

Committee Members

Chairman - Bruce McDowell
Secretary - Glyn Stokes
Treasurer - Hazel McDowell
Membership - Liz Elmore
Groups - Ken Gardner
Speakers - Brendan Hallisey
Catering - Henry Shaw
Newsletter - Jane Cusworth

LIVE**LAUGH****LEARN****(TOGETHER)****Ramsey U3A Officers**

Welfare Officer - Fran Holland

Publicity Officers

Enid Hubbard: Aspire
publicity@ramseyu3a.org.uk
Dave Cusworth: Posters

Sheila Gilbert-Hill: Website
www.ramseyu3a.org.uk

NEXT MEETING - Tuesday 10th October**Speaker - Jim Stebbings - The Magnificent 7 : The Great American Songbook**

Jim is a musical theatre performer, producer and director.

The Knits that Matter Group will be exhibiting on the display table (see overleaf)

September Meeting

Chairman, Bruce, welcomed everyone to the meeting after the summer break and following the usual update on groups and travel, introduced our speaker for the afternoon - King Henry VIII. Henry (Tony Harris) gave us a wonderful and amusing insight into life with all his wives; why he loved them, or didn't, how he desperately needed a son and heir, and how generous he was by beheading Ann Boleyn with a sword as opposed to the guillotine. Everyone enjoyed his tales and he went on to talk about his costume and his elaborate cod-piece, even asking one member of the audience to press the bell hidden on the end!! We were then invited to enjoy our tea and coffee. The Card Group put on an amazing display demonstrating their many talents and beautiful cards.

**WELCOME TO OUR NEW MEMBERS**

We would like to welcome the following new members who joined us during the summer break and at this month's meeting and hope they will enjoy what u3a has to offer and the groups that are available to help them live, laugh and learn.

Tom Bell, Lyn Frazier and Ray Bartram all of whom have joined the metal detecting group .

EAST OF ENGLAND and U3A NATIONAL NEWS

The East of England region recently embarked on a series of presentations relating to aviation. One of the presenters was Stowmarket u3a member Don, a former US Air Force pilot posted at RAF Lakenheath during the Cold War, who subsequently became a commercial pilot. His enthusiasm is boundless as is his knowledge of all things aviation.

Don and Barbara decided to set up an aviation group. It now has 80+ members and are opening this up to u3a members across the UK. They meet monthly on Zoom for a presentation and discussion and are also looking into arranging visits to airfields and museums. Join them on this flight of interest by emailing barbara.cordina@u3a.org.uk

The online community for u3a, **Interest Groups Online**, is holding a fair from 2 - 6 October. This is an opportunity for people to try different groups before making the decision to join, either in addition to their local u3a membership or on its own. More details can be found on [the events page of the website](#).

NORTHUMBERLAND HOLIDAY : 30th September - 4th October 2024

to include visits to Lindisfarne, Alnwick Castle and Beamish, the Living Museum of the North
£599 per person (£125 single supplement)

Price includes 5 days Dews coach hire, 4 nights half-board at the Marriott Hotel, Newcastle Gateshead.

For further details or to sign up speak to Jane Cusworth (01487 814984 / 07779 101493)
or a member of the Travel Committee.

Bookings will be made direct with ABTA bonding Greatdays Travel on receipt of £50 deposit.

ACTIVITY GROUP NEWS

We have a new **Theatre Group** and they are looking for more members. Their first meeting is on Monday 23rd October at 12 noon at the White Lion Pub in Bury and thereafter on the 4th Monday of the month.

A second **Short Walks Group** is starting up and will take place on the 3rd Thursday of each month commencing at 10.30am.

A **Beginners Bridge Group** is in the process of being formed and looking for members to sign up.

If anyone is interested in joining any of these groups, please contact Ken, our Groups Coordinator. U3as are built on groups, so please give your support. A special thanks to all those who either lead or co-ordinate our groups.

These are all the items the **Knits that Matter Group** handed to Gill after the August break. Well done ladies; so many charities will benefit from your hard work.

5 Hats for Ukraine Soldiers

45 Innocent Smoothie hats (which will generate £11.25 for Help the Aged)

9 Baby blankets

3 pairs Hearts

18 Fish and Chip jumpers with matching hats

2 Adult sized hats

18 Toddler sized hats

106 mixed Premature and New Born Baby hats



Any activity groups that would like a mention in the Newsletter, please contact Jane.

**Group news and dates can be found on the Ramsey & District u3a website,
on the notice board at General Meetings and in the Aspire magazine**

Update on NHS Mindfulness Course for U3A Members - NEW DATE

An email went out to all members regarding this course and the Chairman mentioned it at the September meeting. However, we have received an update to say the course will now start on the **3rd October**. Further details and a link to apply can be found at <https://the-mindful-life.com> or members can apply direct at: https://openss.qualtrics.com/jfe/form/SV_8exMPDVRzo9ctO6

Date for the diary: **APPLE DAY - Saturday 21st October**

The Wildlife Trust for Beds, Cambs & Northants are organizing an Apple Day at the Nature Reserve, Chapel Lane, Ramsey Heights PE26 2RS starting at 11am. The Great Fen will be in the Countryside Classroom and there will be Eco-friendly market stalls to visit. The Walled Garden hopes to be there with a variety of Cambridgeshire apples.

A fun family event celebrating local produce and our local community.

For more information, visit our website: www.ramseyu3a.org.uk

JOKES

I'm so good at sleeping that I can do it with my eyes closed!

What's the difference between a well dressed cyclist and a scruffy guy on a tricycle? A tyre.

I like telling dad jokes. Sometimes he even laughs.

Do you know where you can get chicken broth in bulk? The stock market.

What did one Frenchman say to the other? No idea, I don't speak French.