



STOWMARKET AND DISTRICT
LEARNING ACTIVITIES IN RETIREMENT
(UNIVERSITY OF THE THIRD AGE)
Registered Charity No. 1002987



Newsletter No 25

July 2010

From the Chairman :-

It is almost a year since I took over as Chairman and “Oh, what a year !” Suddenly you are up in the midst of everything going on - here, there and everywhere. And Oh, yes it has been interesting and now I realise the wonderful support that I have received from all directions. But then just to say “Thank You” begins to feel so inadequate. So please forgive me if I only say “Thank You” to you all - the Committee and everyone else.

One of my main aims this year and for the rest of my tenure of office is to try and encourage everyone to

- a) Increase our membership.
- b) Increase the number and vitality of our many groups.
- c) To encourage and to get organised more day trip outings to places of interest.

If I can achieve that with your active help I will be more than pleased, and I hope it will bring more pleasure and satisfaction to us all.

In the meantime can I remind you of some events planned for the future :-

- 1) Replacing our monthly meeting, our August event is a Garden Party in the grounds of Milton House in Stowmarket. (See the notice board for full details).
- 2) The Autumn Academy - many of you will already be signed up for this and if not perhaps you will join in if we have another next year (I really hope that we do).
- 3) A day out trip with a Galloway's coach to London on Wednesday the 13th of October to see the preparations etc., for the Olympics in 2012. Please see the Notice Board for more information.
- 4) In May there are moves afoot to organise a “Spring Symposium” on Suffolk at Stowupland - more news about that much later. Watch out for the news board announcements.

Here's hoping it all works out well and that you can benefit and enjoy it all.

Philip Weir 01449 676 528

From The Secretary

There's been a good response to the request for new groups to be started. Under the guidance of Nancy Baird and Zoe Bystricky a ‘Singing Group’ is now up and running, and meetings of the new ‘Play Reading Group’ led by Helen Freeman will, subject to confirmation, be held on the second Monday of the month commencing September 13th at 2.00pm. This inaugural meeting will be hosted by Pat Smith. Some ten members signed up to a suggestion for starting up a Tai Chi group. At the May meeting I announced that it was hoped that a member of the Taoist Tai Chi organisation (who already run Tai Chi classes in Stowmarket) would visit during the July meeting to give some detailed information. Since then, however, they have been less than cooperative so this unfortunately will not now happen. Further efforts will be made to see if this group can find the necessary leader/tutor/facilities to enable it to progress. Again, nine people have signed up with an interest in a ‘French Conversation’ group but, as yet, no one has stepped forward to lead. Perhaps there is a volunteer amongst you to host an exploratory meeting to discuss the format and objectives of such a group were it to be formed?

I'm very pleased to announce that Tony Taylor has agreed to take on the role of ‘Groups coordinator’ and he may well be able to assist in these matters.

The summer outing to Pensthorpe was deemed to be very enjoyable by the 46 members who took part, several noting the improvements made since previous visits. Some also took advantage of the optional ‘Wensum Discovery’ tour which proved to be a very welcome and informative addition.

Arrangements have now been finalised for the ‘Olympic Village’ which will be a blue badge guided tour with Galloway in October. Please see the notice board or website for full details and itinerary. There is also a list of those who have shown an interest previously. If you would like to reserve a place, just tick against your name, otherwise leave blank. As the level of interest is very high, preference will be given to these members, but if you have not already registered and would like to attend if possible, please enter your name on the reserve section of the form. Payment should be made at the September (AGM) meeting at the latest.

Peter Dakeyne 01449 781 562

Since the last Newsletter :-

March :- Mrs Frances Hart gave us an especially entertaining talk, clothed as the wife Constana, of Mozart, with her view of her celebrated husband and their life together.

April :- Mr Brian Heard managed to get much humour into his tale of life experiences as a pathologist with Scotland Yard, in his talk "In search of the Smoking Gun". Many of us recalled some of the events from the news at that time.

May :- This was a new departure for us, and it seemed to work well. In an endeavour to involve more members to participate in, or at least learn more about our various groups - two groups gave an idea of what they were all about and most of the other groups displayed their field of interest, both before and after the dissertations.

June :-

Our trip to Pensthorpe on the 16th was enjoyed by all and we had a wonderfully bright sunny day and not too hot or cold. The advances made there since our last visit some years ago have been spectacular. The BBC show 'Spring Watch' were on their third and last week there, and whilst virtually all their work is done after opening hours, we did see some of the programme being made there that afternoon. 'Wonderful' - best describes our day there.

July :-

Mrs Caroline Wheatley will be telling us about some surprising things in her talk on 'Theatrical Disappointments'.

And now for :-

August :- As it has proved to be impossible to have our "Garden Party" at either Haughley or Abbots Hall, this year we will meet in the garden at Milton House, which is in the middle of the town and therefore will be convenient for everyone. The programme will be very similar to that of the last few year and we hope that everyone will come and join in our party.

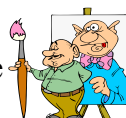
September :- This will as usual be our AGM and will be followed by a short talk by Pat Smith.

October :-

Mrs Jenny Gibbs may surprise us with her talk on 'A Suffolk Woman's Life in Rural Turkey'

Art Appreciation :-

The activities of the group on the theme of WORLD ART continue to be



interesting. We have recently been looking at Oriental Art, African Art and Contemporary Art in Britain. We plan to look at Ceramics, Textiles and Calligraphy in the next sessions. Members of the group regularly make inputs these days and the quality of the information from the studies is only surpassed by the wonderful range of artefacts that are collected from the shelves, window ledges and lofts of the 'students' when they bring along an item to add to the presentations.

There was a group trip recently to the Sainsbury Centre near Norwich to view an exhibition on Art Nouveau, and U3A members generally may have listened to members of 'SUAAG' talking at the Stowmarket U3A main meeting at the United Reform Church.

The group is still very full. Unfortunately, no-one has yet come forward to host a second group for Art Appreciation in Stowmarket U3A. Should anyone be tempted, we have lots of resources to offer.

Tony Taylor :- 01449 771168

Country Strolls :-

Longer :-

The walking group has enjoyed a variety of walks around the county, as usual. We are really working as a group in that virtually every member is taking a turn at leading a walk which seems to be appreciated by all. Socializing over a pub lunch after each walk is also enjoyed by all.

Andrea Burton

01449 774 869

Shorter :-

How lovely it is to welcome Philip and Mike to our strollers, we hope they will find the walks enjoyable and fun.

The walk at Bacton was a little over grown in places, but pleased to say everyone managed OK. The walk at Brettenham took us down the valley and finished up around the school. Our last walk, which was at Gislingham finished up at my sister, Ruth's, for tea in the garden. She would not charge, but had a donation box for the 'Tree House Appeal'. She would like to thank everyone, who kindly donated the grand total of £42.50. Our walks are very well attended.

So - Happy Walking!

Helen Mead

01449 673 660

Discussion Group :-

We regroup again in September and plan to continue our lively discussions on topical subject. Our membership this



last year has fallen a bit but has been recovering of late and we have been pleased to see several new faces and to hear their points of view.

Philip Weir

01449 676 528

Gardens and Things :-

It seems a long time since our Christmas Lunch in January at the Magpie, but we in the group have not been confined to the indoor meetings, but have had a variety of visits.

February saw the group gather and visit the beauty of Anglesey Abbey, unfortunately it did manage to rain, and so the waterproofs saw their first outing of 2010, this of course did not dampen the day and the snowdrops looked as lovely as ever and the bonus was the tea and cakes in their restaurant.

March. The intended visitor, who was going to talk about growing Show Standard Chrysanthemums, unfortunately could not make it at the very last minute. But resourceful as ever, we managed to make the meeting interesting with a talk and visual presentation from Harold, followed by a video by the BBC on a new venture at Mendlesham.

We plan to visit this next year as it seemed so interesting April. Judy organised us to East Bergholt, where, after viewing the unique "Outside Church Bells" and the church itself and refreshing ourselves at the 'local' we went to the place for plants and a conducted tour of the extensive gardens and the inevitable session in the their shop. Big car boots were needed.

May. This time it was rather different, being under the title of 'Things', that is a visit to a brewery by coach to Wisbeach for a conducted tour telling us about the history of the brewery and, of course, sampling their ales before and with our lunch. In the afternoon we then visited the extensive gardens at the rear. These were made up of enclosed areas extensively linked and with plenty of seating. Thanks to Jackie for a wonderful day out.

June. Of course this was the Pensthorpe outing for us all. A day enjoyed by us all, as reported elsewhere.

July. Our next outing will be on the 15th.

Harold Turner

01449 676 882

Myths & Legends :-

This small group enjoys meeting and exploring many different aspects of our subject - whilst we do have a set programme we still wander easily into allied fields in an endeavour to understand the origins of our fancied beliefs from bygone days.

New members will be most welcome.



Philip Weir

01449 676 528

Poetry Group :-

The group has carried on reading longer poems, such as The Eve of St Agnes and Goblin market. At the end of some sessions we have had a time of random browsing through Shelia's large collection of poetry books and reading poems that have caught our eye.

Eight members of the group enjoyed a trip to the Mercury Theatre at Colchester to see Under Milk Wood by Dillon Thomas; we have also been to read for the activity group at Partridge Court.

We hope you enjoyed the reading of Morte de Arthur we gave at the May U.3.A meeting, and feel encouraged to open up and read your poetry books.

We would like to congratulate one of our poetry group members Clodagh Chapman, on the publication of her historical novel set in 1871 Stowmarket, A Very Curious and Capricious Agent.

Helen Freeman

01449 613 060

CELEBRATE BY ROGER McGOUGH

Let us celebrate the pleasure of reading poetry

Let us celebrate the act of writing it

Let us celebrate the people who inspired the poems

The lovers, the mothers, the mistresses and daughters.

Let us celebrate the seven buxom women abreast,

Staggering and sliding on the icy road

Let us celebrate the loudness of their laughter.

Let us celebrate the glory of the garden

The wild rose-briar where the bee sucks,

Apple-blossom and the nations of birds lifting together.

Let us celebrate landscape, for I like that stuff

The secret ministry of frost, full-moon and rainbows

Let us celebrate the heart that leaps up.

Let us celebrate walking in beauty like the night,

Dappled things and the marriage of true minds.

Let us celebrate delicious babies, balloons and the

Liquefaction of Julia's clothes.

Let us celebrate this wondrous life we lead

Pass the tambourine, and let's bash out our praises

Let us celebrate the way we were and the way we live now

Let us celebrate the way we will be

It's a joy to behold getting old and wearing purple

Let us celebrate the benediction of poetry

The writing, reading, singing and dancing of it.

Let us count the ways to celebrate.

Let us celebrate.



The Singing for Fun

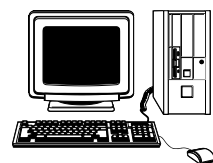
This group will recommence on Monday September 20th at 2-00 pm. At Hilary's house, The Farriers, 9 Unity Rd. All welcome.. Nancy Zoe Bystricky



Phone either :-
01449 720 567
01449 676 220

Or just turn up on 14th Sept. And we look forward to seeing you.

Computer group :-
<http://wendywhitecat.wordpress.co>
Wendy Morgan 01473 824 237



Democracy & Election Systems :-
David Chapman 01449 736 223



Town and Village History :-

Visit to Bury St Edmunds.

June 3rd was a glorious day and after a good lunch at the Cathedral's Refectory we met our Town Guide at the Tourist Information Centre on the Angel Hill to begin our tour of the town's history, having had a guided tour of the Abbey ruins a few years ago. (Our Guide is seen at the centre of the photograph, see page 6).



We viewed the Norman Tower, the architecture of ancient houses (including Norman Tebbit's house!), we were told about the Jewish presence that was once in the town with the possibility that the ancient Moyes's Hall was once a Jewish synagogue. Then we were informed of the history of the Corn Exchange, the Shambles, Copula House (Daniel Defoe connection) and much more.

So, an interesting and enjoyable day. We found enough shade to avoid heat stroke!

Mike Hitchcock 01449 614 933
Terry Potter 01449 770 256

Entertainment (Theatrical) Group
Joan Varley 01449 612 767



Luncheon Club :-
Angela Bentley 01449 780 274
Pauline Taylor 01449 678 954



Memoirs Group :-
Pat Smith 01449 675 568



Wine Appreciation Group :-
Zoe Bystricky 01449 676 220



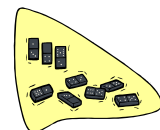
Music Appreciation (1) :-
In Abeyance

Music Appreciation (2) :-
Connie Ruegg 01449 674 673



Theatre Going Group :-
John Chappell 01449 777 969

Scrabble Groups :-
Sheila Dobey 01449 677 265



Keep Fit :-

Why not Join us in Keep Fit

The class has now been running for 3 terms and finished this last term on the 6th July, we get at least 11 enthusiasts each time and usually more, but we need new members.



Do not be afraid as the exercises we do are very gentle and if you are unable to join in any particular exercise just stop, you will not be frowned upon as we all have our limitations. Linda, who runs the class, is a fully trained instructor and will always help you if you have any problems. The age group is very varied, the oldest being over 90 and people like me who cannot walk too well just do as much as possible. We meet every other Tuesday at St Peter's Church Hall, Stowmarket from 2.30-3.30pm and will start the new term on 14th Sept '10. The cost is £ 3.50 per session (to be reviewed if we get more members) with a concession yet to be arranged for paying for the term.

So, come on ladies (and gentlemen) contact :-

Pauline Taylor 01449 678 954 or
Jenny Lawler 01449 675 506

Suffolk & District Network of U3As

Spring Symposium,

May 7th 2010 at Kesgrave.

To add to the range of Network activities, and following on from the highly successful AUTUMN ACADEMY, the Network of Suffolk U3As organised a Spring event this year. It was called a 'symposium' to identify it as a meeting for discussion on one particular topic rather than on a range of study themes. Imagine the horror of the organising working party

when it was pointed out to them that 'symposium' was also the word for a 'drinking party'!

The theme chosen was art and the symposium was entitled 'THE BEAUTY AND THE BEAST'. The day was given to exploring why some art is beautiful and why some seems beastly. The day was introduced by Patricia Mackie of Bury St. Edmunds U3A. Chris Cushing, Felixstowe U3A, and Tony Taylor, Stowmarket U3A, did the main presentations and led the discussions. Doreen Hawkins, Ipswich & East Suffolk U3A, managed the venue for the day and James Earnshaw and Rod Gray, both of Sudbury U3A, ably assisted with finances and registration in the absence of Susanne Gould of Halesworth U3A, another member of the Symposium working party.

Over 80 people attended the event. Apart from the unnerving hitch of the heating in the venue failing mid-morning when it became decidedly chilly, the day went well. There was lots of laughter and much serious questioning and discussion. Why artists do certain things is often a puzzle, especially in the contemporary art of today, but the history of art's development shows that the uglier side of art is not necessarily a modern phenomena, while the beauty of the past is often suspect – thinly disguised pornography! The day offered some balance to many strongly held viewpoints. A second symposium has been proposed for 2011 and a working party is already meeting to organise it. Keep a watch out for the information on this very worthwhile and interesting project of the combined Suffolk U3As.

Tony Taylor 01449 771 168

Suffolk and District Network of U3As



The last meeting of the Network on 6th May, 2010 was hosted by Haverhill U3A when some 18 members, from 8 of the 13 affiliated U3As, attended.

Topics discussed included the 2010 Autumn Academy (AA5) which will be held at Combs Middle School, Stowmarket on Saturday October 9th (to date almost 200 people have signed up for up to two of the 26 group sessions available), and Spring Symposiums. It was also agreed that a once a year meeting should be held amongst the Groups Coordinators of the member U3As. The next SaD meeting will be hosted by Bury St Edmunds U3A on 4th November 2010 at Bury Golf Club.

As reported above, the 2010 Beauty and the Beast Spring Symposium was fully subscribed. Those attending reported that the day was most interesting and entertaining thanks to the enthusiasm and knowledge

of the presenters Tony Taylor and Chris Cushing. A working party has already been set up to plan a 2011 event and it is hoped that full details will be available in time to be announced at AA5.

Peter Dakeyne

01449 781 562

News from U3A Central Office

This year's Annual General Meeting of the Third Age Trust will be held at the Royal Agricultural College, Cirencester on Thursday 9th September at 11.30am.

As published in the latest U3A News, judges for this year's U3A Photography competition on the theme of "Coast" reported a very high standard of entries (did anyone from Stowmarket U3A send in an entry?).



The 12 winners will be used in next year's U3A engagement calendar – see the notice board with details of how to order.

U3As are self-help co-operative organisations run entirely by the members for the members and therefore it is important that individuals are able to take full responsibility for their own participation in U3A activities/events. Should the situation arise where a member wishes to attend an interest group or activity but is worried that he/she would not be able to participate fully without help, The Third Age Trust has extended its liability insurance policy to cover the attendance of a companion/carer. It is hoped that by doing this, members in this situation will continue to be able to enjoy the full benefits of U3A membership. If you find yourselves in this position at any time, please don't stop coming; speak to a member of the committee in confidence and appropriate arrangements can be agreed.

Finally, a reminder that the 2011 diary is now available, price held again at £1.90. Please enter your name on the notice board list, or contact me directly as soon as possible.

Peter Dakeyne peter@dakeyne.com 01449 781 562

As you will have noticed not all the groups have contributed some text about their activities - let's hope they will for the next issue in October, closing date will be the 30th of September. Also please remember that any and all contributions will be gladly received, whilst the Editor always reserves the right to amend, edit or even reject a piece.

Nevertheless we do our best to give full information when possible.

The Editor

Please Excuse My English

To judge by media comments it would appear that anything labelled 'Organic' is good and should be accepted as being the best. This is of course a complete fallacy as most if not all the most dangerous toxins and poisons are organic (eg digitalis, snake venoms, Laburnum seeds and Giant Hog weed). These all are produced naturally by organic structures, both plant and animal, with no influence whatsoever from human agency.

Thus anything organic is not necessarily good for us humans.

Anything that we eat is either organic or inorganic. Salt, monosodium glutamate etc are inorganic and not food. Food, however produced, be it good, bad or indifferent is by definition organic because of its nature and structure.

GM foods apparently means genetically modified. All living bodies have but two means of reproduction :-

- 1) Vegetative – by taking cuttings, layering, grafting etc. this is the only way of ensuring the unchanging genetic blueprint of the succeeding structures.
- 2) Sexual – Since the beginning of time sexual reproduction has been responsible for the changes in structure and appearance of subsequent generations. Since *homo sapiens* changed his life style from being 'hunter/gatherers' to being 'pastoralists' he has endeavoured to improve the stock by influencing the breeding programmes, be it of animals or plants.

To understand the argument being produced, one has to realise that any sexual reproduction causes genetic modification and therefore different terminology is required. This, as it happens is far from easy. To use the words artificial or mechanical – it is almost the same as invitro-fertilisation. What is needed is something like 'artificial mechanical transgenic fertilisation' and that is quite a mouthful and does not lend itself to modern parlance.

However the important factor is that the right words should be used to avoid elementary confusion, mistakes and/or misunderstanding occurring especially if written into law where the meanings of words are extremely precise.

If GM products become illegal and banned then our politicians will have to forego their preferred pleasures and revert to some sort of vegetative type cloning to keep the species going. That could not ever be a popular or a sensible idea in anybody's opinion.

Let us therefore be precise in what we say and do not assume that everyone will make the same basic assumptions that are assumed through poor command of the English language and therefore liable to misinterpretation.

Thought For The Season

One day a farmer's donkey fell into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway. It was not worth trying to save the donkey.

The farmer invited all his neighbours to help him shovel dirt into the well. The donkey realised what was happening and cried horribly. Then to everyone's amazement he quietened down.

The farmer looked down into the well. He was astonished at what he saw, with each shovel of dirt that hit his back the donkey would shake it off and step on it. As the farmers neighbours continued to shovel dirt on top of the animal he would shake it off and take a step up. Pretty soon every one was amazed as the donkey stepped over the edge of the well and happily trotted off.

The moral of this story is that life is going to shovel dirt on you. The trick is to shake it off and take a step up.

Now the alternative ending to the story is that the donkey bit the farmer who tried to bury him. The gash from the bite got infected and the farmer eventually died in agony.



PAID IN FULL

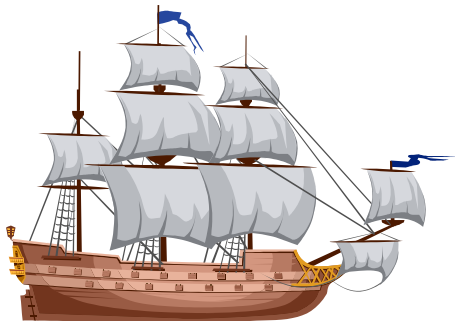
One day a poor boy was selling goods from door-to-door to pay his way through school, found he had only one penny left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe?" "You don't owe me anything" she replied, "Mother has taught us never to accept pay for a kindness". He said "Then I thank you from my heart".

As Howard Kelly left that house, he not only felt stronger physically, but his faith in people and God was stronger also. He had been ready to give up and quit.

Years later, that same woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr Howard Kelly was called in for consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room. Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to his consultation room determined to do his best to save her life. From that day on, he gave special attention to the case. After a long struggle, the battle was won. Dr Kelly asked the hospital to pass the patient's bill to him for approval. He looked at it, then wrote something on the edge, and the bill sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked and something caught her attention on the side of the bill. She read these words "Paid in full with one glass of milk(signed) Dr Howard Kelly

WHY IS A SHIP CALLED 'SHE'

A ship is called 'SHE' because there is always a great deal of bustle about her; there is usually a gang of men about; she has a waist and stays; it takes a lot of paint to keep her good looking; it is not the initial expense that breaks you; it is the upkeep; she can be all "decked out"; it takes an experienced man to handle her correctly; and without a man at the helm, she is absolutely uncontrollable. She shows her topsides, hides her bottom and when coming into port heads straight for the buoys.



WHY, OH WHY ?

If people evolved from apes, why are there still apes?

If it is true that **we** are here to help others, what are "the others" doing?

Why doesn't superglue stick to the bottle?

What was the best thing before sliced bread?

How is it possible to have a civil war?

What others see as baldness I see as a wide parting

Age doesn't always bring wisdom. A lot of the time age turns up all by itself.

A man is as old as he looks..... and if he only looks.....he's old.

Every year it gets harder to make ends meet.....ends like hands and feet.

Coffee/Tea Rota :-

September

October

November

Christine Law
Joyce Markwell

Jackie Durrant
Jean Page

Lillian Fidler
Joyce Kay

Deadlines for the next issues :- 30th September 2010 for the October copy and 28th January for March copy

<http://u3astowmarket.wordpress.com>

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and Produced by

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