

**Committee Members**

Chairman - David Gilbert-Hill  
Secretary - Glyn Stokes  
Treasurer - Hazel McDowell  
Membership - Bruce McDowell  
Groups - Maureen Fletcher  
Speakers - Liz Elmore  
Catering - Ann Reynolds

**LIVE**  
**LAUGH**  
**LEARN**  
**(TOGETHER)**

**Ramsey U3A Officers**

Welfare Officer - Fran Holland  
Catering Assistant - Henry Shaw  
  
Publicity Officers  
Enid Hubbard: Aspire  
publicity@ramseyu3a.org.uk  
Jane Cusworth: Newsletter  
Sheila Gilbert-Hill: Website



**Queen's Platinum Jubilee Indoor Street Party**



Tuesday 14<sup>th</sup> June, 2pm Ramsey Community Centre, Stocking Fen Road  
Admission by ticket only - £7 per member (limited to 80 persons)

Come and enjoy the celebrations with food, entertainment, quizzes, competitions and prizes.

A chance to dress up in your red, white and blue.

You will be able to enjoy our very own Ramsey Summer Fruit Muffins baked by our very own bakers.

*We are still trying to find a name for our Platinum Muffins -  
Message Jane with your ideas and you could be a winner*



**Day Trip to Landguard Fort**

and

**Felixstowe**

**Thursday 19<sup>th</sup> May**



Twenty-four members enjoyed a lovely day out when they visited Landguard Fort in Felixstowe. The fort defended the approach to Harwich Harbour and was only decommissioned in 1956. Members explored a maze of rooms learning what life was like manning a fort.

Members then journeyed into Felixstowe to be dropped off by the promenade. An opportunity to look round the town, walk along the pier or just sit in the sunshine people watching, but nearly everyone enjoyed local fish and chips.

It was also an opportunity to watch the incredible container ships being loaded and unloaded and sailing out of the port. The Ever Alp was in dock, which is a sister ship to the Ever Green that got stuck in the Suez Canal in March 2021.

## GENERAL MEETING - 10<sup>th</sup> May 2022

Our new Chairman, Dave Gilbert-Hill, welcomed everyone to the meeting and after the usual notices, introduced our speaker for the afternoon, Dr Arun Aggarwal. Arun was County lead in diabetes for over a decade during his time as a family practitioner. During a multi-choice quiz, our knowledge of diabetes was improved. Facts on how it was first diagnosed, who invented insulin, those more prone to the illness and many others were tested. Some of the common symptoms include:

- Going to the toilet a lot, especially at night
- Being really thirsty
- Feeling more tired than usual

It was interesting to note that Peterborough has a higher rate of diabetes than Ramsey mainly due to ethnicity; but we are higher than Cambridge mainly due to the younger population found there with the university students.

## GROUP LEADERS

Groups are the life blood of any u3a and it is always sad when groups have to disband or fail to materialise due to the lack of a leader, especially when members show a lot of interest.

For a group to be covered by the u3a insurance there has to be a leader/coordinator and a register of attendance at the meetings must be taken. However, help in putting information on the Ramsey & District website, updating the calendar as well as keeping the members list up to date on Beacon can all be done for you. Your Groups Coordinator, Maureen, and other committee members are more than happy to help or do it for anyone who isn't into IT. Don't let lack of expertise in IT stop you from sharing your skills or hobbies.

Successful groups such as cycling and walking have faulted due to the lack of a leader coming forward. Please consider where you can help or talk to a member of the committee.

**For more information, visit our website: [www.ramseyu3a.org.uk](http://www.ramseyu3a.org.uk)**

What does the world's top dentist get?    A little plaque.  
I got my husband a fridge for his birthday.    His face lit up when he opened it.  
How does a dog stop a video?    By hitting the paws button!

Your newsletter is under new management, however our thanks go to Mike Lewis who has agreed to send us some of his inimitable jokes to finish each edition.