

SEPTEMBER 2025

DOWNHAM MARKET U3A NEWSLETTER



Dates for
the diary

Monday, September 8th, 2025

Open Afternoon
at the Town Hall
from 2-4 pm

An opportunity to see and talk to all of
the groups currently on offer at
Downham Market and District u3a.

Please encourage anyone who is not yet a
member to come along to see all that is
on offer.

Spotlight



Unlike some of Alfred Hitchcock's other leading ladies, Shirley MacLaine became an offscreen companion, and he took her for breakfast every day before shooting. He never propositioned her, but thought of her as "a girl who needed to be fed."

Having just been plucked from the poverty-stricken life of a Broadway chorus girl, it was a pleasant change for MacLaine. As a result, she gained fifteen pounds during shooting, resulting in a phone call from the studio telling her to stop eating so much, as she was going to "ruin her career before it had even begun."

Vintage Film

Look out for the 12 year old (and pre facial mole) Petula Clark playing Cheril.



During filming, cinematographer Milton R. Krasner pointed out to Cary Grant that a lump on his forehead was making it hard to film his close-ups. The lump was the result of a childhood accident, but Grant had been habitually rubbing it for years, leading it to swell. Doctors told him it would take four to six weeks for him to recover from its removal. Instead, he took a few days off, had his wife, Betsy Drake, hypnotize him, and had the procedure performed in the doctor's office under a local anesthetic. He recovered within days with no scarring

Due to the inclement weather conditions in Vermont, boxes and boxes of autumnal leaves were shipped back to California, where they were painstakingly pinned onto trees on a studio soundstage.



Towards the end of the film, when Deborah Kerr is in the taxi talking to Richard Denning she lists reasons why she can't tell Cary Grant's character about her condition, before ending with the phrase 'et cetera'. This is a deliberate nod to her work in *The King and I* the previous year when that phrase was used throughout the film by both her and Yul Brenner's character.

Can you identify the films mentioned ?



Group Updates

The Patchwork and Quilting members were treated to a wonderful cream tea in July- a wonderful way to spend the afternoon!



Sheila Aston
and Judith
Cameron

The Art Appreciation group enjoyed a Summer lunch at The Heron on a very warm day. A wonderful afternoon of laughter and great company.



Group Updates

Walking Group September



Monday 1st September 10.00 am

Shouldham Warren Ramble. 3 miles.

Park/Start at Shouldham Warren carpark, Warren Lane,
Shouldham.

Going easy on forest tracks and paths.

Distance from Downham is 6 miles.

Use postcode PE33 0DQ for Satnav or Google Maps .

Walk leader John

Cowin

Monday 15 th September 10.00am

Downham, Denver Circular Walk. 3 miles.

Park/Start at Howdale carpark, Howdale Road, Downham.

Going easy on tracks, paths, and pavements.

Use postcode PE38 9AG for Satnav or Google Maps.

Walk leaders Lynda and John Sexton

Group Updates

Climate Conversations Group 

AUGUST - TIME TO REFLECT

We are all experiencing the effects of climate change to some degree or another: farmers have shifted their planting patterns and have to think more about irrigation; temperatures in the summer are rising, with more and more wildfires; cold months are becoming less predictable.

In the August section of our booklet, Belinda reflects on her personal observations of changes in her garden over the years.

SEPTEMBER - TIME TO RECYCLE AND REUSE

Tired of having to book visits to the dump? Fed up with throwing things away that could still be used? Ever thought of an alternative use for that old plastic bottle?

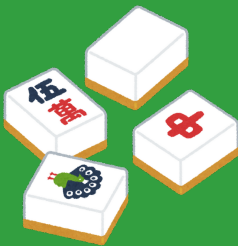
- Why not donate your cast-offs to local charity shops, and have a browse at the same time? The fun is in the find!
- Maybe buy, sell or swap things on websites (or apps) like Vinted or Preloved? Read our September section about Gillian's experiences using Gumtree.
- Use online sites like Freecycle for free trading of goods
- Take a stance against the impact of fast fashion and get involved in Oxfam's [Second Hand September!](#)

PLEASE NOTE!

The Downham Market Climate Conversations group is now meeting on the 3rd Tuesday of the month at 2pm in Potts End Village Hall with the KL Environmental group. For more information, please contact the group leader (details in the list of groups at the end of the bulletin).

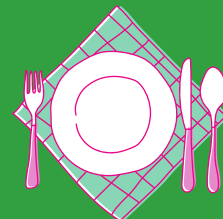
Mahjong

Anyone interested in joining the new Mahjong group, please contact **Linda Elder**



Lunch Group 1-

We meet for lunch on the third Thursday of the month and choose a different venue each time.
New members are always welcome.
Please contact **Sue Dickinson** for further details.



Group updates



Vintage Film Appreciation

In July the film group watched
'The trouble with Harry'
A very different Hitchcock film!



Barrie's Movie Trivia

We will be meeting on
Wednesday September 17th
at 2 pm



Discover Downham Centre
to watch:

Brief Encounter (1945)

A British romantic drama with a
screenplay by Noël Coward,
with

Celia Johnson and Trevor Howard
alongside

Stanley Holloway, Joyce Carey, Cyril
Raymond, Everley Gregg, and Margaret
Barton.

1. In the film 'The Wizard of Oz', Dorothy is known for her ruby slippers, but what colour were they in the original book?
2. Who directed 'The Godfather'?



2. Francis Ford
Coppola

1. Silver

Group Updates

A Harvest of Memories

I confronted Autumn on a crisp September day
And asked "What have you got for me, now Summer's gone away?"
Autumn shook its auburn tresses and said "dear child, please
I bring, as I do each year, a harvest of memories,
Cold winter nights, skies bright with stars
Meals with friends, brisk walks home from bars.
Christmas with friends and family
Gathered around a glittering tree.
Cellidhs, quizzes, Valentine's night
Filled the quiet months with delight.
Warm Spring days, snowdrop walks
Meetings with interesting talks.
Holidays, both far and near
Get togethers full of cheer.
Included in my harvest are some sadder things, it's true
Memories of those not here, still so loved by you.
Deeper in my basket lie the times long gone
Those memories will remain, rekindled by a song.
And though a tear or two may show
How lucky you were, you will always know.
So, if you mourn the passing of the Summer's heat-
Remember- I too bring you fruit so sweet.
And sweetest of all, it seems to me
Is my harvest of memory."
I bowed my head to Autumn and went on my way
Ready to start a new crop-starting today.



Elaine Carpenter

**The 60's Music Appreciation group has
a visiting speaker Kevin Rodgers at
their September 12th meeting and
welcomes anyone wishing to come
along. Wimbotsham hall 2pm**





What's on in Discover Downham this month?



Discover Downham

The Old Fire Station
Priory Rd, Downham Market, PE38 9JS



HERITAGE OPEN DAY IN DOWNHAM MARKET CELEBRATING OUR "GINGERBREAD TOWN" SUNDAY 21ST SEPTEMBER 10.00 AM – 4.00 PM



Visit over 20 venues in Downham Market that are normally hidden from the public's view, live music and dancing, free hop on/hop off vintage bus rides around the town, guided town and church walks, vintage and classic cars and agricultural vehicles, post box toppers, re-enactment group, art/photographic/craft exhibitions and so much more!

FREE EVENT! Visit www.discoverdownham.org.uk for more information



DISCOVER DOWNHAM HERITAGE CENTRE
OPENING HOURS: Thursday & Friday 10 am - 4 pm, Saturday 10 am - 1 pm
Downham Market & District Heritage Society (DMDHS) CIO: Registered Charity No. 1154267
The Old Fire Station, 30 Priory Rd, Downham Market PE38 9JS
01366 384428 info@discoverdownham.org.uk www.discoverdownham.org.uk



Discover Downham

The Old Fire Station
Priory Rd, Downham Market, PE38 9JS

QUIZ NIGHT

held on the first Wednesday each month at 7 pm for 7.30 pm start
Admission £5 (inc raffle ticket)
Bring your own drinks and nibbles
Contact PETER on 07931 577192

In aid of Discover Downham

Free Raffle

DISCOVER DOWNHAM HERITAGE CENTRE

Downham Dementia Coffee Morning

Friday 12th September 2025
10 am to 12 noon
At the Town Hall



Come and join us to enjoy some lovely Homemade Cakes, Scones and Sausage Rolls a Raffle & a Craft Stall





Editor's Note



Thank you to those groups who have sent in details of their sessions this month- they all look SO good!

Friends, Fun and Laughter, all apparent!

Has your group had a particularly interesting/fun session? Then, please send in the pictures or a few words for next month's newsletter!

If you have the skills/interest to lead a new group, then please let **Linda Elder** know. She can support you to set things up and get a group going.

