



STOWMARKET AND DISTRICT LEARNING ACTIVITIES IN RETIREMENT (UNIVERSITY OF THE THIRD AGE)



Newsletter No 26

Registered Charity No. 1002987

October 2010

From the Chairman :-

Having completed my first year as your Chairman may I say how much I appreciate the enormous amount of support and help that I have received from everyone during what has in many respects been quite a dramatic and eventful time. Again, it has proved to be very interesting being heavily involved in many aspects of the U3A and from that perspective one not to have been missed. As many of you will know the Autumn Academy has proved, once again to have been a huge success, thanks to the many people who supported it. Last month I attended for the first time the Regional meeting of the U3A in St Neots, where Mike and I met folks from all over the East of England and heard a lot of their stories and ideas. Some of these it is hoped can be introduced to make our U3A that much more interesting for you. Indeed, it is my ambition to get our U3A to grow and to help our friends here in Stowmarket and those places within easy reach. They are very much the same as us and have the same needs and ambitions, so why not offer them that which we enjoy so much. It is, as you must realize, our responsibility to work together to help one another and from that, believe me, there is a great reward and satisfaction to be gained. Especially in gaining new friends and acquaintances, and knowing that you have done something good.

I will not belabour the points that Peter, our Secretary, has written about below other than to say not only my deep debt and gratitude to him for his wonderful support in everything this past year and for the enormous amount of work that he has done for you all. You will have seen this particularly in our June outing and in the Garden party that we had in August. We are working hard now for those things in the future, June August and of course the Spring Symposium that you will have seen or heard about already. So here is looking to a successful, happy and enjoyable year ahead - many we all feel that it becomes one of our best and one that we would wish all our friends would wish to be part of. It really is up to us all to co-operate to make it something to be proud of.

Philip Weir

01449 676 528

From The Secretary :-

Despite Philip's best efforts, we were not able to secure Haughley Park Barn again for our Summer Garden Party (apparently, a wedding was more lucrative for them!). Nevertheless, about 70 of our members enjoyed the afternoon in the gardens of Milton House in Stowmarket. The weather was cool but thankfully it kept dry. We had a nice spread of food, some games, a couple of Philip's quizzes and, of course, lots of opportunity to chat! I'd like to give special thanks to the ladies of the Committee who looked after the food and served the teas, and in the process made many trips backwards and forwards between the kitchen and the gazebos. It's very much appreciated.

At the AGM, the meeting reluctantly accepted the resignations of Terry Potter and Harold Turner from the Committee. Warm felt thanks are offered to both – Terry for his exemplary service as Membership Secretary and Harold as founder member and former Chairman. In recognition, Philip announced that Harold would now become a life time honorary member of Stowmarket U3A. We welcomed two new Committee Members, Doris Hackworthy as Membership Secretary and Tony Taylor in the new role of Group co-ordinator.

Group activities. Unfortunately, due to domestic circumstances, Tony will not be able to take up his role until the New Year. This also means that for the time being he has had to suspend the Art Appreciation Group. He expects to be able to restart this in January. We've still got members anxious to start a 'Tai Chi' group but there's still no progress, similarly with 'French Conversation'. Good news for those of you wishing to join a 'Book Club' – Mary Bradley and Alicia Beaton will be leading this and, to give time to make and read the first selection, the inaugural meeting will be at the end of November. Please see notice board for details. Unfortunately, Music Appreciation (1) has ceased and we are still looking for a good home for the collection of records. I'm sorry to report that Wendy Morgan has decided to stand down from leading the Stowmarket Computer Group. Wendy has been a stalwart in the Group for many years and the value of her contribution cannot be overstated; we all wish her the very best in her new life. The Computer Group, however, continues and at the October meeting we had a lively and varied session where everyone was able to contribute to ideas for our programme for the coming year.

Please keep watching our web site and don't forget to let me know if you change your email address. You can now access the site by using our own web address, www.u3astowmarket.org.uk

Peter Dakeyne

01449 781 562

Since the last Newsletter :-

June :- The outing this year was organised by Peter and Zena Dakeyne and proved to be very successful. We were blessed with a wonderful warm sunny day and so everyone was able to really enjoy the day out. We had the extra benefit of seeing a little of the BBC's 'Spring Watch' team at work.

July :- Mrs Caroline Wheatley's talk on 'Theatrical Disappointment', gave rise to much humour enjoyed by all.

August :- Our ideas for this year's Garden Party required a change in the planned location - however the site at Milton House fortunately proved to be excellent - if only the weather had been as good as last year. Congratulations to Jenny Lawler for the splendid work she performed behind the scenes.

September 15th :-

We opened with the AGM (a necessity) and afterwards previous chairman Pat Smith gave a short talk on 'It couldn't happen in Stowmarket'. Which proved to give an insight to help given to those in need by a local charity that few people were aware of.

And now for :-

October 20th:- This month's talk will be very different being about 'A Suffolk Woman's Life in Rural Turkey'

November 17th :- Mrs Daphne Savage will tell us about 'The Work of Age Concern'

December 20th:- Our Christmas Luncheon is being planned and we will strive to maintain the high standards achieved in previous years. See the notice board for further details.

January 19th :- In Suffolk we have a high standard of Fuchsia growing and Mr Bob Bartram is to tell us more about that.

February 16th :- 'The Work of The Fishermen's Mission' is the topic of Mr Andy Malcolm's talk. When we hear so much about the difficulties (of all sorts) experienced by our fishermen, this should be a fascinating talk.

March 16th :- Find me someone who is not interested in the weather, but Mr Steve Western, Suffolk's Weather forecaster hopes to enlighten us about it all.

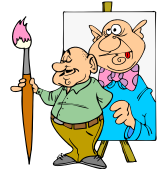
Group Reports :-

Art Appreciation :-

Unfortunately due to moving house and attendant domestic problems this group has not been able to function this season as yet. We hope to resume activities in the very near future. We will keep member informed as soon as possible.

Tony Taylor :-

01449 771 168

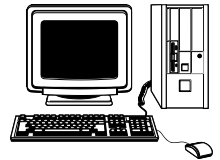


Computer group :-

With Wendy Morgan having found herself a new man to be her husband we have had to re-assess our group. Fortunately at our regular monthly meeting we have established what we want to do in the coming year and a proper programme is being organised & set up by Peter, with the promised help from many of those there. In the meantime for information please contact

Peter Dakeyne

01449 781 562 or on
peter@dakeyne.com



Country Strolls :-

Longer :-

Under the expert guidance of Jenny, the walking group has pulled together and taken turns at leading the walks throughout the summer. There have been walks around Stonham Aspoll, Culford, Harwich via the foot ferry, Stutton, Hitcham, and Rougham. All enjoyable for the variety of terrain, weather and food at the pubs. Plans for the winter are well advanced as the group continues to thrive.

Andrea Burton

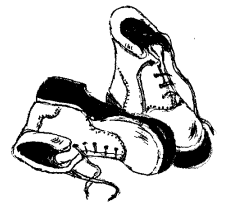
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Shorter :-

A warm welcome to Christine and Diana, who have joined the strollers. We hope they will find the walks enjoyable and fun. Autumn is now upon us and unfortunately our two walks in September were rather wet, one being our Day Walk at Redgrave Fen, the other at Wetherden, which Barbara kindly led. A big Thank You, but that did not dampen our spirits, we finished with a lovely tea and cakes at the Maxwell Tea room in Haughley. I would like to say a big Thank You to Marian and Judy who are going to help out with leading some walks. Marion led sixteen of us on a lovely walk at Badley in sunshine and followed by our Tea break at Alder Car.

Helen Mead

Happy Walking
01449 673 660



Discussion Group :-

Whilst this has always been a very popular interest for us our first meeting this academic



year was rather short of members, however next month we will have a much larger attendance as our discussions are always of topical interest and very lively.

Philip Weir

01449 676 528

Gardens and Things :-

July 2010 - We met our coach for the day at 930 am outside our usual meeting place at Solar. With 26 members, the day being planned by Beryl. Today we were going to the world famous fruit preserve factory of Tiptree just over the border into Essex, tucked away in a quiet village. The visitor's centre is an extensive museum and goes back to the first days of its origin, when they first started producing jams and marmalades from their own orchards. Although the tour was not conducted it was easy to follow the progress though the years; we concluded the visit with lunch on the premises which was very good value for money. We then boarded our coach and proceeded to Maldon, an old fashioned town on the banks of the river Blackwater, with its extensive gardens and walks along the wharf with moored sailing boats and yachts and of course the inevitable cafés and local hosteleries, finishing the day off with an ice-cream before heading back for Stowmarket arriving about 4.30

August was of course our garden party so no programme had been arranged .

September - Today's venue was a farm in the village of Walpole, near Halesworth. We had a good sized party of 18 members, and travelled by car which took about an hour arriving at 11.00am, the day organized by Irene and Harold .

The object was a dairy called Marybelle and we were interested in its products of Ice-cream, Milk Yogurt, and Cream and how it is produced. We had a very interesting talk by the owner of the dairy who started at day one and lead us through to the present day and how all the different products are produced and marketed followed by a conducted tour of the dairy. Although they were not operating on the day we were there, we were given a good insight of the production lines and their operation. After an hour and a half we left the dairy at 12.45 for a meal at the Weavers café in the nearby village of Peasenhall which turned out to be a very good three course lunch.

We intended to carry on to Yoxford after lunch to the antiques centre but time was running short, so we will have to leave that for another day.

Harold Turner

01449 676 882

Memoirs Group :-

The group has not been able to meet since the 10th June because of various difficulties experienced by members. The next meeting will be at my house at **2.30pm on the 11th November.**
Pat Smith

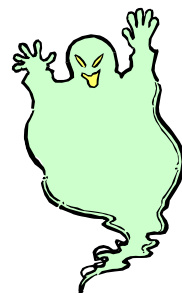


01449 675 568

Myths & Legends :-

This group has already commenced its new year and has had a very lively chat about RUNES and many of their related items of interest. Story telling used to be part of our remit and it is hoped to re-introduce that aspect into our programme once again this year. So if that would interest you please have a word with me.

Philip Weir

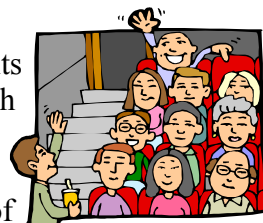


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Play Reading Group :-

The Play Reading group had its first meeting on September 13th 2010.

We read a one act play, then had a discussion on what sort of plays we would like to read in the



future Our next meeting is on Monday 11th of October when we hope to have a visit from Mr Colin Muddimer of Sudbury U3A Play reading group and start reading one of the Alan Akbourn plays from his Norman Conquest Trilogy.

Helen Freeman

01449 613 060

Poetry Group :-

The poetry group restarted our meetings by reading poems on Space, Planets, stars etc .We found an amazing amount differing poems to read and thoroughly enjoyed the session .Comic poetry was read at the next meeting



In the next few weeks we shall be looking at the work of John Clare, D H Lawrence, The Brontes, and Children's poetry.

Helen Freeman

01449 613 060

Scrabble Groups :-

As with many other groups our sessions throughout August were spasmodic. Normally we meet about once a month in sub groups of 3 or 4. Our venues vary a bit from time to time, but as a guide - 3 groups meet



in Stowmarket and one in Stonham Aspel. Additionally some members meet as twosomes by private arrangement.

Our level of skill varies - but that does not matter. We play for the fun of it and to keep the grey matter moving. We also bend the rules at times to suit the particular group and/or to help new comers to the game.

And, of course, we enjoy post scrabble chats and cuppas. We are 18 in all, but are open to new members and/or the formation of new subgroups. Vaguely we plan to meet for a whole group Scrabblethon once per year, but this has happened only twice so far. So, you see, we are kind of informal and mainly there for the 'craic' as they say in Ireland.

Sheila Dobey 01449 677 26

Town and Village History :-

The Town and Village History group had a very enjoyable trip to Felixstowe on October 7th. Again the weather was kind to us as we did part of the Cotman Walk with our knowledgeable guide who had taken us around Woodbridge last year. We learnt about how Felixstowe developed in the late 19th and early 20th centuries, taking in the railway station, examples of seaside resort architecture with its balconies, decorations and towers, and the spectacular Harvest House. We were also interested to see St Andrew's Church built in 1930 from ferro-concrete. This particularly interested Harold, but we wondered if it would last as well as traditional stone and flint as parts looked quite worn. We looked up above the shop fronts to see lots of detail in brickwork, windows and doorways and contrasted this with a modern supermarket building.

We are already planning another visit next year to complete the tour and perhaps more tasty fish and chips down at the ferry !

Terry Potter

01449 770 256

Wine Appreciation Group :-

We have continued to work diligently on refining our appreciation of the various wines the world has to offer. Our meetings tend to be organized around a particular grape, country or theme with each member providing an example for the group to taste.

In April our wines fell loosely into the 'unusual' bracket with bottles from as far afield as Sicily and Chile. The star of the evening was a 2008 sauvignon blanc from Headwaters Bay in New Zealand. This one was purchased on special offer at Asda.



Our next meeting saw us sampling the produce of Spain. We weren't too impressed with most of the wines but did find Muriel Rioja from the Co-op quite acceptable. By July we felt ready to try something summery from California. The most popular wine amongst us was a 2007 Shiraz Robert Mondavi Woodbridge which came from Waitrose. Most recently we had a Portuguese evening and tried everything from vinho verde to white port. The most popular was a 2008 Douro red from Sainsbury's.

Generally speaking we find the more you pay for your wine the better the taste. However we have noticed that although bottles offered at half-price in supermarkets can be disappointing vintages, sometimes they turn out to be bin ends of really wonderful wines.

Zoe Bystricky

01449 676 220

Luncheon Club :-

Where has the year gone another year upon us again. The first meeting February 2010 at the Queens Head Brandeston, a slow ride through the countryside, and when we arrived a log fire awaited us.

March: we all made our way to the Rose and Crown Stanton (I have now been informed that it is now closed this seem to be a sign of the times).

April: The George at Hadleigh, the sun was out as we traveled there, all had a super meal. In May we went further afield to the Queens Head Dennington.

June: the Shipwreck Shotley I missed this one but was told everyone enjoyed the ambiance, July: Thatcher's Cockfield a hidden gem a few of us had a job to find it.

August: The Lion Needham Market no more to say the name speaks for itself, September: Red Lion Gt. Bricett an experience for all, this is a restaurant that specialises in vegetarian meals only. Since the Lunch Club has been running, you do see and try some variations in eating establishments, it gives you some ideas to take friends too knowing you will get a good meal. I would like to say thank you to all the Number one lunch club members for being so good in taking it in turns to find the different places for us to eat. As we only meet 10 times a year and we have 12 members, it has been decided to put the names into a hat, the name that comes out will not have to find a place to eat for that year, we all felt that this would be fair.

Angela Bentley

01449 780 274

Pauline Taylor

01449 678 954



Keep Fit :-

Pauline Taylor 01449 678 954



Music Appreciation (2) :-

Connie Ruegg 01449 674 673



Democracy & Election Systems :-

David Chapman 01449 736 223



Entertainment (Theatrical) Group

Joan Varley 01449 612 767



Singing for Fun :-



Theatre Going Group :-

John Chappel 01449 777 969



U3A Suffolk & District Network: :-

The Suffolk and District Network of U3As was formed by U3As in the Suffolk area joining together in order to help each other further the development of the individual U3As by sharing experiences, information and ideas. The Network has also arranged study days open to all members of each U3A and plans to hold meetings for Group Co-ordinators of member U3As to share ideas.



Most recently the 5th annual Autumn Academy (AA5) was held in Combs Middle School. In excess of 200 U3A members attended what was a varied, interesting and exciting day when some 24 different topics were available to study. Also at the AA5 it was announced that the 2011 Spring Symposium will be 'Celebrating Suffolk'. There will be four prestigious speakers and the event will be held (conveniently for us) at Stowupland High School. Full details can be found on the notice board and/or on www.u3astowmarket.org.uk (follow the link from the Meetings page).

The Network has two meetings a year (May and November) at which members from the various U3As gather to discuss developments and current problems. Topics such as raising the profile of the U3A, Third Age Trust AGM motions, and finding ways of keeping in touch with local learning and skills councils are also discussed. The next meeting will be hosted by Bury St Edmunds U3A and will be held on the 4th November 2010. Included on the agenda will be a discussion on a proposed constitution for the S&D Network.

Peter Dakeyne 01449 781 562

Sally Taylor 01449 771 168 or

U3A Central Office :-

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

The AGM heard the chairman's report and elected an executive committee for the coming year. Three

resolutions were debated, on future conferences, the location of the U3A National Office, and U3A voting procedures. Chairman Ian Searle, vice-chairmen Beth Butler and Barbara Lewis, and treasurer Terry Hardie were all re-elected unopposed.

Next year will see the return of a National Conference with the AGM. It will be held at the East Midlands Conference Centre/ Nottingham University - the date for your diary is 16th-19th September 2011.

I have received a copy of the Annual report and accounts for the year ended 31 March 2010 which makes quite interesting reading. If anyone would like to borrow it, please let me know.

The chairman of the University of the Third Age, Ian Searle, recently made a press statement about proposed increases to University fees and their relevance to the U3A. There is mounting evidence that higher tuition fees, education cuts and rapidly increasing graduate unemployment are turning the three-year academic degree into a luxury only available to the better off. He predicted a new and more important role for the U3A as the present generation of young graduates starts to regret what they have missed. "The U3A will be there to pick up the pieces of a government policy which seems no longer to value education for its own sake" said Mr Searle. A survey from the National Union of Students (NUS) revealed that more than two-thirds (70%) of students say fees of £7,000-a-year or more would have deterred them from going to university. And research from totaljobs.com finds that over 80 per cent of recent graduates said they would not have chosen to go to university if they had faced the uncapped annual fees advocated by the Russell Group of leading universities.

A further two thirds (63%) claim they would not have been able to study at university if fees were doubled to £6,000 a year. "A degree is going to cost more and be valued less" said Mr Searle. "All this grim news means that we are bringing up a generation of young people who will go to university to study whatever they believe may help them in the increasingly tough jobs market; or they will not go to university at all, because they cannot afford the luxury, or because they believe they may fare better by using that time to establish themselves in work.

"The U3A has enabled people to study things they always wanted to study. Increasingly, people will not have the time, space and luxury to study the things they want to study while they are young. We will have to help them to study it later in life. We are going to be more necessary than ever in the coming years, but for the worst possible reasons".

Peter Dakeyne peter@dakeyne.com
01449 781 562

The Olympic London Trip

Whilst we left somewhat earlier than usual for a trip out it proved to have been essential to give us time to all that came on offer. Without doubt the Blue Badge Courier (Ian) that we had was most excellent and our driver said that he was the best that he had encountered. Certainly his fund of knowledge about all that we saw or did was wondrous and as it was delivered so well, he deserved great credit. Our first main stop was at Canary Wharf and the Marine Museum for morning coffee etc. at the 1082 (?). And then on to a short walk to see a huge building site - that of where the stadium and many other building were being got ready for 2012. Even though we could not get very near the main buildings we were up on a height where a grand panoramic view without equal was to be had. Following a circuitous tour around the whole massive site we repaired to Greenwich for over an hours lunch break and therefore had the opportunity to do a little exploration on our own account.

Believe it or not we continually met or followed another Galloways coach on which was another U3A party doing a very similar excursion. It was the Felixstowe part of the East Suffolk U3A !

Leaving Greenwich we crossed Blackheath to where the horse trial events would take place, that was the Royal Artillery Barracks, which we were driven right around before going down to the Thames Barrier site, not just to see it but to have a break and a 'cuppa' before returning home. We were only a few minutes later than planned arriving back at 6.40 or so - not sufficient to cause any embarrassment to anyone.

Happily we had a dry day even if rather overcast and not exactly very warm, yet the weather was reasonably kind to us and did not inhibit our enjoyment of the day.

Finally, we seemed one and all to have thoroughly enjoyed the day and felt that it was time well spent.



Who are all these folk ?

Oh! It is Helen's 'Short Walking group at Badley Church earlier this month !

Do you remember Pip Wright's talk last November on 'Exploring Suffolk by Bus Pass ?
Well, one of our newer members has offer this :-

"When you reach the Autumn of your life you will have two things you did not have when you were younger. Time and a bus pass.

From Stowmarket you can reach most of Suffolk. You can go to Bury st Edmunds or Diss and from there to other places Sudbury or Thetford perhaps Buses to Ipswich run every half hour and from there you can get anywhere You can have a day at the seaside or a look at the town shops but why not explore further.

The small buses that cover the country areas are not as frequent so you need to check time tables. The tourist Information will help you. These are not the most comfortable way to travel but to you they are free. A word of warning do not sit over a Wheel! Country roads are not very smooth and a sudden bump can be a nasty shock The drivers are usually very kind and helpful and your fellow travellers will be as diverse as the countryside you pass through. You will find they are friendly and like to chat In fact sometimes everyone including the driver joins in.

You will usually find your return journey starts where you get off, check with driver. Remember to leave time to get back If you find a bargain check you can carry it easily back to the bus If you miss the bus do not worry you still have your other great asset, Time. Catch the next one or go somewhere else.

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.

Are politicians the oldest profession?

A surgeon, an architect and a politician were arguing as to whose profession was the oldest. Said the surgeon " Eve was made from Adam's rib, and that surely was a surgical operation".

"Maybe", admitted the architect, "but prior to that, order was created out of chaos, and that was an architectural job".

"But" the politician pointed out in triumph, "somebody had to have created the chaos first!"

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?

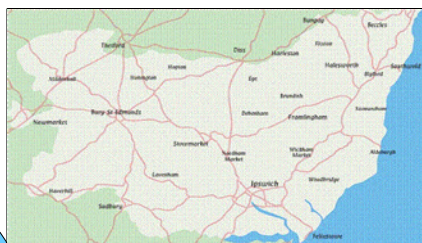
What was the best thing before sliced bread?

How is it possible to have a civil war?

SUFFOLK & DISTRICT NETWORK OF USAs

SPRING SYMPOSIUM

CELEBRATING SUFFOLK



Dr Lucy Marten

Norman Conquest in Little Domesday Book

Charlie Haylock

Expert in local dialects

Celia Hodson

What will life be like within the next 50 years

Mark Mitchels

Development of the county from 1500

**Stowupland School
Saturday 21st May 2011
10.00 to 16.00**

Application forms from your U3A Secretary

The Rake's progress

Born, lorn,
Dad bad,
Nurse worse,
'Drat brat !'
School - Food,
Work - shirk
Gal pal,
Splash cash,
Bets - debts,
Pop shop,
Nil - Till !
Boss - loss
Wired 'Fired !'
Scrub pub,
Drink - Brink -
Found drowned
'De Se';
Grief brief.

HOW DID WE SURVIVE?

Our cots were covered with brightly coloured lead-based paint that we digested!

We had neither child proof lids on medicine or bleach bottles nor latches on doors or cupboards.

We rode our bikes without helmets (and brakes most of the time). We rode in cars without seatbelts or air-bags and riding in the front was a treat.

We ate dripping sandwiches, bread and butter pudding, and fizzy pop with sugar in it but were never overweight as we were outside playing.

We drank water from the garden hose, not from a bottle, it tasted good. Shared one drink with friends and no one died. We had measles, whooping cough and scarlet fever. We played in ponds and rivers and on farm machinery. We didn't have social workers.

Spent hours building go-carts out of scraps and went top speed down the hill only to find we had forgotten the brakes. We left home in the morning, played all day as long as we got back before dark; no one was able to reach us all day and no one minded. We walked most places. If you are over 60 you survived a war and food rationing.

We did not have PlayStations, 99 TV channels, videos, mobile phones, computers or the internet, we had friends - we went outside and found them.

At school we had boxing and sharp instruments in woodwork and metalwork we also fell out of trees and broke bones and teeth, but there were no lawsuits - they were accidents. We learnt not to do the same thing again.

The idea of a parent bailing us out if we broke the law was unheard of, they actually sided with the law.

Our generation went on to produce some of the best risk takers - problem solvers and inventors ever. The past 50 years have seen an explosion of innovation and new ideas.

WHAT CAN IT ALL MEAN?

Tea & Coffee rota for November 2010 - Lillian Fidler and Joyce Kay

Deadlines for the next issues :-

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