



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No. 46

AUTUMN 2016

AGM and Groups Showcase Day, Cedars Hotel, 21st Sept 2016

With over 90 people in the room (including 5 who joined on the day—welcome!), this was the highest attendance in several years. After the Chairman gave the Annual Statement and the Treasurer reported on the Accounts (see the Chairman's comments on p7) the new Committee were duly elected. Dee Payne and Jenny Lawler stood down and new members Keith Shelton, Lorraine Shelton and Evelyn Russell were elected (see full Committee list on p8).

On behalf of the membership, Jean Roche presented Dee Payne with a bouquet of flowers in recognition of her many active years as committee member and for the last three as Programme Organiser.



Immediately after the AGM, the Singing Group, with Hillary Foster on accordion, led us all in a rousing sing-along of popular ditties. [You can see a YouTube video of this on the 'Outing & Events' tab of our web page.](#)

After lunch, around the room, all the groups were available to show off their wares and answer questions from those who were considering trying something new (more pictures p2).

Overall, a very enjoyable day!

Ed.



Just part
of the
Groups
Showcase



Annual Outing — Visit to BLETCHLEY PARK, Home of the Code Breakers, 17/08/2016

This trip was very nearly cancelled as, despite extensive publicity, we didn't have sufficient numbers from Stowmarket U3A to cover the costs.

Those who had booked were very keen to go, however, so an appeal was made to Blackbourne U3A with an offer to join us. Fortunately there were plenty of takers and we finished up with a full 49 seater coachload.

In the event, the 2 hour journey was well worth while. On arrival a host came aboard and gave us a basic explanation of the arrangements for group visits. We went into the visitor centre through a special entrance and those who had ordered them were given their Illustrated Guide book.

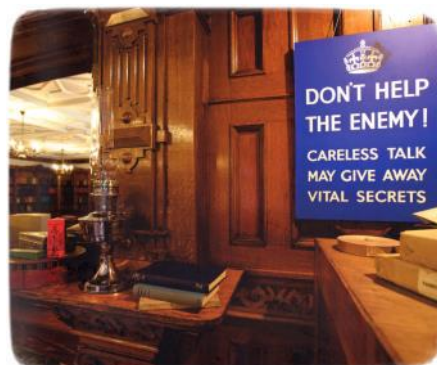


That wasn't necessarily needed, however, to find one's way around as complimentary multi media guides were available to all.

From here we dispersed, some to do their own thing, some to take a guided tour and others for whom the first port of call was the coffee shop.



Bletchley Park is a place of exceptional historical importance. It remains highly relevant to our lives today and for the future. It is the home of British code-



breaking and a birthplace of modern information technology. It played a major role in World War Two, produc-



ing secret intelligence which had a direct and profound influence on the outcome of the conflict.

The grounds are extensive including a particularly attractive lake, but the real places of interest are the mansion and the several 'huts' all restored and set out more or less as they were during the war. In case we had further queries there was always someone on hand to answer our questions.



In truth, we had insufficient time to explore all that was available (the National Museum of Computing and the National Radio Centre for example) but our group ticket gives a year's pass to visit again any time for free.

Many thanks to Dee Payne for organising the trip and to Jean Roche for handling the finances and making the arrangements with our Blackbourne friends.

Ed.

Groups News

Unfortunately over the last few months, and for various reasons, several groups have closed down...

Art Appreciation (3) STOWART, French Conversation 2 & 3, Playwright Study, Whist and Spanish Conversation.

This means we've lost 20% of our groups in recent times!

There must be scope for the introduction of more activities. If you would like to start a new group yourself or have suggestions to put forward, please contact any of the Committee members (contact details on the last page) who will

be happy to help.

In the meantime, have a look at **David Chapman's** invitation below.

Also, are you a **cribbage** player or would like to learn how to play this traditional card game? It's easy to learn and can be very addictive!

If you're interested in taking part in a Cribbage group, please give **Lynn Allen** a call on 01449 672 279

Proposed new discussion group on electoral systems and electoral reform.

The purpose of this new group is to discuss various proposals which have been made for the reform of the electoral system of the UK Parliament.

These are the sort of things we'll be discussing.

FPTP First-Past-The-Post, the system currently used in the UK. Its advantages and disadvantages.

AV, the Alternative Vote. Used in Australia, this is not a proportional system, any more than FPTP is, but it ensures that each MP is elected by a majority of at least 50% of the voters in the MP's constituency.

STV, the Single Transferable Vote. A form of PR (Proportional Representation) used in the Irish Republic, Northern Ireland, and in Scottish local government.

List PR. Used in the UK for the election of MEPs to the European Parliament.

MPPR, or Major-Party Proportional Representation. This is a new electoral system, a simple modification of FPTP, so as to provide perfectly Proportional Representation, and at the

same time ensure single-party government. The aim of MPPR is to combine the advantages of FPTP with the advantages of the PR systems so far in use, and perhaps even to improve on the advantages of both forms of system. MPPR ensures single-party government, instead of the coalition government which is usual under other PR systems.

MVPR, or Multiple-Vote Proportional Representation. This is a form of PR in which you can vote for as many candidates or parties as you like, and you give each one you vote for a rating between 1 and 10.

You do this by marking on the ballot paper one box in the row of ten boxes (marked from 1 to 10) placed against the name of the candidate or party you vote for.

You won't need any previous knowledge of electoral matters to take

part in the discussion group. I should be able to provide the information on the various systems et cetera. If this interests you, please get in touch with me by telephone or email (telephone 01449 736 223, email chapman@netcourrier.com but note the double rr in the email name).

David Chapman



French Conversation

Although the other two groups have closed in the recent past, I now have a short waiting list for French Conversation.

I hope that someone will offer to host and get a second group running soon.

My group is up to 7 members and I simply cannot fit anyone else into the room. Also, we have found that smaller groups give each member more opportunity to participate in the conversation and learning

opportunities. I do have a couple of spare books and CDs that could be borrowed and used to initiate a group learning experience.

Please get in touch with me if you can help or join in. We do find it beneficial for each member of the group to contribute an exercise, game or topic of conversation so that the onus of preparation does not fall on one person.

Andrea Burton.



On the **7th July** some 12 members gathered at the old chapel of St Nicholas in the tiny hamlet of **Gipping**, not an easy place to reach and which only boasts a population of some 70 souls. The visit was pre arranged with the verger who kindly opened the church and also brought over the communion plate and cup, and a picture of the old Tyrell hall.



We then entered the grounds through an old wicket gate - into the 14th century. The group leader broke the visit into three parts. Firstly, the outside, which shows a lot of the history of the Tyrell family from about 1400, although the line goes back to William 1st.

The second part dealt with some history of the family who provided the money to build such an

endowed interior. The stained glass windows which depict various saints and kings of the Christian faith were very interesting, and some of the meaning was explained by the guide.

The final part traced the family from the early 1100s to the present time which included the killing of a king and the beheading of Sir James in 1502, but still the family survived.

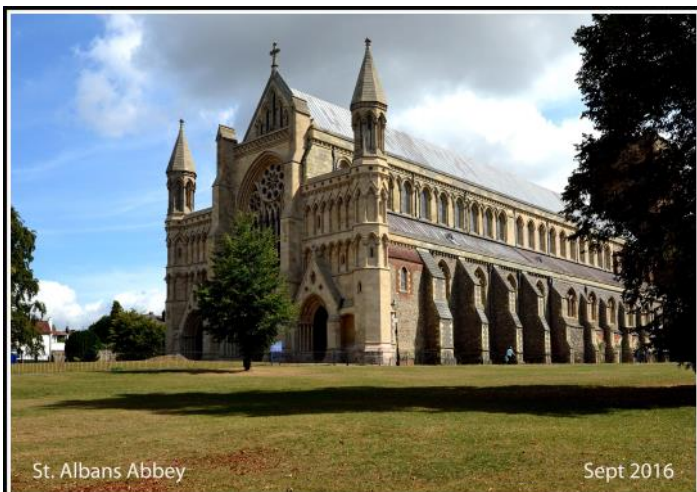
The Tyrell family are still here and you might see their Potato Crisps on sale in the supermarkets

The party made a donation to the restoration of the chapel.

Outing and report kindly organised by **Harold Turner**

St Albans was our destination in **September**, a unique Cathedral City with a colourful history that can be seen in the Roman remains and medieval architecture.

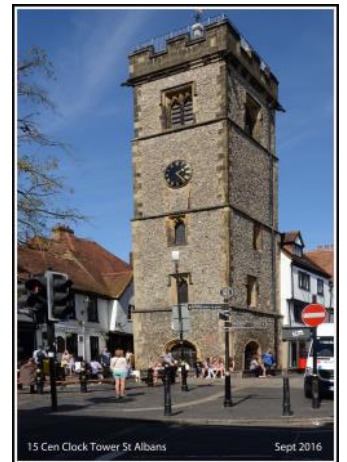
We were spoilt for choice with things to do after we had marvelled at the magnificent Cathedral with its shrine of St



Alban, Britain's first Saint, the longest Nave in England and magnificent medieval wall paintings.



Within walking distance was the Verulamium museum with the beautiful mosaics and Roman objects or the Roman theatre or the market square with the only medieval clock tower in England and where we could 'shop till you drop' in the many independent stores.



Thank you to **Harry Orde** for organising this coach outing which we all enjoyed immensely and for the pictures here.

[Visit the T&V page on the web site to see all Harry's pictures taken on this trip.](#)

Date for your diary: **November 3rd** - our 'end of year' get together at the Salvation Army Hall when Darren Dordoy from the Museum of East Anglian Life will present an arm-chair walk around Stowmarket at 2pm followed by programme planning for 2017 with tea and cakes.

The success of this group depends upon **YOUR** ideas so please come along with suggestions of places to visit next year. **Tickets in advance £3 on sale at October 19th U3A meeting.**

After a number of years as joint co-ordinators of the Town and Village group Angela and Lin will be standing down after the November 2016 AGM so if any U3A member is willing to come forward to run the group then please contact either of us.

Lin 01449 673 335

Angela 01449 780 274

A group of about 16 visited **Beth Chatto gardens** in **July**; based East of Colchester it's a well-established garden of lakes and flower beds where you always find something different, whatever time of the year. We were met by a guide who led us through the 'dry area' and explained the differences the four seasons make.



After a stroll round the extensive walks the cafe was the next stopping point. As the day was warm most of the party elected to enjoy the sun and eat outside.



Afterwards we moved on to the nursery, which is laid out in alphabetical order making it very easy to find the plants you want. Whilst we were in the nursery the Red Arrows flew over, but so fast I bet most people

missed the sight.

Thanks Stewart for an excellent day.

We travel the lanes of Suffolk blind to the beauty that sometimes lies in those little side roads but this **August**, we found one of the gems, tucked away so close to Stowmarket, '**Bayes Farm**'. Most of us have passed by many times without noticing



the tiny lane near Stowupland. We were met at the gate and after we'd parked up Richard, the owner, gave us an

informative talk about the history of the house and farm from 1640 and then the developments over their tenancy since taking over in 2002. They have made extensive changes but it's still a working farm. We then wandered round the cottage garden looking at the produce they grow and use for themselves and their guests at a weekend staying at their B&B lodge situated in the grounds. Of course the day would not be complete without tea and cakes on the patio. Thank you Janet for finding this gem in our immediate country side.

Who would think that in the middle of **September** we would be sitting on a hay bale, in glorious weather, drinking tea and coffee, with fresh farm milk and surrounded by a beautiful herd of Guernsey cattle? That was exactly what we were doing when we visited **Whitegate Farm at Creting St Mary** to see how Suffolk Farmhouse Cheeses are made.



Jason, who has owned the farm with his wife Katherine since 2007, gave us an interesting talk about the farm's development and the hard work and commitment they have put

into making the business a success. Jason is obviously passionate about his Guernsey Cows and makes sure they are well fed and looked after, even giving them all themed names such as Bounty and Dream (chocolate theme). We were lucky enough to see several new calves and learn the intricacies of modern day reproduction systems ensuring that the cows and their milk are of the highest quality. The cows were certainly very content and were happy for us to pet them as we walked around the fields and farmyard.

Jason then took us to the milking bay and told us how the cows are milked and how the milk is stored and processed into cheese.



Katherine makes the cheese and demand is now greater than their supply of milk. They produce three types of cheese, Suffolk Gold, Suffolk Blue and Suffolk Brie which are sold across local counties in supermarkets, delicatessens and



at food fayres. Of course, no tour would be complete without tasting the wonderful cheese, which tasted all the better for truly knowing its provenance. The farm also runs a farm shop where it is possible to buy the cheese and a variety of meat, including their own pork which comes from the few pigs they keep to use up the waste products from the cheese making. Fresh pasteurised milk from their vending machine is also available to buy. A very enjoyable and interesting morning was followed by lunch at The White Horse at Stoke Ash.

Lorraine Shelton

SAAG

Tony & Sally Taylor

The Stowmarket U3A Art Appreciation Group (SAAG) has been running now for 14 years. It started as a 6-week session looking at Suffolk-born artists such as Gainsborough, Constable, Munnings, Frink & Hambling, (with Harry Becker, an Essex boy, thrown in to mix things up!). The group quickly grew from 8 members to 12, getting together twice per month. The numbers grew rapidly to 20 which was about as many as we could handle in our living room. Very fortunately, the talented Anna Bradshaw started another art appreciation group, the splendid SEAM group.

Since beginning all those years ago (about 250 meetings?) we have studied a vast range of artists, historical and modern, from Michelangelo to Hockney; art from across many continents including Polynesia; and many interesting themes, such as 'Windows in Art' and 'Street Art'. We have visited many museums in East Anglia and witnessed many stunningly good events, such as the 'Masterpieces' exhibition

at the Sainsbury Centre a couple of years ago.

It has been a wonderfully interesting and enlivening experience to host the SAAG group. We have made many good friends and enjoyed a never-flagging opportunity to learn. Members of the group have all brought thoughts and ideas that have engaged us, provided us with new perspectives and a love of art - even when we haven't fully understood what it was all about!

As time has passed, the hosts have got older and the energies have faded a bit. This year we are going to meet just once a month instead of two. Sadly, some members are no longer physically able to attend and some have had to give up not only art but life itself. Nevertheless, the group is still vibrant and we continue for another year. We are looking forward to the new challenges of 'Windows In Art 2' and a long overdue peek into the work of the famous 'Hans Holbein'.



POETRY

Tony Taylor, on behalf of the Group

The Poetry Group has been meeting for many years. Sheila Dobey was the wonderfully erudite and supportive convenor and host for many of those years. Then, as her life necessitated changes, she sent us students off to fend for ourselves. We just about managed but, luckily, she has returned to keep a weather eye upon us at our new venue at Red Gables. The Group has a current membership of

15. We work alternative meetings on a theme e.g. 'Autumn' or a poet. Percy Bysshe Shelley is the next poet, with Gerald Manley Hopkins & Laurie Lee to follow later. 'Things That Go Bump In The Night' and 'Advent' are further topics. Members choose a topic or a poet to introduce to the session and everyone brings an example or two to read.

The sessions are always positive learning experiences, often leading to much good humour and thought-provoking discussion.

Computer Group

Peter Dakeyne

Over recent meetings we have found ourselves digressing from basic computer topics onto Q&As about such things as Smart TVs, phones, tablets and the like. At the October meeting, then, it was decided that we should 're-boot' to reflect the technology changes that are affecting all our

lives. Accordingly, we will henceforth be known as the 'Computing & Technology' Group.

I expect that the format will be refined over the coming year and new members are always welcome. Please let me know if you would like to join us.

Contact details, p8.

Older Persons' Information Fair

John Peel Centre

Friday 11 November 2016, 10.00am to 12.30pm

Organised by Jo Churchill MP, this event aims to bring together key organisations and service providers under one roof and give older people an opportunity to ask questions about a wide range of issues affecting their daily lives.

Stowmarket U3A will be represented together with other organisations. Others invited include.....Age UK; Miss Daisy; Stowhealth; Suffolk Wildlife Trust; Stowmarket

Learning Centre; Rural Coffee Caravan; Department for Work and Pensions; Befriending Scheme Hub; Amateur Dramatic Society; various wellbeing and volunteering organisations; Needham Market Internet Café; Meet & Mingle; Cake Club; Stowmarket Amateur Operatic & Dramatic Society; Stowmarket Fire Services; Stowmarket Learning Centre; Rural Coffee Caravan; Blue Badges; Police; SCC Adult Care Service; National Trust; Sanctuary Housing Association; SSAFA; and National Gardens Scheme.

The fair will be a completely free event including tea and coffee and will also provide an excellent opportunity to meet Jo Churchill and have a chat.

Stowmarket U3A, CHRISTMAS LUNCH

CEDARS HOTEL, Stowmarket

Wed 14th December 2016, 12.30 for 1.00pm

Ample FREE parking. Bar available throughout for tea, coffee, and alcoholic refreshments from 12.00pm

Menu

Homemade Leek and Potato Soup

or

Mushrooms in a Creamy Herb Sauce

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Roast Turkey with Roast Potatoes, Chipolata, Stuffing, and Bacon Roll

or

Parmesan Crusted Trout Fillet

or

Vegetable and Cannellini Bean Bake topped with cheesy garlic bread

All served with potatoes & seasonal vegetables

~~~~~

Christmas Pudding with Brandy Cream

or

Chocolate Caramel Box

or

Cheese and Biscuits

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Coffee and Cracker

Mince Pie

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COMPLETE £18 per head

Tickets on sale at the October & November Meetings

From The Chairman:

Due to an oversight on my part, the Yearly Accounts, 2015/2016, were not formally approved at the AGM. Please accept my apologies.

The Income and Expenditure Account is reproduced below. If there is any clarification required, please feel free to contact me or Jean Roche, the Treasurer.

Contact details on page 8.

Bryan Hilton

Stowmarket University of the Third Age Income and Expenditure Account, Year Ending 31st July 2016

Income	2016	2015
Membership/ Visitor Fees	3,258.00	2,687.50
Refreshments(net)	78.81	60.90
Miscellaneous	44.00	20.00
Bank Interest	4.62	1.45
Social events surplus		182.00
	3,385.43	2,951.85
Expenditure		
Hire of premises (URC etc)	374.80	375.00
Postage & Stationery	118.28	96.83
Speakers' fees	435.00	562.00
Printing and Newsletter	466.80	417.30
U3A Suffolk & District Network	12.00	12.00
TAT Capitation Fees	784.00	805.00
TAT 'U3A Matters' distribution	345.18	385.40
Miscellaneous	55.00	40.00
Donations	0.00	0.00
	2,591.06	2,693.53
Income over Expenditure	794.37	258.32
From closed groups		
Balance Brought Forward	1,061.70	803.38
Balance Carried Forward	1,856.07	1,061.70
Represented By		
Cash at Bank	1,636.77	1,068.26
Unpresented Cheques	97.00	85.00
Net at Bank	1,539.77	983.26
Deposit with COIF	1,830.26	325.64
Total Available Cash	3,370.03	1,308.90
Held on behalf of G & T Group	93.30	89.20
Receipts held for Outing/Social	1,394.66	0.00
Payments in Advance	-100.00	-100.00
Ticket Sales Cream Tea		132.00
Ticket sales AGM 2016	126.00	126.00
	1,856.07	1,061.70

I certify that the Income and Expenditure Account is in accordance with the books, documentation etc., presented to me. The Independent Examiner's Report is available from the Treasurer (Mrs Jean Roche)

P Smith

August 2016

Coming Up....

November 16th: ['My Father \(Alan Sorrel RWS\)](#)

[The Man who created Roman Britain'](#)

Julia Sorrell RI RBA

December 14th: Christmas Lunch, as panel

Full details of the remainder of the 2016/2017 programme will be available at the Christmas lunch and published in full in the next Newsletter (Jan 2017)

Obituary

It is with great sadness that I am sharing the news of Maggie Scott's passing. It was a sudden, short illness and she died on 8th September 2016.

Together with her husband John, she was a valued member of the Walking Group and also a strong contributor to the Art Appreciation Group. All members of these groups will remember her with fondness and great appreciation for her involvement with the spirit of the U3A.

Andrea Burton, Walking Group facilitator

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS, as of October 2016. Please contact the Leader/Convenor for more information

ART APPRECIATION (SAAG)	Monthly: 1 st Tuesday	LUNCH CLUB (2)	Monthly: 4 th Thursday
Tony Taylor 01449 258 192	9.30am	Pauline Taylor 01449 678 954	12.30pm
ART APPRECIATION (SEAM)	Monthly: 3 rd Monday	LUNCH CLUB (3)	Monthly: 4 th Thursday
Anna Bradshaw 01449 745 829	2.00pm	Brian O'Shea 01449 614 129	12.30pm
Devam Hendry 01449 615 966			
BOOK CLUB	Monthly: 4 th Monday	MUSIC – Classical	Monthly: 4 th Tuesday
Mary Bradley 01449 775 628	2.00pm	Ian Hooper 01449 770 179	10.00am
BRIDGE INTERMEDIATE	Weekly: Friday	MYTHS, STORIES AND LEGENDS	Monthly: 1 st Monday
Michael Last 01359 241 703	1.30pm	Philip Weir 01449 676 528	2.30pm
CANASTA	3/Month: 1 st , 3 rd , 5 th Wed.	PAINTING FOR PLEASURE	2/Month: 2 nd , 4 th Fridays
Hazel Burl 01449 615 581	9.30am	Nina Rouse 01449 612 042	10.00am - 12noon
COMPUTING & TECHNOLOGY	Monthly: 2 nd Wednesday	PATCHWORK	Monthly: 3 rd Monday
Peter Dakeyne 01449 781 562	2.00pm	Kate Riddleston 01449 612 871	2.00pm
COUNTRY STROLLS Longer	2/Month: 1 st , 3 rd Fridays	PHOTOGRAPHY	Monthly: 3 rd Tuesday
Andrea Burton 01449 258 865	9.30am (variable)	Peter Dakeyne 01449 781 562	2.00pm
COUNTRY STROLLS Shorter	Monthly: Last Friday	POETRY	2/Month: 2 nd , 4 th Thursdays
Elizabeth Gray 01449 678 853	1.00pm	Tony Taylor 01449 258 192	2.00pm
DISCUSSION	Monthly: 2 nd Tuesday	SCRABBLE PLAYING GROUPS	Several - By Arrangement
Philip Weir 01449 676 528	10.00am	Michael Last 01359 241 703	
FRENCH CONVERSATION	2/Month: 2 nd , 4 th Tuesdays	SINGING	2/Month: 1 st , 3 rd Thursdays
Andrea Burton 01449 258 865	10.00am	Hilary Foster 01359 241 773	2.00pm
GARDENS & THINGS	Monthly: 3 rd Thursday	TOWN & VILLAGE HISTORY	Monthly: 1 st Thursday
Harold Turner 01449 676 882	9.30am (variable)	Leader(s) required!	9.30am (variable)
LUNCH CLUB (1)	Monthly: 2 nd Thursday		
Angela Bentley 01449 780 274	12.20pm		

STOWMARKET U3A, COMMITTEE MEMBERS 2016/2017



Bryan Hilton Connie Harford Jean Roche Andrea Burton Keith Shelton Lorraine Shelton Ian Hooper Joyce Kay Evelyn Russell

Chairman	Mr Bryan Hilton	01449 722 290	chair@u3astowmarket.org.uk
Secretary	Mrs Connie Harford	01449 774 557	secretary@u3astowmarket.org.uk
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Membership Secretary	Ms Andrea Burton	01449 258 865	membership@u3astowmarket.org.uk
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	Mrs Lorraine Shelton	01449 768 744	programme@u3astowmarket.org.uk
Committee Members	Rev Ian Hooper	01449 770 179	
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