



# CHATTERBOX

Official Newsletter of the Chatteris u3a  
Registered Charity No 1196841

## OPEN MEETINGS 2025

**Open Meeting: 15<sup>th</sup> August**

**KEC 10:30am**

**Speaker: Charlotte Paton – Victorian Rural Women**



We are pleased to be able to welcome back Charlotte Paton following the fascinating talk on the history of the Romany people she gave in 2023. Charlotte is particularly interested in East Anglian rural history of the Victorian and Edwardian period. While researching another talk she realised how little is documented about or by rural women. They seemed invisible. There is evidence in books written about them, but much of it is fictionalised, and little comes from hard evidence. Charlotte set out to unearth the reality of how these women lived. What emerged was a story of grit, grinding poverty for many, and a determination to do the very best for their families.

**19<sup>th</sup> September**

**Lucy Allen – From Titanic to Rocketman – a Stuntwomen’s Life**

*For more information, and the dates of the forthcoming Open Meetings, click on the [Open Meetings](#) link*

### **Good News** 😊

**We have purchased 6 additional chairs with “arms” for use at our Open and Interest Group Meetings. Please remember that they are primarily for those members who need help and support when sitting down and standing up.**

**Thanks.**

## NOTES FROM THE CHAIR

### **Eudaimonia**

The American Declaration of Independence starts with the words "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." This phrase raises several questions as to the meaning and ideas behind it. The most obvious ones include the question of "all men" as defined by the slave-owning authors... The idea that has bothered me the longest is the concept of the "pursuit of happiness". Life and Liberty are defined as things that you can have as a right, but happiness is only something you can pursue, and never obtain.

There are always things that could be better or different, but the "pursuit of happiness" naturally focuses on the things that are stopping you from being happy, the things you need to overcome. Happiness, for me, is profoundly linked to the concepts of contentment and satisfaction. As long as you are pursuing happiness, you cannot attain it. Contentment does not mean resignation; being satisfied with your conditions does not mean you are resigned that things can never get better.

Aristotle defined the concept of *eudaimonia* based on the Greek words εὖ (meaning good) and δαίμων (meaning spirit, as derived from the word meaning division), leading to the understanding that *eudaimonia* is the divine act of sharing in a good way. A literal view of *eudaimonia* means achieving a state of being similar to a benevolent deity or being protected and looked after by a benevolent deity.

Rather than pursuing hedonistic ideals or the accumulation of worldly goods, *eudaimonia* focuses on living well, flourishing and doing what is worthwhile. It is not about selfless sacrifice for some presumed greater good, but realising one's own potential through cultivating "virtues" such as reason, courage and wisdom. *Eudaimonia* is basically about doing a bit of good and the good feeling that comes from doing it.

In a world where we are encouraged to accumulate more stuff, where we are meant to feel guilty by ten thousand charities to which we cannot afford to give, where we are made to feel envious of the little that others may have, where the wealthiest and most powerful people act as victims... In a world where we are tempted to flee the excess of distressing news that is published and broadcast every hour of every day... In a world where we may be tempted to give up, I wish you *eudaimonia*.

I wish you find the feeling of serenity that comes from having done what you could.

Regards  
Peter

## TRIPS / THEATRE VISIT



  
**SANDRINGHAM  
CHRISTMAS CRAFT, FOOD  
& GIFT FAIR  
14<sup>TH</sup> NOVEMBER**

**£35 (INCL COACH FARE)  
PLEASE CONTACT THE  
TRIPS TEAM TO SIGN-UP.**



**WEDNESDAY 10<sup>TH</sup> SEPTEMBER**

**CROMER AND PIER SHOW**

- **Cost £55.**

Places still available

**Remember that trips using a coach can only go ahead if we get a minimum of 30 people signing up.**

- *The latest news and information about these and proposed outings can be found on the [Trips/Theatre](#) webpage.*
- *For tickets and information, please email the Trips/Theatre Team via their link on the [Contact Us](#) webpage.*

### Quote of the Month

*“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”*  
 — Victoria Erickson

### Who said...

**“A person who has never made a mistake never tried anything new”**  
**Answer on page 6**

### Quiz Questions

- 1) Who is the youngest MP in the UK?
- 2) Which player has made the most Premiership appearances to date?
- 3) What is the capitol of Eswantini (formally Swaziland)?
- 4) Who was the youngest member of the Beatles?
- 5) Name the fastest striking snake in the world.

**Answers on page 6**

## INTEREST GROUP

### National Theatre "Innings"



In 2008, as the Large Hadron Collider searches for the Higgs boson, tragedy throws two sisters together. The collision threatens them all with chaos.

Olivia Colman and Olivia Williams play the sisters in this drama from writer Lucy Kirkwood.

### Interest Groups Latest News

From August the Jewellery for Fun group will be meeting at the Group Leaders home.

Are you a "Rummikub" fan? Or perhaps you would like to learn a new board game? Watch out for the starting date of our new Rummikub Interest Group.

The Jigsaw Group will be re-starting in September on the 3<sup>rd</sup> Tuesday of the month from 2-4pm at the Small Hall, Emmanuel Church. Everyone welcome 😊

### Crafts, Arts and Things Group

Next Meeting - 16<sup>th</sup> August  
Paper Flowers with Lesley Marsden

Want to know how to stop the rain? Then read about the July meeting on the website.

### Living Well June Meeting



Living Well had Camsight Roadshow to our June meeting. They showed us gadgets and devises to illuminate, enlarge and literally tell the time with a speaking watch. They offer support, advice, counselling and peer support. One member booked a home visit.

**We will not be meeting in August.  
See you again in September.**

**INTEREST GROUPS**

August				
Group	Date	Time	Venue	Leader
ART GROUP	Next meeting September	2.30-4.30pm	King Edward Centre	Thelma Millard
BOOK DISCUSSION GROUP	Thurs 21st	10.00-11.30am	Chatteris Library	Peter Leeson
BRITISH SIGN LANGUAGE	Weds 6th	1.45-4.00pm	Member's Home	Sally Harper
CRAFTS, ARTS & THINGS	Sat 16th	2.00-4.00pm	Chatteris Library	Jan Fieldhouse
DARTS	Tues 26th	1.00-3.00pm	Joe Perry's Snooker Club	Caroline Hooper
FAMILY HISTORY	Thurs 7th	10.00-12.00pm	Chatteris Library	Georgina Plumb
FRENCH CONVERSATION	2 <sup>nd</sup> & 4 <sup>th</sup> Fri	3.30-4.30pm	King Edward Centre	Peter Leeson
GOLF	1 <sup>st</sup> & 3 <sup>rd</sup> Weds	Morning	The Old Nene Golf Club	Stuart Newman
JEWELLERY FOR FUN	Fri 8th	2.00-4.00pm	Group Leaders Home	Caroline Hooper
JIGSAW CLUB	Starting again in September	2.00-4.00pm	Small Hall Emmanuel Church	Lesley Gibbs
LIVING WELL	Next Meeting September	2.00-3.30pm	King Edward Centre	Lesley Pomfrett
NATIONAL THEATRE	Sat 23rd	2.00-4.00pm	King Edward Centre	Peter Leeson
NATURE GROUP	Sun 3 <sup>rd</sup>	Sculthorpe Moor Nature Reserve		Graham Cole
QUIZ EVENING	Mon 25th	7.00-9.00pm	King Edward Centre	Jeanette Hipkins
SCRABBLE	Mon 11th	2.00-4.00pm	Member's Home	Judith Bradshaw
SINGING FOR PLEASURE	Mon 18th	2.30-4.00pm	Emmanuel Church	Graham Marsden
WALKING HERE A	Fri 8th	10.00-12.00pm	King Edward Centre	Phil Green
WALKING HERE B	Tues 12th	10.00-12.00pm	Furrowfields Car Park	Brian Windsor
WALKING THERE	Weds 20th	As Arranged	Furrowfields Car Park	John Parry Brian Windsor
WHIST	Tues 12th	2.00-4.00pm	Member's Home	John Parry
WINE APPRECIATION	Tues 5th	6.30-9.00pm	Member's Home	Barry Ransley
LUNCH ON WEDNESDAY	Weds 27th	As Arranged	As Arranged	Dorinda Franklin
LUNCH ON THURSDAY	Thurs 21st	As Arranged	As Arranged	Lesley Gibbs
COMPUTING HELP	BY ARRANGEMENT			Neil Shepherd

- This [Groups](#) link will take you to our list of Interest Groups.
- You can email our Groups Coordinator via her link on the [Contact Us](#) webpage

## WEBPAGE NEWS

Click on the links below to see some recently updated *Interest Group* webpages:

- [Walking Here A](#) – Went for *A Walk Down The Avenues*
- [Nature](#) – A planned trip to *Sculthorpe Moor Nature Reserve* in North Norfolk
- [Living Well](#) – Read about some of our recent sessions
- [CATs](#) (Crafts, Arts and Things) – We brightened up a wet afternoon by making *Suncatchers*
- [Book Discussion](#) – See which books were the topic of conversation in our July meeting

Click this [Latest Notices](#) webpage link to see what's in the news at *Chatteris u3a*

Included in the list this month are a *Christmas Market Trip* and an idea for a "wunderbar" new Interest Group.

### Footnote

*Dear Group Leader/Member.* If you're not a regular visitor to our website why not have a look at your own group's webpage by clicking this [Groups Main Page](#) link and then selecting your link.

If you have any ideas about how to improve/update your webpage or if you would like anything uploaded to it then please email me via the *Webmaster* link on the [Contact Us](#) webpage.

### **Quiz Answers**

- 1) Sam Sarling (born 2002)
- 2) Gareth Barry (653 appearances)
- 3) Mbabane
- 4) George Harrison (25<sup>th</sup> February 1943)
- 5) Gaboon Viper (less than a tenth of a second)

**Who said.....  
Albert Einstein**

For General Enquiries email us at [u3achatteris@gmail.com](mailto:u3achatteris@gmail.com) or Phone 07873537717

Visit our Web site for the latest Chatteris u3a news [chatteris.u3asite.uk](http://chatteris.u3asite.uk)

