



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No.38

AUTUMN 2014

From the Editor

As a result of a lot of hard work put in by the working party set up to look at changes in the way we can improve the way we communicate, I would like to welcome you to the first issue of your new style Stowmarket U3A Newsletter.

At this stage, it's very much a 'work in progress' and its future design and content depends very much on what you, the members, would like to see here.

This is an 8 page spread with (for the first time) colour photos. Future issues may be 4 or 6 pages depending on available content.

Please send your comments, ideas and suggestions to me via the contact details on the last page.

Since the last Newsletter



In August some 40 members had an enjoyable day out for our Annual Outing. This year the weather was kind (for the morning at least).

Traffic problems on the way delayed our stay in Sheringham but there was still time to look around before the journey to Holt in our reserved carriage on the North Norfolk Railway (the Poppy Line). We enjoyed

the journey on this heritage route which cuts through the countryside to the east of Weybourne with views of its windmill, and passes through the well preserved country station.

The coach picked us up again at Holt and took us into this historic town. Armed with our town guides we enjoyed the atmosphere whilst visiting the varied shops and cafes.

Sheringham



Weybourne
Windmill from
the train



All aboard!

From the Chairman

A new year for subscriptions, a new Newsletter, a new Chairman, - yes, all at once!

It doesn't seem a whole year since October 2013; yet it is. Over the last twelve months, we've had some fascinating monthly speakers (*thank you, Dee for arranging them*) and some good outings arranged by different members, particularly in the G&T and T&V History groups.

Our membership has been growing, too. We've now more than 240 members. Smaller than most of our neighbouring U3A groups, we've room for more; so I do hope you'll feel able to introduce us to your friends. Andrea Burton has been putting together a new "Welcome

Pack" for new Members, so they can quickly see what we are about.

We've mentioned the new-style Newsletter before. We do hope Members will enjoy it even more than its predecessor.....but we do need you to tell us what you think. The Committee are there to represent your preferences.

As to this new Chairman....

I have met some really interesting people since I joined U3A a little while ago. While we share a common interest in U3A, we have such varied and interesting backgrounds. Maybe we could hear more, if you felt able to talk to us about it at one of our meetings.

While a lot of our groups are thriving, there are one or two who are not; it would be good to build them up. If you have any thoughts about that, do talk to Tony Taylor.

As a member of your Committee, my personal aim will be to help to build on, and develop what is already in place, to help ensure we continue to meet the ever-increasing expectations of people like us. Where possible, we'll be taking steps to raise our appeal and encourage more to join us.

We've a very talented Committee and we will all be working towards this goal. But we'd want YOU to feel you can play a part in our future development; so please do let us know what you are thinking - at any time!

Bryan Hilton

Ramblings from the Membership Secretary

I enjoy my job as Membership Secretary. It is very different from the first years of the Stowmarket U3A which started nearly 25 years ago in Childer Road, I believe. Then they kept a list of names and dates of meetings on lined paper in ballpoint pen. Now I have four lists on the computer which include phone numbers and email addresses. The main list is in two halves - one by alphabetical surname and the other by membership number. Then there is a different format for the list for U3A (The Third Age Trust) for the mailing out of their magazine, Third Age Matters, to each and every one of us.

The attendance list for our monthly meetings is very similar to the one we use at the AGM for Subscription Renewals - and it also needs up-dating regularly.

These lists can get out of date quite quickly - I do need members to let me know of any change of address or phone number or email address as soon as possible, so that the lists are as accurate as can be.

The busiest time for me and my helpers is at the AGM. I do have lots of help - which is one of the strengths of our organisation - both with the computer jobs and face to face with members. Many thanks to all those who step forward in this way.

In between our monthly meetings I get phone calls from people wanting to know more about us - also application forms and cheques through the post from new members sporadically throughout the year.

This autumn we have introduced 'New Member's Packs' - one for each new member. These include information on our U3A as well as information about the Third Age Trust and our Objectives and Principles. Also included in the Pack is a copy of our current Time Table with information about the days and times the different groups meet. This also needs up-dating regularly as our groups evolve or dissolve with the continuing changes in interest and availability of venues. Many thanks to Peter Dakeyne for doing this.

If anyone who joined in 2014 would like one of these packs - please come and see me at our general meeting or give me a ring and I will reserve one for you.

We will also be holding a Coffee and Cake morning for this year's new members - on Wednesday 5th November at 10am at Hillside Community Centre. If I have failed to contact you and you would like to come and meet some of the committee, please give me a ring and we will be delighted to see you.

Finally I would like to say how much I enjoy being part of U3A Stowmarket and how grateful I am for all the work the committee put in and for the friendliness of all the members. I also think we are very lucky to have such dedicated Group Convenors who offer such a variety of interesting activities.

Please don't be shy about making suggestions or volunteering to host a group.

Andrea Burton

01449 774869.

MANY THANKS TO ALL THE
GROUP CONVENORS & THEIR
HELPERS

WHO SET UP THE INVITING &
INTERESTING TABLES AT THE
RECENT AGM & GROUPS
DAY.

IT WAS A VERY GOOD &
SUCCESSFUL TURNOUT. THANK
YOU.

Tony Taylor Groups Coordinator



NEW INTEREST GROUP SPANISH CONVERSATION

An INAUGURAL MEETING was held:

THURSDAY 9th October 2014

@ 20 Kiln Cottages, The Brickfields, IP14 4LQ

CONVENOR: ALICIA BEATON, Tel. 01449 616 172

Initial cost: 50p per session to cover refreshments
and room costs

For the ongoing programme and/or other
information, please contact Alicia as above

Painting for Pleasure



Many of you may not be aware that the Stowmarket U3A has a Painting For Pleasure group as it does not appear under the heading of Activity Group Conveners on your Programme 2014/2015.

We meet in the Green Room at the Needham Market Community Centre on the 2nd and 4th Friday of the month at 10.30am to 12.30pm. The cost is £4 per meeting and we work on a 4

meeting block booking. So therefore £4 x 4 = £16 which is payable at the first meeting (this covers the cost of the hall)

We started in November 2013 with a 4 week taster session and 12 people attended, most were keen to carry on, so in January 2014 we started meeting twice a month. This carried on till the end of April, it was then that I decided to have no meeting over the summer period as holiday/gardens/other outings meant that at times we had only 4 people attend. We begin again

10th and 24th October also 14th and 28th November. Please come and join us.

Mary Brewster, a local artist and U3A member, has very kindly offered to give some tuition and help to beginners. So do give us a go. It doesn't matter if you have never painted before or if you are already a budding Gainsborough, all are welcome. It's a lovely friendly relaxed club.

Pat Griffiths 01449 721 137
patriciagriffiths446@gmail.com

Computer Group



Due to the August break, there have been just three sessions since the last Newsletter. In July, we revisited the free learning site, www.gcfllearnfree.org/. Using the web site as a launch pad, members selected individual topics and we went through them together prompting various digressions along the way.

By special request, in September we had another look at 'Home Networking' but this time included the wider topic

of 'Connectivity' with all the various Wi-Fi enable devices around the house.

Finally, in October we shared our email related problems which are a regular source of questions in our monthly 'Agony Corner'. Future topics planned are 'Skype' in November and 'Tech Savvy Tips and Tricks' in December.

We look forward to welcoming the nine new members who expressed an interest at the AGM/Groups day. I'm always looking for members to come up with suggestions for our monthly topic for the day or, better still,

volunteers to talk to the group on a topic of their choosing.

If you missed the Groups day and/or you are a new member of Stowmarket U3A and would like to learn more about computer related topics or indeed have experience or knowledge that you'd like to pass on, please let me know. If you go onto the Computer Group page on the website (www.u3astowmarket.org.uk) click 'Groups' then 'Computer' and you will find links to notes for all meetings back to November 2010.

Walking Group (Longer Strolls)

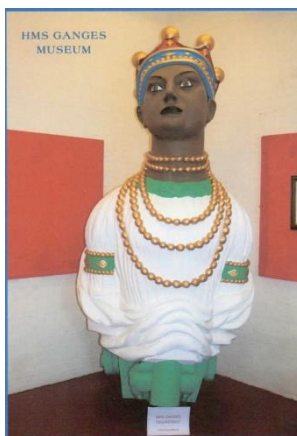


When there are five Fridays in the month our Walking Group tries to do an extra walk - and on the last Friday in August one of our members, Helen Barrett, organised a wonderful walk around Shotley Peninsula. We started at the Shipwreck club house on the marina - after coffee - and walked inland along the Deben estuary - which was interesting and also showing signs of the last winter's surge.

Inland we stopped at Shotley church to see the WW1 War Graves - which was very moving. The grave yard is beautifully kept - there are also some German sailors buried there - some very young sailors from both sides.

Our packed lunches were eaten picnic style in the millennium wood where there was a wonderful array of wild flowers and grasses. From there we went up the hill into Shotley and over the main road and down the other side to the Stour estuary and a great view of ships in Harwich 'harbour'. Then along the shore with its information boards and the water tossing and churning in the wind.

Back at the Marina - after changing our boots and having a cup of tea we made our way to the HMS Ganges Museum for an introductory talk about the history of the ship and the training centre. We spent some time viewing all the artefacts and photographs. The most impressive item was the full size copy of the 'figurehead' which was attached to the prow of the original ship. There is also a model of the ship in a glass case.



The visit was very interesting and for one of our group it brought back lots of memories of his time at the training centre many years ago.

Our normal first and third Friday walks continue all through the year with members of the group taking it in turns to recci and lead morning walks of about 5 miles. We enjoy exploring different parts of the county and keeping an eye open for wildlife as well as socialising. A pub lunch is always an enjoyable way of rounding off our exercise.

Andrea Burton

01449 774869

Photography Group



We each prepare a set of photographs on a 'topic for the month' given at the previous meeting.

In July our topic was 'Architecture', August 'Machinery', September 'Animal Kingdom' and October we had another look at 'Summer'. Our project for November is 'Ecclesiastical'.

As usual, all pictures were critically appraised by the whole group and Roy showed how, if necessary, they could be improved by using simple techniques in Photoshop.

Roy has collected together a further selection of pictures from each of the topics we've studied, March 2014 to August 2014, which I've put together as a gallery on our 'Photography' web

page (just follow the links from 'Groups'). There's one per member per topic; some have been tweaked as necessary, the remainder are as submitted.

Our meetings are at my house in Bacton, 2.00pm the afternoon of the third Tuesday of the month..

Peter Dakeyne

peter@dakeyne.com

01449 781 562

Discussion Group

At present this is a relatively small group, but we have lively discussions over a very wide range of topics. In



September we discussed current newspaper headlines and what their message might be - this we do twice a year, and in November we will be discussing the fallout from the Scottish referendum. If you would like

to join us you will be made very welcome.

Myths and Legends



This month we will have moved to a new location to accommodate our increased membership, which is still quite small. We are starting off this year with an in depth look at the Druids and much of the mythology surrounding them. Our

program for later in the year is still to be set, but it will cover a wide range of interests. New members will be made very welcome.

Philip Weir 01449 676 528

Town & Village History

Our group has visited some interesting and informative places in 2014 so a big thank you to everyone who has researched, planned, and organised a visit this year.

For example, 23 members travelled by coach in July to Colchester Castle to the newly refurbished museum exhibits depicting the history of the castle through the ages. The exhibits are well presented and some are interactive, as we witnessed, being in the company of a large number of school children during our visit.

We were also able to enjoy the living history museum at Hollytree's next door to the castle. It's always a bit disturbing when things you remember clearly from your childhood feature in a museum!

We were fortunate to enjoy some lovely weather on our visit and time to walk through the town or sit and view

the castle gardens at their best.

Jackie Durrant

After the summer break, the visit in early September was to Newmarket National Horseracing museum, kindly



organised by Michael Richardson. The museum which was opened by the Queen in 1983 is steeped in history and displays fascinating items connected with horseracing.

Earlier this month we visited Laxfield museum (with many thanks to Anna Rodgers). The weather was kind to us and the food was enjoyed by all. Here are some pictures of our day out.

We will be holding our Town and Village AGM on November 6th when we will plan our outings programme for 2015 so please come along with your ideas on some new and exciting outings.

Angela Bentley 01449 780 274

Linda Benbow 01449 673 335



Gardens & Things - July to November

July: Arranged by Janet, the group visited old Kentwell Hall in the heart of Suffolk, a fully moated house, which is rare these days, faithfully restored to the old glories of yester year by its owner, who met us at the gates. He gave a potted history of his toils and tribulations over the past thirty years, in restoring what was almost a wreck left by the army, which had been billeted there in the war years.

We first walked around the gardens which are extensive and include an ice house, vegetable and flower gardens

and several rare plants and trees, notably the dead tree that has been carved with great skill into a woodland feature.

On entering the hall we followed the suggested route and were impressed by the amount of memorabilia and originality throughout, including two suits of armor in the great hall.

Lunch had been ordered at a local hostelry and after well-earned refreshments we travelled the 39 miles back to Stowmarket well satisfied.

September: After the August break, the published visit for this month had to be abandoned through lack of numbers but Pat arranged for a visit to the Museum of East Anglian Life (MEAL) to see a side of life in the "Big House" Cottages, and the newly restored walled garden. We were met by Joshua, one of the guides, who gave a short introductory talk about the old 13th century barn before passing us on to Lucy who manages the garden structure. Walking us through the

garden she described their ambitions for the future; the whole area is organised on total organic principles, and by the look of the produce around it was certainly working. We even visited the potting shed, but there was neither Bill nor Ben around! Quite a lot of the trees were sponsored by benefactors and a lot of the work is done by voluntary workers under the guidance of Lucy.

We were again met by Joshua with a buggy to transport the less mobile of us to the cottages in Crowe Street. These cottages, which are the last pair of workers cottages to remain as part

of the Abbot's Hall Estate, were lived in until the late forties (by a Mr. & Mrs. Walden), are actually two cottages joined together by a passage; so really they only had a front room, a kitchen and two bed rooms. Most of the furniture, including a three piece suite, was given to the cottage project by the last tenant and is very authentic. The cottages are displayed as they would have looked when the last owner lived there; even the wall paper is in character with the times - albeit far short of our present day expectations. And on top of all that there was a dairy in the back that produced milk, butter,

cream and cheese - all sold locally. Anyone one who missed this venture by the group lost out on a brilliant day, and so near to home! Thank you Pat for a great day out.

October: We will be visiting the bonsai and cacti growers near Sudbury. This will be well advertised at the meeting on the G&T notice boards.

November: Don't miss your chance to make 2015 the best year yet! Our programme meeting is at Woodfield Bowls Club, 20th November, 10.15am.
Harold Turner 01449 676 882

Coffee Time Puzzle:

Here's a Word Search puzzle for you. See if you can find the words of your favourite groups.

Words can be read forwards and backwards, up and down, and diagonally.



AGM 17th September 2014 – Key Points

- Peter Dakeyne stood down as Chairman and from the Committee.
- Bryan Hilton was elected Chairman.
- Brian O'Shea resigned as Secretary but stood again for the Committee.
- All the remaining 2013/2014 Officers and Committee members put themselves forward for re-election.
- There were no new nominations.
- All the nominated members had previously been proposed and seconded and were duly elected unanimously.

The Committee will operate without a Secretary until a new candidate is found. Our Constitution requires that there is a Secretary, so this needs to be urgently addressed.

The full list of the new Committee together with photographs and contact details can be found on the back page of this Newsletter.

It cannot go unmentioned here that Philip Weir edited the Stowmarket U3A Newsletter for almost 12 years, somewhere in the region of 37 issues!

The hard work that goes into the Newsletter production often goes unappreciated, so it's appropriate that we take this opportunity to sincerely thank Philip for all his efforts since 2002.

APPRECIATION	CLUB	LEGENDS	PHOTOGRAPHY	SPANISH
ART	COMPUTER	LUNCH	PLAY	STORIES
BEGINNERS	CONVERSATION	MEMOIR	PLAYWRIGHT	THINGS
BOOK	DISCUSSION	MUSIC	PLEASURE	VILLAGE
BRIDGE	FRENCH	MYTHS	POETRY	WALKING
CANASTA	GARDENS	PAINTING	READING	WHIST
CLASSICAL	HISTORY	PATCHWORK	SCRABBLE	

**Stowmarket U3A Christmas
Lunch**

CEDARS HOTEL, Stowmarket

Wed 17th Dec 2014, 12.00 for 12.30pm

*Ample FREE parking, Bar open
from 11.30am*

Menu

Homemade Carrot & Coriander

Soup, or

Ardennes Plum & Brandy Pâté

~~~~~

*Roast Turkey with Roast Potatoes,*

*Chipolata, Stuffing & Bacon Roll, or*

*Salmon in a Creamy Peppercorn*

*Sauce, or*

*Three Cheese Macaroni (V)*

~~~~~

Christmas Pudding with Brandy

Cream, or

Limocello Trifle, or

Cheese & Biscuits

~~~~~

*Coffee and Crackers*

~~~~~

£18.00 pp

~~~~~

*Please make your choices and book  
your tickets at the October and  
November meetings.*

*Please make cheques (preferable) to  
S.T.A.R*

At the AGM/Groups day, there were suggestions and interest shown in possible new groups:-

- Revised/Re-launched Keep Fit
- A Singing Group
- Ballroom Dancing
- 3<sup>rd</sup> Art Appreciation Group

If you are interested in any of these, or indeed would like to be instrumental in starting one up, (there's plenty of help available!) then please contact the Groups Co-ordinator, Tony Taylor on 01449 258 192 .

**SUFFOLK & DISTRICT NETWORK of U3As**

A the last SaDNet meeting in April, it was confirmed that, for the time being at least, there would be no further Spring Symposia or Autumn Academies. The AAs ran for 8 consecutive years and the SSs for 4 years - mostly organised by the same group of people who have now called a halt. Attempts to garner successors have as yet been unsuccessful.

The next SaD meeting Hosted by East Suffolk is on 14th November. Members are reminded that any U3A member can attend if they so wish. Further information can be obtained from Tony Taylor, Sally Taylor or Philip Weir.

**COMING UP.....**

**November 19<sup>th</sup>** @ the URC Hall. **"The Sound of Silence"**, a talk with demonstrations by Dr Stephen Ashworth from the University of East Anglia.

**January 21<sup>st</sup>** @ the URC Hall. **'The History of Buckingham Palace'**, a talk by David Morton

**Activity and Interest Groups:**

On the last page you will see a list of all the groups including meeting schedules and contact details.

This will be included in most future issues and it's most important that it's correct and up to date.

If you need to add or change something, please let the editor know in good time before the next publication date.



**STOWMARKET U3A, ACTIVITY & INTEREST GROUPS, as of October 2014. Please contact the Leader/Convenor for more information (NEW).**

|                                                                           |                                                                      |                                           |                                                       |
|---------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------|
| <b>ART APPRECIATION (SAAG)</b>                                            | 2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Tuesdays                  | <b>MEMOIR WRITING</b>                     | Monthly: 2 <sup>nd</sup> Thursday                     |
| Tony Taylor 01449 258 192                                                 | 9.30am                                                               | Pat Smith 01449 675 568                   | 2.30pm                                                |
| <b>ART APPRECIATION (SEAM)</b>                                            | Monthly: 3 <sup>rd</sup> Monday                                      | <b>MUSIC – Classical</b>                  | Monthly: 4 <sup>th</sup> Tuesday                      |
| Anna Bradshaw 01449 745 829                                               | 2.00pm                                                               | Ian Hooper 01449 770 179                  | 10.00am                                               |
| <b>BOOK CLUB</b>                                                          | Monthly: Last Monday                                                 | <b>MYTHS, STORIES AND LEGENDS</b>         | Monthly: 1 <sup>st</sup> Monday                       |
| Mary Bradley 01449 775 628                                                | 2.00pm                                                               | Philip Weir 01449 676 528                 | 2.30pm                                                |
| <b>BRIDGE</b> – sorry, this group is full                                 | Privately, by arrangement                                            | <b>PAINTING FOR PLEASURE</b>              | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Fridays    |
| Please contact the Groups Co-ordinator if you'd like to start a new group |                                                                      | Pat Griffiths 01449 721 137               | 10.30am                                               |
| <b>CANASTA (1)</b>                                                        | 3/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Wednes. | <b>PATCHWORK</b>                          | Monthly: 3 <sup>rd</sup> Monday                       |
| Hazel Burl 01449 615 581                                                  | 9.30am                                                               | Kate Riddleston 01449 612 871             | 2.00pm                                                |
| <b>CANASTA (2)</b>                                                        | Weekly: Wednesdays                                                   | <b>PHOTOGRAPHY</b>                        | Monthly: 3 <sup>rd</sup> Tuesday                      |
| Closed to new members                                                     | 9.30am                                                               | Peter Dakeyne 01449 781 562               | 2.00pm                                                |
| <b>COMPUTER</b>                                                           | Monthly: 2 <sup>nd</sup> Wednesday                                   | <b>PHOTOSHOP WORKSHOPS</b>                | By Arrangement                                        |
| Peter Dakeyne 01449 781 562                                               | 1.30pm                                                               | Roy Fidler 01449 672 123                  |                                                       |
| <b>COUNTRY STROLLS Longer</b>                                             | 2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Fridays                   | <b>PLAY READING</b>                       | Monthly: 2 <sup>nd</sup> Monday                       |
| Andrea Burton 01449 774 869                                               | 10.30am (variable)                                                   | Helen Freeman 01449 613 060               | 2.00pm                                                |
| <b>COUNTRY STROLLS Shorter</b>                                            | Monthly: Last Friday (initially)                                     | <b>PLAYWRIGHT STUDY</b>                   | By Arrangement                                        |
| Elizabeth Gray 01449 678 853                                              | 1.00pm                                                               | Helen Barrett 01449 676 491               |                                                       |
| <b>DISCUSSION</b>                                                         | Monthly: 2 <sup>nd</sup> Tuesday                                     | <b>POETRY (1)</b>                         | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Thursdays  |
| Philip Weir 01449 676 528                                                 | 10.00am                                                              | Sheila Dobey 01449 677 265                | 2.00pm                                                |
| <b>FRENCH CONVERSATION (1)</b>                                            | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays                  | <b>POETRY (2)</b>                         | Monthly: 1 <sup>st</sup> Tuesday                      |
| Andrea Burton 01449 774 869                                               | 10.00am                                                              | Sandy Braitley 01449 676 905              | 2.00pm                                                |
| <b>FRENCH CONVERSATION (2)</b>                                            | 2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Tuesdays                  | <b>SCRABBLE PLAYING GROUPS</b>            | Several - By Arrangement                              |
| P. Bystricky/Ann Williams 01473 830 316                                   | 10.00am                                                              | Sheila Dobey 01449 677 265                |                                                       |
| <b>GARDENS &amp; THINGS</b>                                               | Monthly: 3 <sup>rd</sup> Thursday                                    | <b>SPANISH CONVERSATION</b>               | Monthly: 2 <sup>nd</sup> Thursday (+TBA)              |
| Harold Turner 01449 676 882                                               | 9.30am (variable)                                                    | Alicia Beaton 01449 616 172               | 2.00pm                                                |
| <b>LUNCH CLUB (1)</b>                                                     | By Arrangement                                                       | <b>TOWN &amp; VILLAGE HISTORY</b>         | Monthly: 1 <sup>st</sup> Thursday                     |
| Angela Bentley 01449 780 274                                              |                                                                      | Angela Bentley/Linda Benbow 01449 673 335 | 9.30am (variable)                                     |
| <b>LUNCH CLUB (2)</b>                                                     | Monthly: 4 <sup>th</sup> Thursday                                    | <b>WHIST</b>                              | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesdays |
| Pauline Taylor 01449 678 954                                              | 12.30pm                                                              | Hazel Burl 01449 615 581                  | 9.30am                                                |
| <b>LUNCH CLUB (3)</b>                                                     | Monthly: 4 <sup>th</sup> Thursday                                    |                                           |                                                       |
| Brian O'Shea 01449 614 129                                                | 12.30pm                                                              |                                           |                                                       |

**STOWMARKET U3A, COMMITTEE MEMBERS 2014/2015**



Bryan Hilton

Andrea Burton

Tony Taylor

Dee Payne

Nancy Baird

Joyce Kay

Ian Hooper

Jenny Lawler

Anna Rodgers

Connie Harford

Brian O'Shea

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**NEXT ISSUE**

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