



# HAVERHILL & DISTRICT

**u3a** learn,  
laugh,  
live

## News and Views

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HAVERHILL  
TOWN COUNCIL

JUNE 2023

### From the Chair

As many of you already know we are unable to hold the meetings on 25th July and 29th August at the Arts Centre. These meetings will be held at the Old Independent Church, which is in Hamlet Road. This is a 3-4 minute walk from the Arts Centre. There is a car park on Ehringhausen Way with a short walk up Meeting Walk. An alternative is the Arts Centre car park. If you need more information please see me at the meeting on 27th June.

I was talking to a Haverhill u3a member recently who told me he had been looking at the website and was pleasantly surprised at the amount of information he could find on it. Why not have a look yourself at [haverhillu3a.com](http://haverhillu3a.com) and see what you can find. If you have any suggestions as to how the website can be improved or information you would like to find on it please let me know.

1st September is not very far away and the committee has already started work on the planning for membership renewals. It was agreed at the A.G.M. in March that the membership fee will stay at £10.00.



One of the reasons we can do this is because many members agree to Gift Aid. Gift Aid is a scheme which allows Haverhill u3a to claim back from HMRC £2.50 for every £10.00 we receive in membership fees for every member who has agreed. If you are a U.K. taxpayer and have not previously agreed to Gift Aid please consider saying yes when you renew your membership.

**Barbara Lavender**

### Speaker's Corner

On the 30th May, Rodney Howell, a volunteer for Medical Detection Dogs and Medical Alert Assistance Dogs, gave a talk to our members at the Arts Centre meeting. We were shown slides and film explaining how the bio detection dogs are trained to detect the minute odours associated with many cancers and other diseases (including Parkinson's disease, malaria, bacteria and animal cancers).

This pioneering work could help scientists and medics develop faster, cheaper, non-invasive methods of diagnosis that could impact upon thousands of lives. The alert assistance dogs support people with complex health conditions who often have no awareness of an impending life-threatening medical event.

They are currently working for adults and children with type 1 diabetes, Addison's disease, severe nut allergies, pain and non-epileptic seizures. By assisting people with their conditions, the dogs help reduce paramedic call outs and hospital admissions, giving people and their families greater confidence and independence.

Two collection tins were left out at the end of the talk for members to make donations, if they wished. I am delighted to report that the total for the two tins was £312! Well done everyone, and a big thank you from our speaker. Woof!

Next month, 27th June, our speaker will be Alison Dickens from Granta Heritage and her talk is entitled Robert Sayle, Buildings and People - a detailed record of the Grand Arcade which was compiled before any changes could be made.

Doors open 10 a.m. for 10.30 a.m. start.

**Sue Dickinson**  
**Speaker Secretary**

### Concert

U3A Guitar Group Leader David Caulfield presented a run through of his new music based talk at the Rangers Hut in East Town Park recently. In it, he shed light on the inside world of the music business and provided many guitar examples of the different genres of popular music from the 50s and 60s.

This all followed on from a wonderful evening of music and fun at the Arts Centre. David and his wife, Marie, called on their families' and friends' extensive musical abilities to provide entertainment to a sold out crowd. The impetus for the event was to raise money for REACH the local organisation that assists with all manner of problems facing people today. To that end, over £1,800 was raised on the night and with some add-ons it is hoped £2,000 will have been secured.

The audience were wowed by the talent on show, ranging from the beautiful voice of Marie Caulfield to the vintage jazz sounds of Jade Donno. David Caulfield competed with his grandson Thomas to provide an exhibition of guitar prowess and members of the famed Dooley's harmonised to perfection. Henry Wilson MBE gave an impassioned speech about the work of REACH during the interval and his thanks for all the hard work and organisation that had gone into making the evening a wonderful success.

**Ken Hainsby**

### Nature Group Field Trip

On a lovely spring day in May about 12 of us visited the Magog Down where the May blossom was out and the near meadow was full of wild flowers.

Our main aim was to spot our smallest British butterfly, the Small Blue (*Cupido minimus*). Our butterfly expert, Neil, had been keeping an eye open for us and predicted that we would find them in a corner of one of the fields. On arriving there, we almost immediately saw a Small Blue butterfly.



However, despite its name it did not look blue but rather brown. We learnt that the male Small Blue only has a small dusting of blue near to its body and you have to look at a certain angle to see that, otherwise it is a brown butterfly with pale, silver-grey underwings.

The female is similar, but without the blue markings on the upper wings. Suddenly we could see the butterflies everywhere around.

The larvae of Small Blue feed exclusively on kidney vetch growing on chalk grassland. Males set up territories in sheltered places and the females lay their eggs on the kidney vetch; the emerging caterpillars feed on the flowerheads.

We also saw many wildflowers, notably clustered bellflower, yellow mignonette, common sainfoin and, when we moved to the wooded area, we saw several white helleborine orchids.

At the end of the walk we went to get refreshments from Stapleford Granary.

Our next field trip is to Bradfield Woods where we hope to spot the White Admiral and the elusive Purple Emperor amongst other butterflies.

**Fran Armes**

### **Cycling Group**

With apologies to all Star Wars Fans.

A long long time ago (15/06/23) in a Galaxy far far away, three intrepid Spaced Psycho Lists, prepared to ride out in the full fury of a solar flare. These were Hans Slowmo, Luke Skyrider and Princess Hilary.

Leaving their home base of Haverhillian the trio headed at warp speed toward the distant star, Kton, where imperial guards were causing chaos in and around the space lanes, preventing Ktonions from reaching home. Arriving at the planet our three heroes engaged hyper drive and descended into the black hole known as Wix O to emerge unscathed on the otherside. A lengthy battle with armoured imperial vehicles ensued but our three heroes won through, to safely return to home base.

Relaxing in the local Space Sub Way, Hans Slowmo and Princess Hilary looked lovingly at each other as they sat hand in hand while Luke Skyrider wondered who his Father was.

**Ken Hainsby**

### **Weir Wild Walkers**

Our May walk took place on an ordinary day in ordinary weather and it turned out a bit not ordinary at all.

We set off from Clare to walk the popular Clare - Cavendish circular walk. We walked through the country park and made our way over the river by the old mill when a man in overalls brandishing a long pole emerged and shouted at us and chased after us.

Wondering what on earth we had done, it turned out he wanted our help. He looks after the weir where the New Cut turns to join the river Stour. The weir was clogged with branches and other detritus which he had to clear. He had obviously done his

risk assessment and decided it wasn't a good idea to wade into a fast flowing river (if you noticed, it had rained a bit for the previous few months) on his own. He wanted someone to keep an eye on him whilst he did it and had been waiting for someone to pass by to ask - he hadn't expected 16 of us though.

We duly lined up on the weir whilst he did his bit and wondered what we could have done if he had slipped and gone through the weir. He would have been half way to Cattawade by the time we'd managed to throw a lifebelt. However, there were no mishaps and we continued on our way.



Just outside Cavendish we walked past some hay meadows and saw an out of the ordinary bright red, egg-shaped flower which no-one recognised. We thought we had discovered a rarity and David used an app, there's always one, which when focused on the flower told us it was crimson clover and widely cultivated. A bit of a disappointment but at least we will recognise it when we see it again.

The walk finished with a lovely lunch at The Swan in Clare where the conversation focused on how our ordinary day had not been ordinary at all.

**Helen Mcfeely**

## PickleBall

### Proposal for a New Group

Pickleball is a court-based game which is easy to learn and less demanding than tennis and badminton. It is often played as doubles on a badminton court with a low net and large ping-pong bats. The ball is an American practice baseball called a wiffleball. It's hard plastic with holes.

There's an under-arm serve and no smash volleying near the net, so you get long rallies in which angles and accuracy are more important than muscle.



My intention is to hire courts at Haverhill Leisure Centre so there will be a fee to cover expenses but Haverhill u3a will provide bats and balls.

Interested? 🟡

There are local clubs in Saffron Walden and Bury St Edmunds if you want to try it for free. You can see more information on our website, but you may have to scroll down to see link to the video.

For more information, please contact David Campos on [dcamposchina@gmail.com](mailto:dcamposchina@gmail.com)

## Spanish Conversation Group

We have two meetings a month. The most recent was on Friday 9<sup>th</sup> June 2023. This group continues to enjoy the support of 8 members which is all we can accommodate in members' homes.

We usually start with some greetings and icebreakers in Spanish such as, "What's your name?" and "Where are you from?"

We share prepared sentences on an agreed topic; this week it was Daily Routine and Household Chores.

We played a game called Shut the Box ... Cierra la Caja in Spanish ... to revise Spanish numbers. I gave out some revision sheets and agreed the topic for next meeting.

Then, as usual, we practiced the oral responses to Michel Thomas' CDs called Starting Spanish. It won't be long before we go on to his advanced course.

*My 4-year-old nephew has been learning Spanish for a month and he can't even say "please", which I think is poor for four.*  
**Saludos, David Campos**

## Sunday Strollers

Eight members attended the June walk of 3.5 miles on a hot and sunny Sunday at Balsham. With the temperature reaching 26C at midday, shade on the countryside walk was especially welcome.

The next walk is at Ousden on Sunday 9<sup>th</sup> July starting at 10.30am with parking at Ousden village hall car park CB8 8TE. The walk is approx. 3.25 miles with two short stretches of minor road walking and will be led by David Jefferies.

**David Green**

Next Meetings: Tuesday 27<sup>th</sup> June 2023  
(at the Arts Centre)

Tuesday 25<sup>th</sup> July 2023 (at  
the Old Independent Church, Hamlet Rd)

Deadline for the Rolling Screen:  
Tuesday 18<sup>th</sup> July 2023  
e-mail to [chair@haverhillu3a.com](mailto:chair@haverhillu3a.com)

Deadline for next edition:  
Friday 14<sup>th</sup> July 2023

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