

MOTO: Members On Their Own

On **Thursday 15 January** we will meet for a New Year (ish) coffee at Simpsons Garden Centre at 10.30am

On **Friday, 20th March**, we will be visiting **Chippenham Park gardens**, meeting in the café area at 12.00. Admission £10 – cash payments only (also applies to the café) - RHS members free admission to gardens.

Rosemary Foreman

WINGS, WHEELS & WATER

We have now planned our programme of presentations for the rest of our U3A year. All meetings will be at 10.30 am, on the second Monday of the month, in the Racing Centre. (Please note the Parking Advice in this newsletter.)

9 February. **Richard Rigby** will talk on “**Lighthouses**”: their development and use, past, present and future.

9 March. **David Soanes** presents us with “**The Mosquito**”: the aircraft design that defied logic and had a huge effect on the course of WWII.

13 April. **John Wallace** returns with a fascinating presentation on “**The Small Gauge Railways of WWI**”.

11 May. **Alistair Nobbs**, a new member of our group presents his first talk. Topic to be confirmed.

8 June. **Clive Davies**, another member of our group, makes his first presentation on “**The Dennis Fire Engine**”, its origin, advancement over the years and the Guildford Factory.

13 July. **Tim Young** wraps up the U3A year with a talk suggested by John Wallace, based around the book “**Wing Leader**” written by Group Captain J E Johnson, D.S.O. D.F.C. in 1956

David Soanes, Tim Young



From the Chair

Dear Members

I hope you all had a lovely Christmas and are now settling back into your groups.

The trip to Thursford in December was a big success and enjoyed by all. I will be interested to find out what the activities sub-committee has in store for us this year.

On a more serious note, I know it seems a long way off but I am starting to think about the AGM in July. **Due to the constraints of our constitution we will have to replace four members of the committee this year. With this in mind it has been agreed to throw open our meeting in March and allow members to come and observe. If you would like to know more about the workings of the committee, here is your chance to find out. The meeting will take place in the Ernest Cassell Room, Newmarket Memorial Hall at 10am on Monday 16th March 2026.** To give us an idea of numbers it would be helpful if you could email and let me know if you plan to attend: ntk.u3a.chair@gmail.com.

I shall look forward to seeing you there.

Geraldine Cornwell

Chair

REALM OF BOOKS

2026 is promising to be another good year for the Realm of Books. The reading list for the year is available on the Realm of Books section of our U3A website together with reviews of some of the books read in the past.

At times, members of the group find it difficult to get hold of titles on the reading list. Should anyone own any book listed and wish to dispose of such books, do not hesitate to contact us.

We continue to meet at 2.30 pm on 4th Friday of the month at the Racing Centre and new members are always welcome.

For any query, the group leaders' contact details can be found on the Newmarket u3a website.

Sabine Deering

CPR Training

The NHS are keen to train as many people as possible on how to do cardiopulmonary resuscitation (CPR) and on how to use automated external defibrillators (AEDS). If this is something you would be interested in learning let us know by emailing ntk.u3a.chair@gmail.com. If there is sufficient interest we will organise a venue and book a session. Alternatively you can contact Paul Rayner directly on 07818090829.



MUSIC APPRECIATION

January 16th, Judy will present “**Mozart, the Joker**” – examples of humour in his compositions.

February 20th, I will present “**The Music of Scandinavia**” – mainly Grieg and Sibelius.

March 20th, I will present “**Music from the BBC Promenade Concerts**”.

Please keep an eye on the Newmarket U3A website for any change

All U3A members are welcome to join us at the Racing Centre.

Richard Unwin

PORTRAIT GROUP

About 8-10 of us meet on the afternoon of the 4th Tuesday of the month to draw, sketch or paint a portrait of a volunteer sitter. If you have ever watched ‘Portrait Artist of the Year’ on Sky Arts (available on Freeview etc) you will have noticed the widespread use of mobiles to take photographs of the sitter. Mobiles are particularly useful to those of us with rather less experience and talent than the artists in the programme because they give the opportunity to finish, improve or start again a portrait at home.

Another striking feature of the tv programme is how enjoyable the celebrity sitters find the experience. They really become totally invested in the process. As it happens(!), we still have a number of sitter vacancies to take us through to the summer – so if you are interested in helping us out in this way I would be delighted to hear from you. See our website page for contact details or telephone 07913277899.

David Watson

NOTICES

PARKING FOR SPEAKER MEETINGS IN 2026

While it is possible to park in the adjacent Waitrose car park for 2 hours without charge or in the main car park for the Guineas Shopping Centre for a small fee, you may wish to consider the Catholic Church's own car park. In order to use this you will need to buy a permit. There are two types available for purchase from reception. Both types are valid from January until December each year and must be displayed in your car when you park.

Type 1 – Meetings only

To just attend the Speaker Meetings (and any other meetings we may decide to hold there) you can buy an annual permit for £5.

Type 2 – Anytime (with exceptions)

It has been agreed with the church that our members can also purchase a 'Parishioners Permit' which costs £20 for the year. This would allow you to use their car park at any time on any day for up to 3 hours. However, if there is a function being held by the church you will not be able to park.

Suffolk Fire and Rescue Service Safety Advice



Home Fire Safety Visits

Did you know that Suffolk Fire and Rescue Service offer **FREE Home Fire Safety Visits**? These visits are designed to help you identify potential risks in your own home, tailored to you and your own individual circumstances. If eligible, we can also provide and fit smoke alarms (including alarms for people with hearing impairments), as well as carbon monoxide alarms. To book, scan the QR Code, visit <https://www.safelincs.co.uk/hfsc/> or contact our Business Support Team on **01473 260588**.



If you have an open fire, don't forget to get your Chimney swept!

We are pleased to announce the launch of our **FREE Older Driver Workshops**, where our experts will share valuable information about how your risk on the road changes as you age, tips on staying safe on the road, other options apart from driving, and more. There are workshops available around the county. To sign up for one of these free workshops, please either visit EventBrite and search for **Suffolk Fire & Rescue Service Road Safety** or call our Business Support on **01473 260588**.

Older Drivers Workshops

HISTORY

We are currently looking at the future of the History Group as it seems unlikely that Niddy will wish to continue leading her group. The meeting on 6 February will go ahead, using a talk that Niddy had prepared, given by Denise Brighton and Tim Young and entitled "Now & Then: 1905 - 2005"

Denise Brighton & Di Angus-Smith

CRAFTS, COFFEE & COOK-OFF

We continue to meet at 10.30 (crafts) and 11.15 (cook-off) on the second Tuesday in the Racing Centre. Crafts involve model making, hat making and a wide range of other handicrafts. Advice can be given and people with different skills are warmly welcomed.

Cook-off recipes are generally chosen by group members at the preceding meeting and the chosen recipe is then circulated to members and displayed on our website. At the meetings we taste each other's baking and often learn useful hints and shortcuts. New members are always welcomed and can join us with or without having tried the month's recipe.

Stephanie Ellington

GARDEN GROUP

The Garden Group will meet on Wednesday 21 January in the Racing Centre. Whilst it may be too chilly to do much more in the garden than sort out our seeds and pore over the garden catalogues that come through the letterbox in January, we can instead entertain ourselves with our January Quiz followed by a raffle. Donations of prizes for the raffle will be very much appreciated. So please come with your pencils sharpened.

Margaret & Richard Webb

FASHION TO DIE FOR.....



Sarah leads the Creative Writing Group for Newmarket U3A. Each month the members have a theme to address with their creative pieces. We will try to include one story in each edition of the Newsletter and perhaps publish a compendium of the stories at the end of the year, with the authors' permission of course. Ed.

A Story by Sarah McManus

I'm surprised to still be alive.

Having survived the terrors of 1970's fashions, as a teenager then, I didn't think I'd see my twenties. Anyone who has lived through the 1970s, will remember it wasn't known for its chic style, that came in the eighties. The seventies was more about fun.

In my teens, I wore an enviable size 4 in a shoe, but I always felt that if I'd had bigger feet, wearing wedges would have given me more purchase on the ground, and I wouldn't have the twisted ankles I racked up during the heyday of the wedge. Then there were the long scarves we all knitted for ourselves. I got rid of mine when I read of a girl who got hers stuck in the door of an underground train as she rushed to get off before missing her stop. When the train started to move, the scarf tightened around her neck and she had to run to slacken the wrap.

SPEAKER MEETINGS:

26 JANUARY: PETER TATUM: "The Fens and Fenmen".

During his working life Peter ran his own business as a financial adviser before retiring in 2015. He then became involved with his local u3a, and as the past chair of the local branch, he led the history and photographic groups. Living in Suffolk, his talks are based on places in the East of England that he has had the enjoyment of visiting, when walking or staying in an area. When creating a talk he investigates the history and stories, often unusual, of the people and places he visits, which often create the basis for a good talk.



23 FEBRUARY : TONY KIRBY:

"The Rise & Fall of Seaside Resorts since 1750"

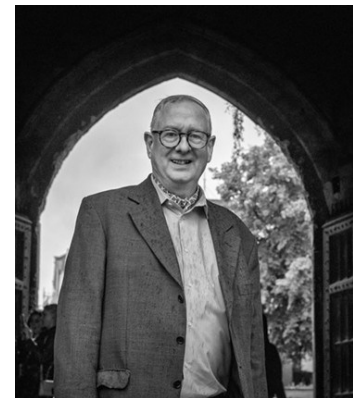
Tony's presentation covers the origins of the traditional seaside holiday, how these resorts became popular and then declined, complete with his latest findings on the current situation on our coasts.



23 MARCH: JOHN VIGAR:

"John Betjeman"

This illustrated lecture by John Vigar introduces us to the architectural writings and opinions of John Betjeman, discussing the history of the buildings he used as examples and exploring structures.



BRUNCH GROUP

The Brunch Group enjoyed an excellent Christmas Lunch in the Stable, in Newmarket High Street in December, on our usual 2nd Wednesday of the month, with eight members of the group attending. We continue to meet regularly throughout the year. There is no need to book, just turn up at about 12.00 noon for a good lunch and pleasant conversation.

Brenda Hastings & Judy Herridge

ART APPRECIATION

The Art Appreciation Group started the New Year's activities with a talk by Andy Webb on The Glasgow School, and its links to the Art Nouveau movement.

Our February meeting, on Tuesday 3rd, will take the form of a **visit to the Sainsbury Centre for the Visual Arts, which is on the campus of the UEA at Norwich**, to see a special exhibition entitled "**Can we stop killing each other?**" The trip will include coffee, guided tour of the exhibition, lunch, and an opportunity to see the permanent display and then tea, or depart after lunch. Enquiries to me, please.

There will be a talk on 3rd March, about the life and work of Eric Ravilious.

Anna Smith



Two Women
in a Garden
Eric
Ravilious



As she was about to run out of platform (station that is, not the shoes!) before the train vanished into the tunnel, she just managed to free herself of the scarf, which waved it's way on to the next stop. Someone waiting to board at that door finding the scarf, probably thought it was their lucky day picking this up and saving themselves hours of knitting.

Flared jeans. They were okay until they got wet. It was no fun having voluminous swathes of denim wrapping itself around your ankles as you walked.

Of course, the 1970s weren't the only bad era to be a follower of fashion. The Edwardian ladies looked elegant in their dresses, but who would want to disfigure themselves to achieve an eighteen-inch waist? Or how about using cosmetics containing mercury? No testing on animals in those days, only on silly cows.

Moving on to twenty first century fashions. It's great to wear clothes that are designed for comfort. However, I feel sorry for young people now who don't know that thrill of really dressing up. Casual wear seems to be accepted as appropriate for most occasions, other than very formal events.

One item I would ban from the streets immediately would be leggings. They look great if you've got a slim figure and shapely legs. They are not a good look for most women who are either too skinny or worse, too fat, which leaves nothing to the imagination when worn with a short top.

The male equivalent of women in leggings are fat men who live in track suits. The outfit will never have seen a track or the inside of a gym, probably not even had any exercise done while being worn. But they do have an elasticated waistband which is comfortable for the rotund wearer.

Fashion has been part of our lives since cavemen and women were adorning their animal skins with twigs, bones, or whatever they could find, and it will continue to be important to us as long as we wear clothes.

FEBRUARY 2026

GROUP MEETINGS

DAY/DATE	TIME	GROUP	VENUE
Monday 2	14:30	Camera Group	The Racing Centre
Tuesday 3	14:30	Art Appreciation	Gallery Visit
Wednesday 4	10:30	Walking	See Website
	14:30	Antiques	The Racing Centre
Friday 6	14:30	History	The Racing Centre
Monday 9	10:30	Wings Wheels Water	The Racing Centre
	14:30	Scrabble	The Racing Centre
Tuesday 10	10:30	Model Making, Craft	The Racing Centre
	11:15	Coffee & Cook Off	The Racing Centre
	14:30	Discussion	The Racing Centre
Wednesday 11	12:00	Brunch	The Stable Cafe
Thursday 12	10:30	Carpet Bowls	The Racing Centre
Friday 13	10:30	Family History	The Memorial Hall
Monday 16	10:00	Executive Committee	-
Tuesday 17	14:00	Creative Writing	Brampton Manor Care Hm
Wednesday 18	14:30	Garden Group	The Racing Centre
Friday 20	14:30	Music Appreciation	The Racing Centre
Monday 23	14:30	Speaker Meeting	Catholic Parish Hall
Tuesday 24	14:00	Portrait Group	Ashley Pavilion
	14:00	Rummikub	Brampton Manor Care Hm
Wednesday 25	10:30	Group Leaders Mtg	The Racing Centre
Thursday 26	10:30	Carpet Bowls	The Racing Centre
Friday 27	14:30	Realm of Books	The Racing Centre
-	MOTO Group - See Website		

MARCH 2026

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