



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



## NEWSLETTER

No.41

## SUMMER 2015

### Town and Village History

On May 7th our group filled one of Mr Perrys coaches for our outing to **The Museum of Power** in Langford in Essex. Before starting our tour we had a welcome hot drink in the museum tearoom (the former 1930s machine shop).



One of the knowledgeable volunteers explained the workings of the museum which is dedicated to all forms of power from steam to electric and is located in

### Linda Benbow

the former Southend Waterworks pumping station.

Completed in 1929 it was originally designed to pump a daily supply of seven million gallons of drinking water to the residents of Southend and the engine house was large enough to contain three steam driven engines only one of which survives today and takes pride of place as the central feature of the museum.

**Perrywoods** garden centre near Tiptree was our lunch stop where many of us were tempted by the huge range of plants and garden accessories on offer.



**Music Music Music** - The sound of music filled our ears and got us toe tapping when we visited the Cotton Mechanical Music Museum for our June outing. The wonderful collection of home entertainment music boxes dating from the 1800s grew out of the late Robert Finbow's passion for acquiring fascinating instruments of all



sorts from people who were selling everything from small music boxes to steam engines.

We were treated to a repertoire of melodies played on the mighty Wurlitzer with many of us singing along to the familiar tunes.

The local Pub at Cotton just a few yards from the museum was our lunch stop where 24 of us sat down for a tasty meal

In July we will be visiting Hadleigh Guildhall with a guided tour and afternoon tea in the gardens, and on September 3rd we are visiting Wattisham airfield. For more information on this visit please contact Janet Stanley 01449 673033





This group has gone from strength to strength. We have had several lively meetings, where on one occasion at least, we have run out of seats; so some members opted to take to the floor!

We ended 2014 with a bring-and-share lunch followed by a discussion of 'Snow Pictures'. It was fascinating to see which pictures of cold, wintery scenes appealed and those which did not. We above all admired the work of Joan Irdley, Andy Goldsworthy and Helen Bradley; none of whom are particularly household names but which seemed to capture the hard, cold sense of wintery days.

We began 2015 with an exploration of Dutch Masters and Vermeer in particular.

In February we had a fascinating plenary meeting where those who attended brought artefacts or pictures of **Pots in Art**. We went from holding in our hands pots which were made in 1500 BC to a discussion of Morandi's pots and then onto Grayson Perry and his pots.



We discovered a definite link between Vermeer and the Danish artist Vilhelm Hammershøi artist during

our March meeting. *Hope you enjoyed the in depth article in the last issue!*

In April we hired a minibus and visited Dulwich Picture Gallery. This was an excuse for a great day out - all under the guise of trying to 'Find the Fake'. The Gallery secreted a £100 fake within their collection and invited members of the



which saw a copy of Jean-Honore Fragonard's Young Woman replace the original on February 10. I have not heard whether any of SEAM members spotted it or not!

For our April meeting itself we were treated to Botticelli and an exploration of some of his work.



We will be returning to the Renaissance period again next year.

Future meetings will explore French

**Impressionists** paintings and how watery scenes were depicted. For our final meeting of the year we are planning an exploration of **Street Art**. Nothing if not wide-ranging!! We also plan a visit to the Fitzwilliam Museum in Cambridge in August.

This is a lively group with plenty of input from the individual members. Unfortunately for those who might wish to join, the group is full as, at the moment, we already have some 15 members.

## From the Programme Organiser

Unfortunately, the mooted August Diversion will not take place due to insufficient numbers. Jean Roche, our Treasurer, is now arranging a 'Summer Cream Tea' and Social Afternoon at our usual URC hall on Wednesday 19th August, 3-5pm at a cost of £4.00pp Tickets, which will be available at the 15th July meeting, need to be purchased in advance to assist catering.



Almost a full coach load enjoyed a wonderful day out to **Saffron Walden**



historic town and **Audley End English Heritage House and Gardens** on Wednesday 17th June. The weather was balmy, the drive there went through charming Suffolk and Essex villages and countryside. A full and interesting day that offered something for everybody.

## Museum of East Anglian Life

You will remember that two hopeful organisers came along a couple of months back, trying to entice our members to get involved as volunteers. Sadly that brought no response,

although some members are already annual supporters who do get involved in certain events. Perhaps a Study Group on one aspect - The Hall or the Cottages - or perhaps Ransome and the engineering aspects could run for a set period - 6 weeks or so. Any thoughts? If so, please discuss with Tony Taylor - Groups Coordinator.

Feedback in our Meeting Comments Book is conspicuous by its absence.

Complaints, constructive criticism, ideas, speaker suggestions are all welcome. Please get writing!

We are all getting a week or two older - only a week or two mind - and some folk can no longer drive or walk far. If you need a lift to meetings or any group or event to enable you to participate, please do let us (Committee members) know. Dee Payne

## G&T group visits since the last Newsletter

**A**s planned Janet organized our visit to Thornham walks in **April**. It's a walk of about a mile and a half, so two of our members took advantage of the electric scooters, which were very welcome, provided by the Thornham trustees. Our guide pointed out the various small plants that we would never normally have seen and gave a potted history of the area in general and its development over the years. One of the unusual features were the 'green' toilets, all operated from sun power. The kitchen garden, so popular in the estates of the landed gentry of the 17, 18, and 19<sup>th</sup> centuries, whilst not yet fully restored, still produces many of the staples of life. After our visit we were ready for our arranged lunch at the Stoke Ash White Horse which gave the party time to rest and be well fed before returning home. Thank you Janet for an excellent day out

In **May** a small group of five members arrived at the Ram Meadow car park, Bury St Edmunds and strolled from there to the gardens. Whilst still early in the growing season we had just missed the flush of tulips but other stock was just beginning to show which looked very attractive. We took a break for morning coffee in the church refectory. From there

we took a short walk through the herb gardens to the new memorial dedicated to the holocaust of the last war and the 57 Jewish residents of Bury St Edmunds massacred on Palm Sunday, 1190AD near this place. This has only been dedicated in the last year and a memorial service is held on the 27<sup>th</sup> January each year. For lunch we chose the new Wetherspoon's in the old town hall. After our meal we came back via Woolpit and looked round Woolpit Nursery, a great place for the purchase of a vast range of plants

There was no visit planned for **June** due to the annual outing the day before. In **July**, if there is sufficient interest, we will be visiting the new multi million pound incinerator at Great Blakenham and are looking forward to the experience. I hope to report on this in the Autumn issue of the Newsletter.

On a final note may I remind all you G&T members that time is running out if you want a G&T Group next year. At the moment I have had no response at all for any projected 2016 visits. If this does not change then, unfortunately, there will not be a G&T Group next year.

Harold Turner

### Scrabblethon 2015

**We** met on Saturday 20 June at Red Gables for 'Scrabble & gabble'. It was hosted by Sheila Dobey and her friends. We settled down to Scrabble.

The first half was noisy as everyone was getting into it, then we had a very nice tea break and met everybody new. The baking was done by the hostess and friends. The second half, everybody got down to work and it was very silent, just the click of the tiles.

Altogether a very pleasant afternoon.

Mary Bradley

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Sheila Dobey will be partially out of circulation for the next few months.

In the interim, if you have any queries about Scrabble or would like to join one of the groups please contact *Michael Last* on 01359 241 743 who will be able to help.

You'll be made very welcome whatever your skill level!



Here are some useful Scrabble words for you (all checked!)

#### No vowels:-

CWM(S)  
GYPSY  
HYMN(S)  
MYRRH(S)  
MYTH(S)  
PFFT  
PHPHT  
PSST  
TRYST(S)

#### Q without U words:-

FAQIR(S)  
QABALAH(S)  
QABALAHS  
QABALAS  
QADI  
QADIS  
QI(S)  
QAID  
SHEQEL(S)

#### Vowel heavy words:-

ADIEU(S)  
COOEE(S)  
LOOIE(S)  
MIAOU(S)  
OIDIOID  
OURIE(R)  
QUEUE(S)  
URAEI  
ZOEAE(E)





## This issue's puzzle.

It's obvious from popularity of the yearly Scrabblethon and the fact that there are several separate groups running each week that Scrabble is a very popular pastime with our members.

Just for you, then... what is the best score you can get from the following letters using the Scrabble Group's logo board?

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| S | I | X | U | O | L | U |
|---|---|---|---|---|---|---|

(Rows 1-15 down, columns A-O across)

Result in the Autumn issue. Send me your answer and the first/best will get a mention next time.  
Ed.

**STOWMARKET U3A, ACTIVITY & INTEREST GROUPS, as of July 2015. Please contact the Leader/Convenor for more information**

|                                                                           |                                                                      |                                     |                                                       |
|---------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------|-------------------------------------------------------|
| <b>ART APPRECIATION (SAAG)</b>                                            | 2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Tuesdays                  | <b>LUNCH CLUB (2)</b>               | Monthly: 4 <sup>th</sup> Thursday                     |
| Tony Taylor      01449 258 192                                            | 9.30am                                                               | Pauline Taylor      01449 678 954   | 12.30pm                                               |
| <b>ART APPRECIATION (SEAM)</b>                                            | Monthly: 3 <sup>rd</sup> Monday                                      | <b>LUNCH CLUB (3)</b>               | Monthly: 4 <sup>th</sup> Thursday                     |
| Anna Bradshaw      01449 745 829                                          | 2.00pm                                                               | Brian O'Shea      01449 614 129     | 12.30pm                                               |
| <b>ART APPRECIATION (3)</b>                                               | Monthly: 4th Thursday                                                | <b>MUSIC – Classical</b>            | Monthly:- 4 <sup>th</sup> Tuesday                     |
| John Chappell      01449 777 969                                          | 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 – sorry, this group is full</b>                                 | 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 |                                                                      | Nina Rouse      01449 612 042       | 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>PLAY READING</b>                 | Monthly: 2 <sup>nd</sup> Monday                       |
| Peter Dakeyne      01449 781 562                                          | 1.30pm                                                               | Helen Freeman      01449 613 060    | 2.00pm                                                |
| <b>COUNTRY STROLLS Longer</b>                                             | 2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Fridays                   | <b>PLAYWRIGHT STUDY</b>             | By Arrangement                                        |
| Andrea Burton      01449 774 869                                          | 10.30am (variable)                                                   | Helen Barrett      01449 676 491    |                                                       |
| <b>COUNTRY STROLLS Shorter</b>                                            | Monthly: Last Friday (initially)                                     | <b>POETRY</b>                       | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Thursdays  |
| Elizabeth Gray      01449 678 853                                         | 1.00pm                                                               | Tony Taylor      01449 258 192      | 2.00pm                                                |
| <b>DISCUSSION</b>                                                         | Monthly: 2 <sup>nd</sup> Tuesday                                     | <b>SCRABBLE PLAYING GROUPS</b>      | Several - By Arrangement                              |
| Philip Weir      01449 676 528                                            | 10.00am                                                              | Sheila Dobey      01449 677 265     |                                                       |
| <b>FRENCH CONVERSATION (1)</b>                                            | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays                  | <b>SPANISH CONVERSATION</b>         | <b>NB.</b> Currently a 'non U3A' Group                |
| Andrea Burton      01449 774 869                                          | 10.00am                                                              | Alicia Beaton      01449 616 172    | Please contact Alicia for more info.                  |
| <b>FRENCH CONVERSATION (2)</b>                                            | 2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Tuesdays                  | <b>TOWN &amp; VILLAGE HISTORY</b>   | Monthly: 1 <sup>st</sup> Thursday                     |
| Ann Williams      01473 830 316                                           | 10.00am                                                              | Angela Bentley/Linda Benbow 673 335 | 9.30am (variable)                                     |
| <b>GARDENS &amp; THINGS</b>                                               | Monthly: 3 <sup>rd</sup> Thursday                                    | <b>WHIST</b>                        | 2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesdays |
| Harold Turner      01449 676 882                                          | 9.30am (variable)                                                    | Hazel Burl      01449 615 581       | 9.30am                                                |
| <b>LUNCH CLUB (1)</b>                                                     | By Arrangement                                                       |                                     |                                                       |
| Angela Bentley      01449 780 274                                         |                                                                      |                                     |                                                       |

## Coming up...

**19th August.** 'Summer Cream Tea' – Social afternoon @ URC Hall (more details at the July meeting)

**16th Sept. AGM.** Groups Showcase and Social Event (See notice in this Newsletter)

Just to remind you that the Annual Membership fee becomes due in September, payable at the AGM. Unfortunately, and as announced in February, it is necessary to increase the subscription to £15.00 (the first increase for many years).

Would those who have set up a Standing Order for payment of the fees, please adjust the amount accordingly. Thank you

### Myths & Legends

We enjoyed a new meeting place this year and a larger group at each meeting. Unfortunately this site is no longer available and therefore we are busy seeking a new meeting place. Hopefully this problem will be shortly resolved and we will meet as usual on the 1st Monday afternoon of the month, starting Monday 7<sup>th</sup> September at 2.30pm.

You can see the new programme by following the link on the Groups page of our web site. Any new members will be made very welcome.

### Discussion group

The new season starts on Tuesday 8<sup>th</sup> September at 10.00 am and any new members will be made very welcome. We have had a very interesting year and the programme for 2015/16 is already published on the Stowmarket U3A web site, and we hope that it will stimulate an equally interesting year of discussion.

Philip Weir

### Walking Group

Buxhall, Bildeston and Norton have been our start off points for recent walks. One was very wet - but - as one walker always comments "We won't melt and we won't shrink" - so we carry on regardless. Map reading is always a challenge and a joy (to me, at any rate). Everyone takes a turn at leading a walk and organising the lunch and car parking arrangements. The group is a very friendly one and we always take an interest in other people's holidays or experiences.

### French Conversation

This group continues to meet regularly - and we are progressing into 'proper conversation' as opposed to lessons on grammar or vocabulary. We enjoy a variety of subjects and formats for learning - including stories, CD s to listen to and various prompts for conversation topics. We will continue to meet through the summer and after the AGM we hope to break into smaller groups to allow for more participation.

Andrea Burton

## Holidays in the U.S.A.

**M**rs. Whitelock's presentation in March was very interesting, and brought back lots of happy memories of my own family's vacations in the USA quite some time back, a little before the mass tourism really got started, at the time when it was almost pleasant to fly from the UK overseas, before the days of horribly overcrowded airports, security threats, jam-packed planes and all the other unpleasant manifestations of today's flying experiences.

My holidays in the USA were a result of marrying my wife Elizabeth, who when we first met, had just returned to the UK after her parents had emigrated and lived quite a while in Texas. After our wedding we had a low-key two week "mini-moon" in Cornwall as we had decided on a larger, longer (and more expensive) honeymoon in Texas. My first visit ever was, of course, an amazing eye-opener. Generally speaking it seems to me that Texas is not a destination that tourists from the UK aim for — it's three times the size of

the UK, and its largest city, Houston, is almost half the size of Suffolk — it's a huge city, flat as a pancake with a very large and spread-out "downtown" of skyscrapers, shopping malls and tall buildings. It's also as hot as Hades, very humid, and is blessed with three concentric rings of roads, most of which are ten lanes, in places sixteen lanes with a view from above like a dartboard, as the various highways radiate out from the centre across the three rings of beltways. Try to picture a vast city spreading out, covering all the land from Felixstowe to Bury St. Edmunds; Houston is 600 square miles and Suffolk is 1,466 sq. miles, as I said, Houston is almost half as big as Suffolk.

Texas does, however, have some attractions. On one occasion we visited a pleasant city called Tyler, which is in between Dallas and Houston. I did like Tyler very much, it's in the foothills of the range of hills along the Texas/Louisiana border, so it has a slightly higher elevation and seemed

## Memories from David Hodes

cool and green to me, compared to the sun-blasted cities of the rest of Texas. Tyler is the "Rose Capital" of Texas, the climate and soil being very suitable for the cultivation of that very English flower, the rose, and they're cultivated on a vast scale, I believe it's the biggest rose-growing city in all the USA.

On other holidays we found that some of the famous sights could be rather underwhelming, e.g. the "Falls" in Wichita Falls are a disappointing trickle over a few ten feet high rocks, but on the other hand across the border in Oklahoma, Fort Sill, there is the burial place of the famous Indian chief Geronimo, a gigantic railroad locomotive, and a large herd of the one-time endangered bison.....

*This is a highly edited version of a very interesting account of David's holidays in the USA. You can read the full version by following the 'Memoirs' link on...*

[www.u3astowmarket.org.uk/groups](http://www.u3astowmarket.org.uk/groups).



Comments & suggestions on any aspect of the Newsletter or indeed Stowmarket U3A in general are always welcome!

On receiving the Spring Newsletter I sat and perused every word and picture in it. That was a deviation from my usual cursory glance through!

So, many thanks to all those involved. I like the new design and I congratulate Peter Dakeyne and Philip before him for their enthusiasm and perseverance over the years to find material and items of interest to us all.

The future looks good and I look forward to it.

Sheila Dobey

*Many of you will know that Anna Pratt passed away in June, aged 90. Anna was a well - liked and old established member (No. 64) of the U3A. I got to know her in 2008 after she'd received her 'Suffolk Grand Driver Test Certificate' and appeared on Anglia TV News.*

*As Secretary at that time, I asked her to write an account of her experiences in the hope that it could be published in the (then) U3A News. Unfortunately, in the event, nothing was published. In tribute to Anna, below is an unedited copy of her original report which well illustrates the character of this remarkable lady.* Ed.

### Suffolk Roadsafe - a driving experience for the retired!

On Monday, March 17th [2008] I made my way to Claydon where I was met by the team of instructors and fellow drivers who had answered an advert in the East Anglian Dairy Times in January; "A better way.... to keep on the move, " "Suffolk Roadsafe would like to help older drivers to continue to drive safely". As someone who loves driving and is so reliant upon the car, I thought it would be a good idea to join the group, organised by Suffolk County Council to make sure my skills are still up to scratch.

I have been driving since 1955 when I took lessons in Cumberland. I took my driving test in Workington, a mining town on the coast which I remember had one set of traffic lights and many narrow streets. I had to do a hill start immediately after taking a left turn in the car we had then, a Ford Popular. The indicators were little arrows which flicked out



from the sides of the car, and this made hand signals obligatory.

I did very little driving in the years that followed, except for the twice-yearly journey to my

parents' home in Suffolk, when I took my turn at the wheel. A succession of cars followed - from a Vauxhall, which had the gear stick attached to the steering column to family cars. I bought a Mini to help me in the running of my own business in the early 60s and 70s and my driving experiences changed a lot. It was necessary to drive from home (in Buckinghamshire) to the East End of London, every month. So I soon learnt all about the difficulties of the one-way streets, how to switch lanes, and to look out for merging traffic.

Now in retirement in rural Suffolk, I am finding myself completely dependant upon my car. Sadly we have lost the bus services to take us to the nearest town. I go to church by car, and I have to drive to my daughter's in Norwich and to my friends.

So, with the help of this course for older drivers, the experienced instructor put me through my paces. She was very understanding, and felt satisfied and confident of my competence. In the morning we were given an eye test - which involved our reactions to glare and so on. A co-ordination test followed with various examinations that were timed showing how quickly we could join together lines, under instruction. There were many sheets of A4 where questions like:-" do you like people tail-gating you?" had to be answered.

The afternoon was spent with our driving instructor in her car. In my case, the Anglia Television cameraman/interviewer was sitting behind me too, following every move. When the driving was over, the instructor gave me her opinions and recommendations and she pointed out lazy/bad habits and she praised all the good points.

I was very happy to receive the certificate of competence. This was a valuable course which I enjoyed doing and can recommend to everyone.

Anna Pratt. Stonham Parva.



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### From Volcanoes to the Antarctic

The 20<sup>th</sup> May meeting talk turned out to be very different from that planned. We started off with the prospect of volcanoes and earthquakes and finished up in the frozen Antarctic! Because of technical problems the talk by Val Such had to be postponed but with no notice at all, Ken Snow filled the breach and transported us all to a land of penguins and leopard seals that live in the southern hemisphere.

He told us of his experiences, both amusing and exciting, on a small cruise ship. He talked of forty foot high waves, and the possible dangers of exploring the Antarctic – but the beauty of the area is well worth the risk. Ken had the knack of making the experience seem full of fear and delight, for example a group of a thousand penguins can smell pretty strong, and as they only live on fish this can be an overpowering experience!

Whilst this was the trip of a lifetime for Ken, he also recounted some of the trials and tribulation of Earnest

### Harold Turner

Shackleton who led three British expeditions to the Antarctic. Having been beaten to the South Pole by Roald Amundsen, Shackleton turned his attention to the crossing of Antarctica from sea to sea, via the pole. Disaster struck this expedition when its ship, Endurance, became trapped in pack ice and was slowly crushed before the shore parties could be landed. The crew survived by living on seal and penguin and escaped by camping on the sea ice and until it disintegrated, then by launching the lifeboats to reach Elephant Island and ultimately the inhabited island of South Georgia, a stormy ocean voyage of 720 nautical miles, this became Shackleton's most famous exploit.

Completely unscripted and off the cuff, Ken took us through a wonderful journey and the audience showed their appreciation with enthusiastic applause. Thank you Ken for keeping us so well entertained.

I am sure there must be many among us who have their own tales to tell, after all this is what the U3A is all about!



These are not U3A events but have been identified and recommended as being of interest to our members



### A WALK THROUGH HISTORY: RATTLEDEN AIRFIELD, SUFFOLK.

Join us at 6:30 pm on Friday 24th July as we lead a walk through selected areas of the 8th USAAF airfield at Rattlesden, home to the 447th Bomb Group during WW2

If you're interested in landscape history, airfield archaeology, or just fancy the chance to have an atmospheric evening walk in the unique landscape of a World War Two airfield, then this walk is for you.

The Control Tower, now the home to Rattlesden Gliding Club, will be open on the evening for refreshments. Parking is at the Gliding Club, Rattlesden Airfield, Felsham, IP30 0SX.

You can also uncover more photographs about the base on the IWM's American Air Museum in Britain's great new website.

Distance – 3 Miles. Terrain – Easy Cost – Free

What to bring – Outdoor shoes and clothing appropriate to the weather.

Martin Cuthbert 07856 267936

<http://tinyurl.com/ppx3hn4>



The Suffolk Institute of Archaeology & History

SUFFOLK  
ARCHAEOLOGY  
& HISTORY

**ANTHONY WHEELER  
CONFERENCE 2015  
5 September 2015**

### 'SUFFOLK AND LIBERTY'

Waterfront Building, University Campus Suffolk, Ipswich

Six prominent speakers will cover topics including.. *The laity and liberty in 12<sup>th</sup> century Suffolk; Freedom and serfdom in medieval Suffolk; The Winthrop Family of Suffolk; Thomas Clarkson and the slave trade; Daughters of the Garrett dynasty.*

The full programme including payment and registration details can be seen at

<http://www.suffolkinstitute.org.uk/node/193>

Tickets (inclusive of coffee/tea and biscuits) £20 members, £25 non-members and £10 student (max 10).

Lunch, if required, £8 extra payable with ticket money.

### Suffolk and District Network of U3As

At the last Network meeting in May the Chairman, Dorothy Lomax of Lowestoft U3A stood down and Lyn Gray of Sudbury U3A was elected to the post. There were four Stowmarket members in attendance.

The Secretary, Alan Jenkinson is also due to retire at the next meeting. The search is on for a replacement. Any SADNet U3A member is eligible to stand!?

There are now 14 member U3As including Newmarket and the recently formed Beccles U3A (inaugurated Sept 2014, membership now approximately 300).

The meeting was followed, after lunch, by two workshops, 'Running your U3A Website' and 'Speaker Secretaries'. In the former it was noted amongst other things that there were 4 platforms used, U3A Site builder (most), Joomla (East Suffolk), Wordpress (Stowmarket) plus a tailor-made site (Bury St E).

**Speaker Secretaries.** Speaker payment varies (Diss from £30, Bury around £100+). Some speaker secretaries work totally alone and present the programme to the committee for approval. Others work in a small group.

It was agreed to start now and share programmes and develop a system where each U3A can rate / recommend speakers. The Chairman suggested that the Speaker Secretary of all member U3As copy their programme for the 1st 6 months of this year (Jan to Jun), omit any disasters! and it be placed on the Network web-site.

The next SADNet meeting will be on Friday 30<sup>th</sup> October and is open to any U3A member to attend. PD

### U3A and Region Notices

**Herts. Network** is putting on a **Magna Carta** study day and would welcome U3A members from the East of England Region.

Join us to celebrate the signing of Magna Carta in 1215 and consider its legacy.

**Wednesday 14th October 2015**, from 10am to 3pm at Venue 360, Luton. LU1 3JH (formerly known as Vauxhall Recreation Club)

Cost £12 including finger buffet, tea and coffee.

You can find the full programme and booking form at

<http://tinyurl.com/U3A-Herts-Study-Day>

### Don't forget the 2015 Photography Competition.

Theme, **Britain's Wildlife**

The winning photographer will receive a year's subscription to Amateur Photographer magazine and a gift token.

Closing date 31<sup>st</sup> August 2015

**The National Conference and AGM** will be in Nottingham on 27/08/2015

**U3A at the Royal Institute**, 5<sup>th</sup> October, 2-5 pm

The Ri has invited the U3A for an afternoon of fascinating topics. Cost £20pp including refreshments

For full details of the foregoing, visit the Member's area of the website [www.u3a.org.uk](http://www.u3a.org.uk) or call the National Office 020 8466 6139, or email [info@u3a.org.uk](mailto:info@u3a.org.uk)

## Annual General Meeting and Groups Day, 2015

**Venue** – The AGM will be held at the Cedars Hotel, Needham Road, Stowmarket, IP14 2AJ. Ample parking spaces available.

**Format** – The AGM notice alongside (and as published on the board at the July meeting) gives the timetable.

The bar will be open from 12.00pm, and throughout for tea, coffee and alcoholic refreshments.

When the formal AGM business is concluded there will be the option to stay on for a buffet lunch before socialising during the afternoon. As an alternative, members may wish to purchase a Cedars lunch in the restaurant on the day.

Group leaders and members of the groups will be on hand to talk about their activities and perhaps inspire you to try an activity you might not otherwise have considered.

The AGM, lunch and 'Groups' afternoon are open to U3A members and guests, so if you have any friends who have not yet joined but may be interested in what we do, please bring them along.

Notice of:

### Annual General Meeting

Wednesday 16 September 2015

Cedars Hotel, Needham Road, Stowmarket. IP14 2AJ

|                  |                                          |
|------------------|------------------------------------------|
| 12:30pm – 1:15pm | AGM                                      |
| 1:15pm – 2:00pm  | Refreshments & buffet lunch              |
| 2:00pm – 4.00pm  | Group activities, displays & information |

The Agenda will be distributed on the day and, if required, some copies of the 2014 AGM minutes will be available.

The optional light finger buffet will be available at £6.00 pp. Tickets in advance, please, available at the July meeting and the August event.

Please note: The 2015/2016 annual subscription (at the new rate of £15.00 pp) becomes due at this meeting.

Please see the July Notice board re nominations for the Executive Committee.

## STOWMARKET U3A, COMMITTEE MEMBERS 2014/2015



Bryan Hilton



Connie Harford



Jean Roche



Andrea Burton



Tony Taylor



Dee Payne



Nancy Baird



Joyce Kay



Ian Hooper



Jenny Lawler



Anna Rodgers



Brian O'Shea

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[chair@u3astowmarket.org.uk](mailto:chair@u3astowmarket.org.uk)

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[treasurer@u3astowmarket.org.uk](mailto:treasurer@u3astowmarket.org.uk)

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### Programme Organiser

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[programme@u3astowmarket.org.uk](mailto:programme@u3astowmarket.org.uk)

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Rev Ian Hooper

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