardening Group's trip
to Beth Chatto's gardens

Chairman's Editorial

*"the same
commitment for
running our u3a
professionally"*



I begin my fourth year as Chairman of the Saffron Walden u3a, and ninth year as Editor of Update, with the same commitment for running our u3a professionally and for the benefit of all our members, and to producing a well-designed, quality publication.

Enabling me to achieve these objectives, I must thank my fellow Committee members, each of whom are equally committed and have carried out their duties excellently. We were all voted back into office at the recent Annual General Meeting, so the same team will be continuing as before.

I must also thank all those Group Leaders and members who have kindly submitted their articles and photographs for publication - for without them there would be no Update. This current edition will be the last one produced on the Publisher programme, which will no longer be supported by Microsoft from October 2026. So the next edition (Spring) will be completely revamped and produced on the new Canva system.

Our new website has been running now for a year and for this we thank our Website Manager Martin Hugall. Martin has begun to train Committee members who can now add their own items to the website as they come to light.

I would like to thank all our existing members who have renewed their membership. Some of you, I know, have experienced a few issues when trying to renew online, we have requested assistance with this from head office. And of course a big welcome to all our new members, We wish you a happy time with us.

Jim Dwyer, Chairman and Editor

Update wouldn't be Update without a deliberate mistake - try and find the one carefully concealed in this issue. Whilst you're at it, try and find the hidden Donald too. Plus there are the usual puzzles for you puzzle-solvers, please give them a go.

Send all your answers to the Editor

Membership Secretary's Report



Thank you to all members who renewed their membership for 2025 / 2026 and a warm welcome to all new members.

We currently have over 750 members and I expect this to rise during the course of the year.

New members are always welcome. If any of your friends or family would like to join you can always invite them to an Open Meeting to listen to an interesting speaker and find out more about our u3a.

I wish you all an enjoyable time in the coming year.

*John Trueman,
Membership Secretary*

Please ensure that you have renewed your membership subscription, for without it you cannot attend any classes or receive any communication.

Welcome to our new u3a year, and I am looking forward to hearing about your ideas for new groups. We have 42 different groups at present, some of them having more than 1 session, but more are always welcome - and that's what keeps our u3a thriving and exciting.

Art Too and Enjoy Baking Again are new for this year and have already got a good number of members. But we need YOU to lead a group too! I have been asked about a Chess group and a Bird Watching group - could you lead one of these? You don't need to be an expert - you'd find there will be plenty of them among the group members - but be prepared to be the u3a contact and do a small amount of organising. And you would be supported all the way by myself and our Committee.

So remember the u3a motto "by the members, for the members" and continue to Learn, Laugh and Live with Saffron Walden u3a.

*Mary Curtis,
Activities Organiser*

Activities Organiser's Report

"that's what keeps our u3a thriving"



Saffron Walden u3a Committee

Title	Name	Tel.	Email
Chairman & Update Editor	Jim Dwyer	07531 115160	
Vice Chairman & Activities Organiser	Mary Curtis	01799 524784	
Secretary & Venues Organiser	Susan Brown	07808 772774	
Treasurer	Steve Messenger	01223 890133	
Membership Secretary	John Trueman	01799 541288	
Speaker Organiser	Elaine Bewick	07821 542746	
Special Events Organiser	Sue Matthews	07426 802232	
<i>Non Committee</i>			
Website Manager	Martin Hugall	01799 527805	



Bowls Club doors open 1:45 pm for a 2:30 pm start every 3rd Monday of the month (except December). Excellent talks, free entry, free raffle and free refreshments. A perfect afternoon's entertainment.

Open Meetings

Classes and Group Leaders

Class	Group Leader	Telephone & Email	Day	Time & Venue
Anything Crafty	Sue Matthews	07426 802232	Last Friday monthly	10:00 am - 12:00 pm Group Leader's home
Art	Jean Mead	01799 501405	Tuesday	2:00 - 4:00 pm URC
Art Appreciation	Linda Dyer	01799 218759	Friday	10:30 - 12:00 pm Bowls Club
Art Too	Kate Atkinson	01799 521943	Friday	1:30 - 3:00 pm URC
Ballroom & Sequ.Dancing	Pauline Palmer	01799 502560	Tuesday	9:45 - 10:45 am URC Hall
Book Group 1	Mary Curtis	01799 524784	First Thursday	10:30 - 11:30 am Café Cornell
Book Group 2	Susan Brown	07808 772774	Third Tuesday	10:00 - 11:15 am Café Cornell
Book Group 3	Dominic Davey		First Tuesday	10:00 - 11:15 am Café Cornell
Book Group 4	Catherine Prentice		Third Thursday	10:30 am Café Cornell
Book Group 5	Gillian Frost	07814 669275	Second Thursday	10:30 - 12:00 noon Café Cornell
Choir	Walter Poulter	07766 330749	2nd & 4th Wednesday	11:30 - 1:00 pm Quendon Village Hall
Cribbage	John Trueman	01799 541288	Thursday	2:00 - 4:30 pm Fairycroft House
	Christine Taylor	01799 501886		
Drama	Gill Williamson	01799 524947	Thursday fortnightly	2:00 - 4:00 pm Members' homes
Drawing	Angela Guise		Thursday fortnightly	10:00 am Bowls Club
Easy Riders Cycling	Colin and Anne Taylor		First Thursday	11:00 am
Enjoy Baking Again	Felicity Hey	07816 832784	4th Friday monthly	11:00 am Bowls Club

Classes and Group Leaders

Class	Group Leader	Telephone & Email	Day	Time & Venue
Exploring Churches	Christine Hall		Second Friday	April to October
Exploring Literature	Elise Collins	01799 540316	Last Wednesday	2:00 - 3:30 pm Fairycroft House
Folk Music	Betty Weltz	07951 449557	Friday monthly	10:30 am - 12:30 pm Community Link
French Conversation 1	Joelle Doegar	01799 501897	Monday	2:00 - 3:30 pm Members' homes
French Conversation 2	Isobel Jones	01799 522552	Thursday	10:30 - 12:00 pm Members' homes
Gardening	Marilyn Hemmings	07788 544401	Last Friday	2:00 - 4:00 pm Bowls Club
German Conversation for Beginners	Alex Reeve	07951 885952	Monday	11:30 am Members' Home
Gym Fit 1	Judy Hervey-Murray	01799 543164	Tuesday	11:30 - 12:10 pm Just Gym
Gym Fit 2	Judy Hervey-Murray	01799 543164	Monday	3:00 - 3:40 pm Just Gym
Happy Hookers Crochet	Sue Matthews	07426 802232	Tuesday	10 - 12 & 2 - 4:00 pm Group Leader's home
History Byways	Diane Tucker		Monday fortnightly	11:00 - 12:00 pm Baptist Church
Indoor Bowling	Derek Ayres	01799 521180	Contact Group Ldr.	Turpins Indoor Bowls (behind Butler centre)
Keep Fit	Lynda Sawkins	01799 521022	Wednesday	11:15 - 12:15 pm Baptist Church
Knit & Natter	Penny Maystre	01799 501262	Monday	10:00 - 12:00 pm Group Leader's home
Landscape & Literature	Alex Reeve	07951 885952	Contact Group Ldr.	Contact Group Leader

Classes and Group Leaders

Class	Group Leader	Telephone & Email	Day	Time & Venue
Latin for Beginners	Alex Reeve	07951 885952	Tuesday	Afternoons Members' homes
Line Dancing	Rod & Betty George	01799 584527	Monday	10:30 - 11:30 am 12:00 - 1:00 pm URC Hall
Lunch Club	Peter Cowper	01799 527161	Various	Monthly
Mah-Jong 1	Christine Greet Irene Bedward	01799 531732 01799 528178	Wednesday	1:30 - 4:30 pm Little Chesterfield Village Hall
Mah-Jong 2	Jess Grinyer	01799 500344 / 07811 382541	Thursday	1:30 - 3:30 pm Group Leader's home
Mah-Jong 3	Geraldine Plunkett	01799 599159	Tuesday	1:30 - 3:30 pm Group Leader's home
New Testament Greek Reading	Chris Salter	07967 126045	Thursday Fortnightly	10:30 - 12:00 pm Members' homes
Nice'n'Easy Fitness	Glennis Bourne	07879 474017	Wednesday	12:30 - 1:30 pm Baptist Church
Out & About	Rod George	01799 584527	TBC	Contact Group Leader
Outdoor Bowls	Peter Smith	07875 658742	Friday	11:00am - 1:00pm Bowls Club
Philosophy 1	Richard Gilyead	01799 510749	Tuesday monthly	2:00 - 4:00 pm Members' homes
Philosophy 2	Peter Wright	01799 516749	Second Tuesday	10:00 - 12:00 pm Members' homes
Photography	Bronwen Woods	01799 599950	2nd Monday monthly	2:00 - 4:00 pm Community Link
Pilates 1	Rob Garmey	07497 969229	Thursday	1:00 - 2:00 pm Baptist Church
Pilates 2	Irene Bedward	01799 528178	Thursday	2:00 - 3:00 pm Baptist Church
Pilates 3	Rob Garmey	07497 969229	Thursday (during term)	3:15 - 4:15 pm Baptist Church

Classes and Group Leaders

Class	Group Leader	Telephone & Email	Day	Time & Venue
Pilates 8	Christine Simpson		Tuesday	11:30 - 12:30 pm Baptist Church
Play Reading	Gill Williamson	01799 524947	Third Monday	10:00 - 12:00 pm Group Leader's home
Ramblers	Colin Potterill	01223 834937	Thursday fortnightly	10:00 am Leisure Centre
Scrabble	Bronwen Attenborough	01799 524772	Thursday	10:00 - 12:30 pm Members' homes
Spanish for Improvers	Jessica Reeve	0788 1953 949	Wednesday	2:00 pm - 3:30 pm Group Leader's home
Table Tennis	Ann Cousins	01799 219072	Wednesday	1:30 - 4:30 pm Widdington Vill. Hall
Tai Chi 1 & 2	Angela Rowland	01799 521192	Wednesday	1) 9:30 - 10:30 am 2) 11:00 - 12:00 pm Both Baptist Church
Theatre & Travel	Christine Duffy	01799 520173	Third Monday	1:45 pm Bowls Club
	John Martin	01799 521504 (07803 197983)	monthly	
	Jim Dwyer	07531 115160		
Holidays	Jean Little	01799 513411		
Ukulele	Mary Curtis	01799 524784	Wednesday fortnightly	10:00 - 11:30 am Wimbish Village Hall
Writing for Pleasure 1	David Broadley	07944 660231	Monday fortnightly	10:00 - 12:00 pm Audley Court
Writing for Pleasure 2	Lisa Mades	07939 437191	Tuesday fortnightly	9:30 - 11:30 pm Members' homes

Group Leaders: please check your details and advise the Editor if there are any errors.

T&T Visit to ABBA Voyage *by Mary Curtis*

A coach full of excited u3a supertroupers went to the ABBA Voyage experience in June. The ABBA stadium in Stratford is an immersive experience from the time you walk in, with music, lights and bars in the huge foyer area. The arena was curved round and the seating was raked so everyone had a good view.

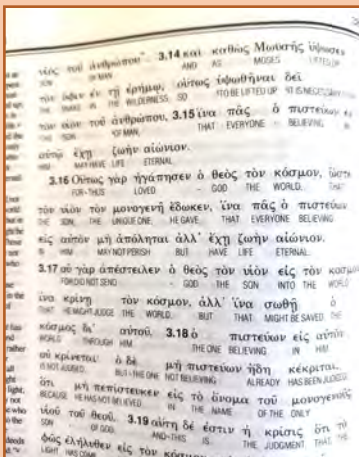
The show was loud and spectacular - with amazing lighting, a live band, and of course the “Abbatars”. It was hard to

believe they were a 3 dimensional projected image on an enormous screen and not the real thing. We sang along to hit after hit, while watching the “Abbatars” on stage and the large screen either side of the stage with close ups. It was all a bit surreal when you considered that the 4 ABBA members weren’t actually there! It seemed so real.

An exciting and different experience, and one I’m sure we all enjoyed.



New Testament Greek Reading *by Chris Salter*



Our group has been meeting since March last year. There are at present 7 members.

We are currently looking through John’s Gospel, and this is provoking some lively and exciting discussions.

We would be very open to new members of all levels, including complete beginners – we are all learning together. We meet fortnightly on Thursday mornings in members’ homes, so there are no fees to pay apart from your u3a membership. The gifts of home-baked bread and home-made jam make attending the group even more attractive!

Please get in touch with me if you might be interested, contact details on page 8.

Art *by Gill Howe*



On our website, if you go to the tab 'Links & u3a' then 'learning activities', National u3a has a gallery in which members of the various art groups can submit work on a given theme, and a selection is made for display on the website. The picture (left) was submitted by Jean Mead from our very own Saffron Walden u3a art group, and was amongst those chosen for display. The theme was 'Windows', which coincidentally had been one of our projects. Good to see Saffron Walden on the map!

Outdoor Bowls *by Peter Smith*

The outdoor bowls group has been a great success with around twenty members taking the opportunity to have a go at bowls. Some (three women and four men) have enjoyed the experience so much that they have joined the Bowls Club and played in matches against other clubs!

We continue to the end of August and if anyone else wishes to try this wonderful game they are very welcome to join us on Friday mornings between 11:00am and 1:00pm. All equipment provided, but please bring flat-soled shoes such as trainers. £3 per session which includes refreshments



Easy Riders *by Miranda St John*

Colin and Anne organised a lovely holiday for the cyclists staying at the comfortable Kingscliff Hotel on the seafront in Holland-on-Sea. We met for lunch at the hotel and later set off on our first ride on the cycle path next to the sea past 3 Martello towers to Clacton and Jaywick Sands. We stopped for an ice cream on the way back. Our bikes were safely stored in sheds at the back of the car park. We walked out in the evening to a local Inn for dinner.

We woke up next morning to heavy rain and poor visibility. The forecast was for rain all day and it was decided not to cycle but to go to Harwich in the cars instead. Additional Easy Riders who were joining us for the day were cancelled and we drove along some of the quiet roads that we would have taken had we been on our bikes. Wearing our waterproofs and carrying umbrellas we had a lovely walk around Harwich.

We saw the Low and High Lighthouses, visited the Harwich Museum and walked to the pier for

lunch. We had a tour of an old light ship, LV18, which had been used for broadcasting Radio North Sea, Radio Caroline, Radio Mi Amigo, BBC Pirate Radio Essex and Radio Sunshine.

We finished the afternoon with an informative visit to The Redoubt, a fort built in 1808 to protect the harbour from a Napoleonic invasion. We had two very good guides who took us around the outside and later around the downstairs rooms which now house many interesting items from the past. Dinner that evening was taken in the hotel. The weather was better the next morning and we cycled along the coast cycle path in the other direction past Frinton Golf Club, through Frinton to Walton-on-the-Naze and The Naze Tower for coffee.

On the return journey we stopped for lunch at a pie shop. We were delayed slightly when I had a puncture but the Easy Riders very quickly removed the inner wheel, repaired the puncture and put the bike back together again. We all arrived safely back at the hotel having had a lovely 3 days.



The Repair Shop *by Marion Smith*

What an enjoyable evening this was! There were four of the experts and a member of the back room staff asking the questions. Each expert told us of their journey to the Repair Shop and spoke of the first pieces they received for their first show.

There was a screen to show us the pieces that they had worked on and the reveal of how it turned out. It was quite

emotional for us all as regular watchers of the programme. They also spoke of their favourite fixes. There were moments of humour and also very emotional times too.

This was preceded by a very good meal at the venue and gave us time to enjoy each other's company. An excellent outing arranged by Christine Duffy, much appreciated by all present.



Don't Throw Out History *by Rufus Barnes*

A friend of mine recently witnessed a quiet loss, an entire lifetime boxed up and left for the rubbish collection. It was his elderly neighbour downsizing and moving into a retirement home and discarding photographs, letters, pottery, glassware etc – all loved and collected over the years.

It made me stop and think: what happens to our belongings when we move on? Do we really want to discard items that once meant so much to us? As collectors, we understand the value of history. We safeguard objects recognising their ability to bridge generations. But what about the things left behind – the heirlooms, the

everyday items that once held meaning? I wondered how many personal histories are lost, not because people don't care, but because no plan exists.

What will happen to your possessions? Will they be passed to hands that will appreciate them or will they vanish when your local rubbish collection vehicle comes? We need a shift in culture where preservation is the norm. A Community Programme, local historians, or personal effort to ensure our meaningful possessions find their rightful place and are not just discarded. We must remember that history is not just in museums – it's in our homes.



UK



Enjoying our Holiday on the Isle

Top photos from left to right: St Mildred's Church, The old village at Shanklin, The

3a



of Wight - wish you were here x

the multi-coloured cliff-face at Alum Bay and Osborne House. See article on page 20.

JD

More Outdoor Bowling *by Peter Smith*

The Outdoor Bowls group enjoyed a successful first year with over twenty men and women taking the opportunity to have a go at this wonderful game. Supported by Saffron Walden Town Bowls Club members and coach, Graham Schneider, a core group of mostly complete beginners quickly mastered the basics and progressed to playing games every Friday morning throughout the summer.

The sessions will run again next year and if you're in two minds about trying a new activity, here are the thoughts of some of this year's group:

The coaching and care taken by the bowls members in explaining the rules and giving instruction has been very rewarding. Having never bowled previously I can take part in a match and get enjoyment from competing. The tea and delicious sausage rolls provided after the game has been an added bonus.

Geoff Wollerson

Not having bowled for over 20 years this was a great opportunity to get back into it with no pressure. I have found everyone involved very kind,

welcoming and encouraging. I have thoroughly enjoyed it, so much so that I have joined the club.

Julie Smith

I think this new bowls activity has been very successful. The Bowls Club has been very welcoming, encouraging and supportive. The club has provided excellent training and a flexible approach to the differing needs of participants. I believe this is reflected by the number of u3a members that continue to attend. I have had great fun learning a new sport.

Ralph Howard

I've really enjoyed this year's bowls although it's a lot more difficult than it looks!

Carol Reed

I have thoroughly enjoyed both the games and the company at the bowls club. The welcome to u3a members has been both generous and friendly. I have subsequently joined the club, and I look forward to continuing to play next year and beyond. I would not have approached the club independently, so a big thank you for providing the opportunity.

Kevin Rayfield



BBC Proms *by Mary Curtis*



What a treat! For many this was their first time at the iconic BBC Proms, and we enjoyed every moment – from being in the beautiful Albert Hall to listening to a varied programme of music with a water theme.

We could imagine rolling waves, still surfaces of lakes reflecting the sun, and tumbling waterfalls. The Rose Lake by Tippett was a modern piece but it was fascinating to watch the timpani section, and to engage with the variety of sounds and instrumentation.

The other 3 pieces, by Sibelius, Ravel, and Debussy were perhaps much more familiar to everyone, but no less interesting.

The Proms originated in 1895 founded by Henry Wood and Robert Newman to make classical music accessible to all. They moved to the Albert Hall when Queen's Hall was bombed in 1941, and the BBC took over in 1927. We were lucky enough (many thanks to Chris Duffy) to be seated, but you can still stand as a promenader for £8.

What shape is a kiss?
Answer: Elliptical A LIP TICKLE - GET IT?

Lords Cricket Ground

On Tuesday 27th May, the Theatre & Travel Group visited Lords Cricket Ground in St John's Wood, London. There were 29 members on board, ladies and gentlemen, all enthusiastically looking forward to the day. Many had been to Lords to watch cricket before but none had been 'back stage', so our tour was eagerly anticipated. We were greeted at the main gate and awaited our lady tour guide. First up was the museum which housed many artefacts including the original ashes (see inset photo), the bat of W G Grace and many trophies.

We were then given a talk on the history of Lords whilst watching an indoor Real Tennis game between members of staff. Next on our guided tour was the visiting team's changing rooms where two big boards were

displayed showing those visiting players who had scored a century or more and visiting bowlers who had taken 5 wickets or more in one innings. We were allowed to open the double doors onto the balcony where we all had magnificent views of the ground. We then visited the famous 'Long Room' with more views of the ground.

Lastly we climbed the stairs to the commentator's area with more panoramic views of the ground. It was now lunchtime and we had booked lunch at the Lords Tavern which was a short walk next door. Everyone was just about ready to eat and appetites were satisfied. Meanwhile the rain poured down relentlessly as we made our way back to our lovely dry coach and the journey home. *JD*



Rambling



Our Ramblers take a rest on 18th September as they walk from Chrishall to Duddenhoe End and back.

There's always a different leader on each ramble, the leader on that day was Eddie, seated in black. *JD*

Thames Cruise



What better way to spend a sunny July afternoon than to sail down the Thames with your u3a friends and see the countryside and indulge in a cup of tea or coffee with a cake.

That's what these members did on one of the Theatre & Travel group's many organised trips.



Isle of White Holiday *see photos pages 14 & 15*

On Monday 22nd September at 9:30 am, 30 Saffron Walden u3a members boarded their coach for the Theatre & Travel Group's holiday to Shanklin, Isle of Wight, led by Group Leader Jean Little.

There was a comfort/breakfast break at South Mimms before travelling on to Portsmouth to catch the ferry. We all grabbed a bite to eat before boarding the ferry for our 40 minute smooth crossing to Fishbourne. Our coach soon reached our hotel on the cliff top at Shanklin, where we were all given our keys, found our rooms and made our way to the dining area after freshening up.

After breakfast the next morning our coach took us to St Mildred's Church where Queen Victoria was a regular member before travelling on to Osborne House, the seaside retreat of Queen Victoria and designed by Prince Albert, where we spent the rest of the day. The weather was beautiful as some of us strolled down to the nearby beach whilst others toured the magnificent gardens and the house, drank coffee or tea and indulged in a cake or two. There was entertainment at our hotel each night after dinner which some attended whilst others preferred to play cards or just relax.

On Wednesday our coach driver gave us a tour of the island with an informed and humorous commentary. Our driver

was very personable and got on well with everyone and helped pass some of the journey with his witty comments: we visited Blackgang Chine with magnificent coastal views, we then moved on to the Isle of Wight Pearl where we saw some wonderful examples of natural pearls. Our next stop was Alum Bay and The Needles. Some of us ventured down to the multi-coloured cliff face before the long, hard climb back to the top. There was a cable car which some of our group took advantage of. After a light lunch we then ventured onto the port of Yarmouth before returning to our hotel via some photo opportunities.

On Thursday some of our group visited Carisbrooke Castle whilst the others took some free time to explore Shanklin and the surrounding area. It was another beautiful day, there was a wind and the sea was quite rough but looked magnificent. On Thursday evening we were conveyed to the Shanklin Theatre by coach and saw a scintillating west end-style music show which rounded off our holiday nicely.

We departed our hotel on the Friday morning for the ferry and our journey home. It was also Group Leader Jean Little's birthday and the whole group showed their appreciation for that and for the holiday which she had organised so well and which everyone had enjoyed so much. JD



Photo: Peter Evans

Enjoy Baking Again *by Felicity Hey*



In 2019, I had an idea for a new u3a group for my club, Settle & District, in North Yorkshire. Unfortunately Covid and moving house meant it never started, but now, after yet another house move, 'Enjoy Baking Again' has been launched.

On the 3rd Friday in the month at the Bowls Club our group of bakers accept the challenge of a themed 'Show and Share', bringing their home-baked goodies, the recipe and any tips they want to share to the class. There is no competition, no Star Bakers, just friendly faces and plenty of tea and coffee to enjoy with each other. Themes have been planned and we look forward to sampling Biscuits & Cookies, Pastry, Free-From, Christmas, Chocolate, Easter, International and National baking, amongst others.

There is also a short talk by the Group Leader, ranging from a very condensed History of Domestic Baking to What Sugar Is Best for Different Recipes, with other subjects to be covered each month. Our first meeting in September was delightful; strangers when we entered the Bowls Club, but enjoying chats and laughter with each other (and all those wonderful cakes, slices, tarts and savouries) an hour later. We have all baked for our families and friends but our circumstances change and there isn't always someone to eat our goodies - well, there is now! The class is currently running at full capacity.

Folk Music *by Betty Weltz*



The Folk Workshop was formed just this year in March. I gave a shout out to anyone in Saffron Walden u3a who plays or used to play an instrument who would like to join with others to play Folk music. As a fiddle player myself, I know how much better it can be to practise with others, so I was encouraged by the initial response from members.

We meet monthly on Friday mornings at The Saffron Community Link and have a motley range of instruments in the group (the photo shows just some of them). Our sessions are relaxed, and we come along with different levels of ability (but not absolute beginners). Everyone has some fun and we share our thoughts on the choice of music, making changes collaboratively. In just a few months we have mastered a repertoire of folk tunes from The British Isles and started a few from beyond.

If you would like to try our group, don't be shy! We'd love to welcome you, whatever you can play.



**Coming soon -
watch out for
Theatre & Travel's
exciting new
2026 programme**

Nice 'N' Easy Keep Fit *by Glennis Bourne*

Nice 'N' Easy Keep Fit has been running for 15 years and is aimed at the older generation. We all know how the various aches and pains creep up on us and how important it is to keep active.

Marlene our tutor is great, and she aims at maintaining and improving our muscle and bone strength, balance and posture. She also shows us how we can recover from a trip before it becomes a fall and chats away about keeping healthy generally with our diet, etc. Some people sit down through exercises and others stand or do 50/50 standing and sitting. Basically, you can put as much into the session as you and your body feel comfortable with.

The course is well attended, and they are a great bunch of people, so not only

do we do ourselves good, but we also make new friends. Two ladies were recommended to join by a local surgery, so it is good to learn we are getting known.

Several people have been coming over several years and here are some of their comments on why they continue to come and what they get out of it:

1. It is a benefit both physically and mentally.
2. I need it because it slows down the ageing process. (Brian)
3. It helps me physically and has been a good means of making friends. (June)
4. My husband and I started the classes because he needs to build up his muscle strength and I have got far more out of it than I expected. (Glennis)



Dates for your Diary

Monday 20th October

OPEN MEETING: Talk by Andrew Baker 'Churchill'

Monday 17th November

OPEN MEETING: Talk by Malcolm White 'Saffron Walden Then & Now'

Monday 1st December

Christmas Buffet at the Golf Club

Tuesday 2nd December

Christmas Buffet at the Golf Club

Thursday 11th December

OUTING: Christmas Magic at Belvoir Castle

Tuesday 30th December

OUTING: The Nutcracker Ballet at the Royal Albert Hall

Monday 19th January 2026

OPEN MEETING: Talk by Bobbie Darbyshire 'A Beginning, a Muddle and an End'

Monday 16th February

OPEN MEETING: Talk by David Caulfield 'Songs and Stories from the 60s'

Monday 16th March

Talk by Keith Baldwin 'All the King's Horses and all the King's Men and Women'

Monday 20th April

OPEN MEETING: Talk by Derek Adams '20th Century Women'

Monday 18th May

OPEN MEETING: Talk by Mel Byron 'Comedian/Films'

Monday 15th June

OPEN MEETING: Talk by Peter Batty 'Band of Sisters, Amazing Stories of Women in WW2'

Monday 20th July

OPEN MEETING: Talk by Fran Sandham 'African Animal Encounters'

DINGBATS – What are the well-known phrases below?

GIVE GET
GIVE GET
GIVE GET
GIVE GET

STEP PETS PETS

Pride Niagara

Exploring Literature *by Alan McLean*

In the Exploring Literature group we aim to study a variety of books on a single theme. Last year the theme was 'In a Strange Land', where issues of exile and alienation were investigated. This year the theme is a large one: 'Love'. And we have a large long-term aim: to read and discuss the greatest novel about love ever written - Tolstoy's 'Anna Karenina'. That will be our final session next March (d.v.)

But of course love doesn't just mean sexual love. There is love of country, love of place, and love of our fellow creatures. So we started our 2025-6

season with 'A Kestrel for a Knave', Barry Hines's powerful story of a boy who finds refuge from his bleak life in training a young hawk.

We follow that with James Joyce's 'The Dead' in which Gabriel Conroy, a prosperous and successful Dublin lawyer, discovers that his wife cherishes a lost love of her youth. Finally this term, is Barbara Pym's 'A Glass of Blessings', an Austenesque tale of unrequited love in post-Blitz London.

As always we welcome new members to our friendly and opinionated group.

Quiz answers from our spring edition

Deliberate mistake: page 2 Contents - Platinum Wedding Anniversary was on page 12 and not page 70 as stated. Ironically the only person who found it was the anniversary lady herself Dolores Clew.

Hidden snake: this was on page 23 bottom left and was seen by Dolores Clew (again!) and John Banks.

Cipher: the code letters had been moved forward 4 places, so working back the message reads 'JOIN THE U3A AND LAUGH AND LIVE' and this was worked out by John Martin. I did make an error and the letter 'v' in the code should have been a 'K' - sorry!

Dingbats: on page 24 were 'Manuscript' (get it?), 'Middle Ages' and 'Go Down in History' - no one got them.

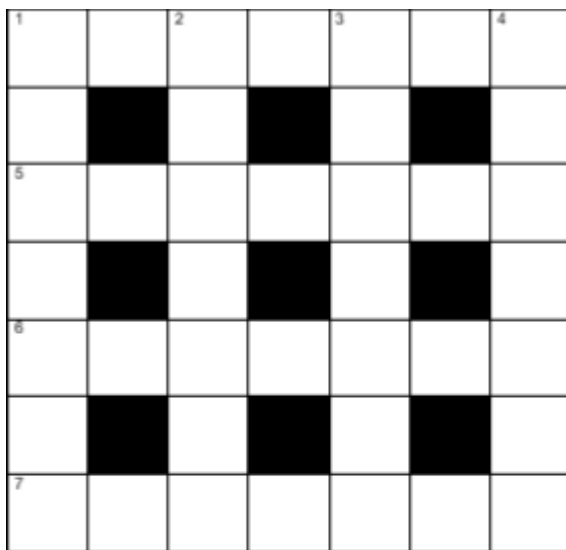
The puzzle on page 10: you can try this with coins, it's quite clever: move the circle that is second from right into the space second from left so that the number of coins from the left reads 4, 3, 2, 1 - no one got it.

How many squares on the chessboard page 26: there are 204 squares (64 singles, 49 with 4 units, 36 with 9 units, 25 with 16 units, 16 with 25 units, 9 with 36 units, 4 with 49 units and 1 with all 64 units). No one got this one either.

Crossword: Across: 1a Pyramid 5a Expands 6a Eye Ball 7a Thereby
Down: 1d Present 2d Replete 3d Mandate 4d Display. No one did the crossword.

Well done those who entered and got some correct answers, better luck this time everyone else.

7 letter Crossword / Puzzle / Cipher



Clues across:

1. You're caught but you could depart backwards.
5. You can organise your rag near a waste bin.
6. I rushed to hire Dru.
7. You shouldn't go back on a promise, to the nth degree.

Clues down:

1. This classy person is not a cheater.
2. When Una roars, it's like someone who appreciates the Northern Lights.
3. When a horse is short of breath it means it needs a nag pint.
4. A dad deer often suffers extreme fear or anxiety about something that will happen.



Take a good look at the picture above and see if you can fathom out what is wrong with it.

Can you decipher this Cipher: each letter has been moved the same amount forward or backwards in the alphabet.

CLUE: the number in the second word.

**UIF V4B
JT IFSF
UP TUBZ**

Please send your answers to the Editor

Notice Board

u3a Update

Thank you to everyone who has contributed articles for this edition of 'Update'. I shall look forward to receiving your articles for the next edition (spring 2026) and would appreciate you sending your articles as 'Word' documents to jim_dwyer@btinternet.com deadline is 13th March 2026.

Remember to book your place for our Christmas Buffet, don't leave it too late, contact Sue Matthews now or you may be too late and you could miss the Christmas fun.

Any u3a member who feels isolated can speak to a Committee member: see details on page 5.

u3a term dates 2025/6

Autumn term 2025

1 September - 19 December

Half-term: 27 October - 31 October

Spring term 2026:

5 January - 27 March

Half-term: 16 February - 20 February

Summer term 2026:

13 April - 20 July

Half-term: 25 May - 29 May

Remember

to visit our website at saffronwalden.u3asite.uk for all the latest u3a information.

SOME PUN FUN

I can't stand those Russian dolls, they're so full of themselves.

Don't ever believe what an atom says, they make up everything.

I heard that all the toilets at New Scotland Yard had been stolen, the police have got nothing to go on.

I thought I would try and become a vegetarian, but it was a big missed steak.

Sent my hearing aid for repair ages ago, haven't heard a thing since!

I heard that the devil is going bald, now there's going to be hell toupee.

How many ears does Captain Kirk have? Three - the right, the left and the final front ear.

I refuse to work with compost, it's so degrading.

What happens when a piano falls down a mine shaft? A flat miner.

A friend of mine fell into an upholstery machine, he's fully recovered now.

u3a

Saffron Walden

Website: saffronwalden.u3asite.uk

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 new website at www.saffronwalden.u3asite.uk

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