

WINGS, WHEELS & WATER

*Our meetings start at 10.30 am, 2nd Monday of the month,
in the Racing Centre.*

10 August: David takes over the “Holiday Spot” with a talk on that latest ‘in-the-news’ device, the Drone.

14 September: Richard Rigby entertains us with a transport related, ‘A Surprising Revival!’

12 October: Tim again with the story of the ‘Magnificent Maltese Buses’

In **November** it will be David’s turn again and Tim will conclude 2026 in **December**, with a seasonal presentation.

David Soanes, Tim Young

WALKING GROUP

The walk on **5th August** will be in the **Reach** area – meeting in the car park near the Devil’s Dyke at 10.30 am. Lunch to be arranged at The White Horse, Exning. We are still looking for someone to take over organizing future walks so please help if you can!

Rosemary Foreman

REALM OF BOOKS

Our monthly meetings continue to be lively, friendly events when regular members enjoy sharing their views on the book of the month. Numbers of attendees inevitably vary due to life other demands on each of us, including health issues, family or friends’ needs... When a member cannot make a meeting, their own review of the book to be discussed can be sent to the group leader and shared at the meeting. Some reviews of the books are also made available on the U3A website.

We meet every 4th Friday of the month at 2.30 pm at the Racing Centre. An excellent venue for our needs.

The reading list is available on the website. Please note that no specific book will be reviewed on Friday 28th of August. Instead, attendees will bring a book of their choice to present as a reading inspiration, just like the radio 4 programme, “A Good Read”.

Sabine Deering

u3a

NEWMARKET & DISTRICT

**E-NEWS FOR AUGUST
& SEPTEMBER 2026**

From the Chair

I hope that those of you who went on this year’s summer outing to King’s Lynn had a wonderful time. Our thanks go to Kath and the activities committee for organising this for us. There are still places available for Holkham by Candlelight on 3rd December if you are interested; see the website for more details.

The annual subscription falls due on 1st August and I am pleased to let you know that it has not increased from last year and remains at £15. Renewal forms will be sent if you haven’t already received them and will also be available at the AGM or downloadable from the website. If possible please pay by bank transfer; the details are on the form.

I shall look forward to seeing you at the AGM at 2:30 on Monday 27th July at the Catholic Parish Hall where you will have the opportunity to learn a bit more about the organisation that you belong to.

Geraldine Cornwell,
Chair, Newmarket U3A

**DON'T FORGET OUR U3A AGM:
2.30pm MONDAY 27 JULY
IN THE CATHOLIC CHURCH HALL**

DATES FOR YOUR DIARY

15 SEPTEMBER: NEWMARKET U3A OPEN MORNING; ALL WELCOME



ART APPRECIATION

On 7th July a rather select number of members enjoyed a relaxed and sunny visit to Kettles Yard museum in Cambridge.



Our August meeting will be at the Racing Centre, when we are looking forward to a presentation by Corinne Pick on an artist who has become popular in recent years - Artemesia Gentileschi, **LEFT: self portrait (1638)**

In September we are planning a visit to Christchurch Mansion in Ipswich for an exhibition featuring the ACTUAL 'Hay Wain' by John Constable.

Women artists from Bury St. Edmunds will be the subject of a talk by Anna in October. We have no idea what is going to happen in November - watch this space! The year will probably conclude with a festive lunch, venue to be confirmed.

Anna Smith

CRAFTS, COFFEE & COOK-OFF

We are a small and very friendly group, meeting at the Racing Centre on the 2nd Tuesday of each month. First the 'crafters' arrive at around 10.30am bringing a wide range of crafts, including model making, knitting, felting, crochet and demonstrating an impressive range of skills. Sympathetic expert advice is always available.

The 'bakers' turn up at 11.15 with their goodies. Each month members choose a recipe for the following meeting, generally alternating between sweet and savoury items from a recipe circulated to all. Some members follow this; others do not but we all sample each other's baking and discuss hints, techniques and outcomes, learning many useful, and usually successful, short cuts. Coffee is provided by the racing centre.

We have had several new members in the group recently. New members are always welcome.

Stephanie Ellington

MUSIC APPRECIATION

July 17. "Beethoven": an overture, (Leonora No. 3), a piano sonata, (the Moonlight), and a symphony, (No. 7) by this famous German composer.

August: 21. No meeting

September 18. "Tone Poems" - a piece of orchestral music that tells a story, evokes a landscape, or illustrates a non-musical idea

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

Richard Unwin

GARDEN GROUP

The Garden group meets monthly on the third Wednesday of the month in the Racing Centre. We are a large group with over 60 members, but a friendly group and we welcome new members. Our programme is varied during the year. We like to take advantage of the good summer weather and visit some interesting gardens that members might not have visited before. This year we have visited two gardens in Essex, Markshall and Green Island Gardens which both displayed quite beautiful but contrasting gardens. And of course no garden visit is complete without lunch and Markshall did not disappoint. Our second garden visit was in contrast, a guided tour with afternoon tea, at Downing College, Cambridge.

Margaret & Richard Webb



WINTER OUTING

Holkham Hall by Candlelight

3 December 2026 £56 per person

The price includes coach fare, admission to the Hall, Holkham Stories Exhibition, a mince pie and a glass of fizz! The hall is decorated differently each year and lit by candlelight for the festive season.

Our arrival is estimated at 11.45, so there will be time for lunch and a visit to the Holkham Stories exhibition before our timed entrance to the hall at 2.00pm. The self-guided tour is at your leisure but remember to allow time for your mince pie and glass of bubbly before we leave at 4.30pm.

Please note if you have trouble negotiating stairs and may think this trip is unsuitable, we have been assured that they have equipment in place to allow you to ascend/descend the Grand Staircase and use any walking aids on the first floor. For safety reasons only a limited number of people with walking aids can be accommodated at one time.

Booking forms are online or printed copies available on request or at the Speaker Meeting. Please book as soon as possible as we need to let Holkham have potential numbers in the next week.

The date of the **Annual Lunch** will be announced
in the next newsletter.

Looking even further ahead.....

Newmarket U3A will be celebrating its 40th anniversary on Friday June 11th, 2027.

Planning has already started for a buffet lunch, hopefully followed by entertainment. More details as plans are confirmed.

Booking forms are available on-line, at Speaker Meetings and on request. Only a deposit is required to secure your place.

HISTORY

Unfortunately, our long-time History Group leader and U3A stalwart, Niddy Walpole has had to give up her role following an horrific car crash in August 2025. The three of us decided we could take on the group - at least for the time being and with a few gaps we are keeping the programme going!

There will be no meeting in August.

4 September: Denise returns with a new talk entitled, *“The History of Underwear”*. *Hopefully she will be bringing artefacts from both male and female collections!*

2 October: Tim will unleash a broadside from HMS Victory in his talk on *“Life, (and death), in Nelson’s Navy”*.

6 November: Denise brings us *“The first Lord Fairhaven and the history of Anglesey Abbey”*.

In December we shall continue the History Group tradition of a festive lunch in a local hostelry.

Denise Brighton & Di Angus-Smith & Tim Young

FAMILY HISTORY



On 10 July, members of our U3A Family History Group visited Ely Museum and met with two of their curators, for a meeting focused on **how to preserve items and documents that are a significant part of personal family history.**

A surprisingly wide variety of objects was discussed as part of the records that we are trying to preserve and pass on to our families.

After the session at the Museum, the group lunched at the Almonry Restaurant.

Our regular meetings are on Friday mornings at 10.30 am at the Racing Centre in Newmarket.

Bridget Kerle

RUMMIKUB

Regretfully Rose Baxter had to step away from leading the group after the meeting in June due to ill health. Many thanks to Rose for her leadership over the years. I have stepped in, hopefully temporarily, until someone agrees to take over the group on a more permanent basis.

Rose set up the group around 10 years ago, starting off in her own home and using several venues before the group settled at Brampton Manor Care Home on the fourth Tuesday of each month. Our hosts at Brampton Manor supply tea, coffee and cold drinks along with biscuits.

There are regularly 3 or 4 tables of 4 playing the game, which can become quite addictive! It is relatively easy to pick up and fun to play.

Why not come along and give it a go.

Kath Gifkins

SPEAKERS MEETING: 24 AUGUST



RUSSELL WEBB:

LONDON FIREFIGHTER

Russell's career as a London Firefighter spanned over 30 years. As you would expect he has dealt with many incidents working for the busiest fire service in the UK. In his talk you will learn the history of the London Fire Brigade and how it all began. He will share details of fire station life and talk about some of the shouts that he attended, as well as giving important fire safety advice.

Roger Worden

(Continued from previous page)

There were stables out at the back and some of them went to look at the horses but she decided to stay in the warm; she loved horses but was a bit nervous about them after she had had the experience of an escaped horse galloping down the High Street when she had been out shopping with her mother as a child. One thing she was impressed with, though, was the art gallery. How many of the paintings were originals she wondered?

She switched on the BBC News at ten o'clock and watched some scandal about someone in the Royal Family, another family had been evicted from their home and then followed an image of Penelope Bownton-Troy. All these years later she still looked stunning and didn't appear to have aged much. However, then the television camera switched to a woman, climbing into the back of a police car and the announcer continued.

'Penelope Bownton-Troy, a well-known celebrity, has been arrested for the murder of her partner, Tom Clark'!

Margaret Jocelyn



CREATIVE WRITING has had a very successful year: numbers have swollen and we are thinking about starting a waiting list to join.

New members who joined in the last year, Kim, Willow, Susan, Robin, Ian and Bill, have all contributed some very good work to the group and are much welcomed by the original members.

Tim has asked us to put together a selection of our stories, which we are working on currently.

Sarah McManus

A SURPRISE IN STORE

by Margaret Jocelyn



It was early evening and the television was on in the background but Penny was only half watching it. She was about to switch it off when suddenly a familiar face flashed up on the screen. She immediately recognised the lady as Penelope Bownton-Troy. Many years ago, they had been at school together but the only thing that they had had in common was that they were both called Penelope although, she herself had always been known as Penny.

Penelope was extremely attractive, highly intelligent and went off with most of the school prizes. She was a good sportswoman and had a beautiful singing voice. She was enormously popular and Penny rather liked her despite being envious of her multiple talents, although she had felt less keen on her after she had pinched her boyfriend. Penny

laughed at the memory so long ago; she had been welcome to him. Yet she now became curious as to why Penelope was appearing on the TV. No doubt she was opening a new sports hall or had given a large amount of money to charity. She searched for her iPad, only to remember that it was being charged up. She would look later.

In the meantime, she couldn't get Penelope Bownton-Troy out of her mind. She remembered being invited to a party at her house; it was just like a stately home! Her mother was charming; Penny had been given to understand that Penelope's father had died recently. But on that particular day, they had been provided with a wonderful feast and it felt as if the whole school was there, although it was only her year.

(Continued overleaf)

MOTO: Members on their Own

As in previous years, several of us will be joining the Cheveley Evergreens in the annual trip to Felixstowe on **15th August**.

In September/October, we will once again be going to Kirtling church for their Friends Day – date to be confirmed.

Rosemary Foreman

PORTRAIT GROUP

I think this has been a successful year for the Portrait Group. We have met 9 times (not meeting in July, August or near Christmas) and from a group of 10 enthusiasts we might expect to get about 8 attending any one session. We started meeting 2 years ago in Ashley Pavilion but, due to damage to the pavilion floor, have recently had to move to the Racing Centre who were able to accommodate us at short notice. We meet at 2 - 4 pm on the 4th Tuesday of each month and on each occasion this year we have been fortunate enough to have a volunteer model/sitter. Do let me know (daje4546@gmail.com) if you would like to be a model for us on one occasion.

It might be possible, after the summer break, to introduce some variety to some of our afternoons. For example, it might be possible to arrange for a professional portrait artist to come and do a demonstration. Alternatively, it might be possible to join, for just a morning or afternoon, another group who had already arranged a demo - in order to share costs.

In the attached photo, the models are both u3A members - I hope you will be able to recognise them. The one on the left is a watercolour painted during one of our sessions and the other is water-mixable oils painted at home from a photograph.

Do let me know if you have any questions about joining the group.

David Watson



AUGUST 2026

GROUP MEETINGS

DAY/DATE	TIME	GROUP	VENUE
Monday 3	14:30	Camera Group	The Racing Centre
Tuesday 4	14:30	Art Appreciation	The Racing Centre
Wednesday 5	10:30	Walking Group	See Website
	14:30	Antiques	No Meeting
Friday 7	-	History	No Meeting
Monday 10	10:30	Wings Wheels Water	The Racing Centre
	14:30	Scrabble	The Racing Centre
Tuesday 11	10:30	Model Making, Craft	The Racing Centre
	11:15	Coffee & Cook Off	The Racing Centre
	14:30	Discussion	The Racing Centre
Wednesday 12	12:00	Brunch	The Stable Cafe
Thursday 13	10:30	Carpet Bowls	The Racing Centre
Friday 14	-	Family History	No Meeting
Monday 17	10:00	Executive Committee	-
Tuesday 18	14:00	Creative Writing	Brampton Manor Care Hm
Wednesday 19	10:00	Mahjong	The Racing Centre
	14:30	Garden Group	The Racing Centre
Friday 21	14:30	Music Appreciation	No Meeting
Monday 24	14:30	Speaker Meeting	Catholic Parish Hall
Tuesday 25	-	Portrait Group	No Meeting
	14:00	Rummikub	Brampton Manor Care Hm
Thursday 27	10:30	Carpet Bowls	The Racing Centre
Friday 28	14:30	Realm of Books	The Racing Centre
-	MOTO Group - See Website		

SEPTEMBER 2026

GROUP MEETINGS

DAY/DATE	TIME	GROUP	VENUE
Tuesday 1	14:30	Art Appreciation	The Racing Centre
Wednesday 2	10:30	Walking Group	See Website
	14:30	Antiques	The Racing Centre
Friday 4	14:30	History	The Racing Centre
Monday 7	14:30	Camera Group	The Racing Centre
Tuesday 8	10:30	Model Making, Craft	The Racing Centre
	11:15	Coffee & Cook Off	The Racing Centre
	14:30	Discussion	The Racing Centre
Wednesday 9	12:00	Brunch	The Stable Cafe
Thursday 10	10:30	Carpet Bowls	The Racing Centre
Friday 11	10:30	Family History	The Racing Centre
Monday 14	10:30	Wings Wheels Water	The Racing Centre
	14:30	Scrabble	The Racing Centre
Tuesday 15	10:30	Open Coffee Morning	The Memorial Hall
	14:00	Creative Writing	Brampton Manor Care Hm
Wednesday 16	10:00	Mahjong	The Racing Centre
	14:30	Garden Group	The Racing Centre
Friday 18	14:30	Music Appreciation	The Racing Centre
Monday 21	10:00	Executive Committee	-
Tuesday 22	14:00	Portrait Group	Ashley Pavilion
	14:00	Rummikub	Brampton Manor Care Hm
Thursday 24	10:30	Carpet Bowls	The Racing Centre
Friday 25	14:30	Realm of Books	The Racing Centre
Monday 28	14:30	Speaker Meeting	Catholic Parish Hall
-	MOTO Group - See Website		