



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



# NEWSLETTER

No. 51

WINTER 2018

## Message from the Chairperson

A very happy New Year to everyone and hope for a healthy and prosperous 2018! And I trust you all enjoyed a peaceful and happy Christmas.

A disappointingly small number of members gathered for the Christmas lunch at The Mill, although the food was most enjoyable. I feel we must re-think what shape future festivities might form as only some 26 members enlisted this past year.

The January programme for 17th provides us with an oppor-

tunity to share further experiences from Roy Tricker with his 'Confessions of a Church Crank' and I look forward to welcoming as many of the membership as are able to join that meeting.

Your committee meets again on Friday 26th January so should there be any matters which you think we should consider then please do not hesitate to raise them with any committee member at the monthly meeting.

With kind regards and best wishes.

**Ken Snow**





At the Mill, 13th December 2017

During a break between courses, we were entertained by the Singing Group who, with the help of provided song sheets, encouraged us to join in with some well known carols.

Thanks to Hilary Foster and her friends for this seasonal entertainment.

### November 2017 Monthly Meeting - A talk on 'Chocolate' by Tony Diamond

The next time you eat a square of chocolate, will it be the taste which will be foremost on your mind? Or maybe you will think of where the chocolate came from; or how it affects your body? Well, if it is the latter you should have been at our November monthly meeting where Tony Diamond gave us an excellent talk on the subject of Chocolate. Tony started with a potted history of chocolate, beginning with its discovery in the Dominican Republic by Don Hernán Cortés who after killing King Montezuma and the Mayans, brought chocolate back to Europe where it was kept secret for a century.

The drinking of Chocolate became popular after Catherine of Braganza brought it with her to England. When she married Charles II it soon became a favourite drink of the rich and royal families including Queen Victoria who, I guess, today, would be described as a chocoholic.

Queen Victoria influenced Parliament to reduce taxes so that chocolate became accessible to the poor which, in turn, led to the growth of our chocolate industry and, in particular, companies like Cadbury and Fry. As Quaker families they were very keen to support the habit of drinking chocolate, in favour of the alcoholic alternatives which were preferred by the lower classes at that time.

Tony finished his talk by sharing with us some of the myths surrounding chocolate as well as the beneficial and unfavourable effects of eating chocolate (or were they myths as well?)

Overall Tony gave an entertaining talk which was very well supported by his slideshow of illustrations and drawings.

**Keith and Lorraine**

## October 2017 Monthly Meeting - Tales from the Bench (Graham Higgins)

Our monthly talk was given by “a true and just man” – we know this because Graham Higgins, who came to speak to us about his experiences from the bench, is a magistrate. Graham led us through the history of crime and punishment as it related to the magistrate service.

Up until the end of the 12th century trial by ordeal was used to determine guilt or innocence. Under this system, the accused might be forced to pick up a red hot bar of iron or something equally painful and dangerous. If their hand began to heal after three days they were considered to have God on their side, thus proving their innocence. William II (1087-1100) eventually banned trial by ordeal – reportedly because 50 men accused of killing his deer had passed the test – I do not think he liked the outcome!!!

Criminal and civil disputes could also be decided by trial by combat. Either side could employ their own champions to fight on their behalf. Graham told us of a recent case where a man accused of a motoring offence wanted a trial by combat with the DVLA – the motorist was told he was about 200 years too late and that this option was no longer available.

At one time magistrates investigated all suspicious deaths. This role was later transferred to an official who was appointed

by the Crown. This person, the Crowner, eventually became known today as the Coroner.

Graham also covered the time in history when individuals were transported to America and Australia for what we might consider today as mere petty crimes. Twenty five individuals were transported to Australia from the Stowmarket area. These included David Southgate and Joseph Carter who, in 1824, were transported for life for stealing two saucepans, a boiler and a frying pan from the house of Mr H Unglass of Stowmarket.

Graham recounted some of his experiences of sitting on the bench and concluded by sharing with us a real case and asking us how we would sentence the defendant.

Members rated Graham’s talk as excellent. Feedback suggested that the members enjoyed listening to the history of the magistrate and the insight which Graham shared about the role. They also enjoyed the debate around the consideration of the sentencing of the real case. Members thought he was an articulate, clear speaker, very interesting, giving a very good presentation with interesting examples/illustrations. A couple of members expressed “more like this please”!

Keith and Lorraine

## Gardens & Things

Stewart Dorwood

It is with some trepidation that I take over from Harold as co-ordinator of the G & T group which he has led so well for some 18 years. Thank you for all your hard work Harold, enjoy your ‘retirement’!

I look forward to some interesting visits in the months and years ahead and am keen to follow up any suggestions anybody may have for future outings. There are still some gaps in our programme for the coming year so please put your thinking caps on.

Our traditional pre-season lunch is booked for the Cedars on the 15th of February, 1230 for a 1300 meal, the cost is £10.95 per head. There is a choice of menus, please sign up and pay Shirley Bonner at the January meeting. Thank you for organising this Shirley.

Angela Bentley has kindly agreed to host our March event at her home in Wyverstone - details on the notice attached. Tickets will be available at the January meeting so please book early as places are limited. *Also, please note that for various reason the date is 22nd March (4th Thursday) not 3rd as normal.*

To whet your appetite for what is further planned so far, trips out to several gardens, a whisky distillery and the beauty of Anglesey Abbey in early Autumn are in the pipeline. I hope to have the detail to hand at the February meeting.

Tel: 01449 774213

email: thedorwards@gmail.com



**G & T**

**MARCH 22nd**

**AFTERNOON TEA**

**WITH A BRING AND BUY**

**At Fieldhaven, The Street,  
Wyverstone, IP144SJ**

*Seating is limited when you put  
your name down please pay.*

**TIME 2p.m. Cost £3**

*Any profits made will go to a Charity  
which will be chosen on the day*

**Angela Bentley 01449-780274  
Mobile 07790950272**

We continue to enjoy some very interesting sessions.



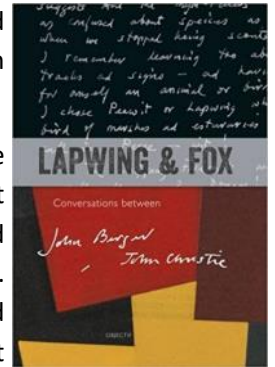
Sally Green gave us a very detailed talk on Goya. In our discussion we were particularly interested in Goya's ability to go from painting and drawing the horrific and grotesque, to such sensitive portraits of his friends.

In November Susan Sawyer gave a power point presentation of the work of John Berger, the artist, critic, writer, philosopher and writer who recently died. Sue has been a long

term admirer of his work and it showed in her in-depth knowledge. His book 'A Way of Seeing' is a classic and was made into a television series. It's still available on YouTube and as a Penguin reprint.

'Lapwing & Fox by' John Berger and John Christie won the East Anglian Book Prize last month.

It is a series of conversations in the form of letters and small books sent between two friends, John Berger and artist and film maker John Christie. Christie had been a long time friend and collaborator and this is the last work.



Starting in January we will have a session on Land Art, including Andy Goldsworthy.

## Discussion Group

David Warner

What is the discussion group? The following definition taken from Wikipedia suits our group. "An informal and voluntary gathering of individuals in person, to exchange ideas, information, and suggestions on needs, problems, subjects, etc., of mutual interest." Starting with tea, coffee and biscuits seems like an essential ingredient to stimulate our ideas and opinions.

Our most recent topic was "Free speech and Democracy", which led to a lively debate. Are we really free to give our opinions in public with so many restrictions on what we can say to avoid offending people? We spoke about the current news item regarding some Universities "no-platforming",



the banning of controversial speakers which stifles debate. There's no stifling of debate in our group, just plenty of lively exchanges. We also heard from members about their experiences of the different democracies, dictatorships and totalitarian states around the world.

We look forward to tackling "Social Care and Transport" in January. We currently have a couple of vacancies, so if you're interested please give me a call.

You can find our full programme through to June 2018 via the 'Groups' page on the web site – just click the blue 'Discussion Group' link.

David Warner

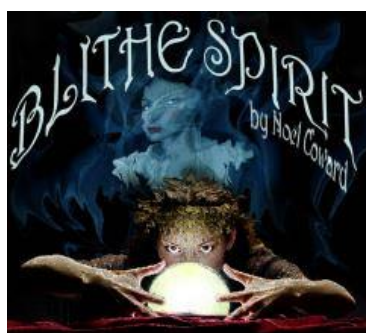
01449 612 730.

## The Play Reading Group

Maureen Wingham-Eaton

The Play Reading Group has now completed its first year during which we have read plays by Derek Lomas, Cherry Vooght, Somerset Maugham, T.S. Eliot and Alan Ayckbourn.

In December we commenced reading "Blithe Spirit" by Noel Coward. Charles Condomine, a successful novelist, wishes to learn about the occult for a novel he is writing, and he arranges for an eccentric



medium, Madame Arcati, to hold a séance at his house. At the séance, she inadvertently summons Charles's first wife, Elvira, who has been dead for seven years. Only Charles can see or hear Elvira, and his second wife, Ruth, does not believe that Elvira exists until a floating vase is handed to her out of thin air.

We meet on the second Monday of the month. I will take a waiting list and therefore if anyone is interested please contact me on : 01449 771200 or email to

maureen.wingham@mwmedia.uk.com

## The Singing Group

The Group continues to meet (normally) on the first and third Thursday of the month. We meet from 2.00pm until 3.30pm at Hillside Community Centre in Stowmarket. Actual dates for the Spring period are:-

January 18th, February 1st & 15th, March 1st & 29th.

We're now into our second year and continue to attract new members to the group. We sing a very wide range of songs and aim to create an easy going atmosphere where new members quickly feel part of things.

The group is not a 'performing' group, we sing primarily for our own pleasure. However, we agreed to lead singing at the last AGM which appeared to be well received and wasn't too terrifying for us! In fact we were impressed by the contribution made by U3A members, especially as several songs were new to them. Further, we were also pleased to give some seasonal entertainment for the guests at the Christmas lunch at The Mill.

We have room to accommodate even more singers should anyone feel tempted.

**Hilary Foster** 01359 241 773

## Mahjong

The original Mahjong group course started and finished as planned. It started with 9 members but 2 dropped out in the first two weeks leaving 7 for the course.

Those members that completed the course thoroughly enjoyed the sessions

and some of those members have continued to play in their own homes. I hope to encourage the others to continue to play in the future. There were other members that expressed an interest in learning MJ but couldn't commit to the original sessions in October. With that in mind I will be willing to run another 8 week course in the Spring of 2018. Please note that should the numbers merit it and there's a need to hire premises then there would be a minimum monetary commitment for at least an initial period.

For further information, please call

**Brian O'Shea** on 01449 614 129.

## Painting for pleasure

Fifteen members were present at our last meeting for this year and two regular members of the group were unable to attend. We had a jolly and "cosy" time, but we had to agree that the group is now well and truly full!

Please contact Groups Coordinator, Bryan Hilton if you would like to start another group.

**Nina Rouse** 01449 612 042

## Myths & Legends

Our new approach to this subject is working well and we hope more will join us to enjoy learning more about this fascinating realm.

Our meetings are a social gathering where we learn and discuss a different topic each month and concluding with customary refreshments before our homeward journey.

**Philip Weir** 01449 676 528

## Computing & Technology

As reported in the last Newsletter, our meetings are now on an ad-hoc basis whilst we rely on our online forum for questions that may arise in the meantime. I did mention that this was open to any U3A member to take advantage of but to date no one has taken up this offer.

In December we did have our usual pre Christmas 'bring a plate' meeting at the Scout Hut. We had a lot of fun and caught up with a few new queries that had arisen since our September meeting. We decided that we would have our next meeting in March and it was suggested that we could make it an open meeting.

Do you have a nagging problem with your PC, lap top or phone? Were you given a tablet for Christmas and are struggling to find your way around? Why not call in to see us at the **Scout Centre in Stowmarket** where our regular members will try to help on a one to one basis. None of us knows everything but between us there is quite a pool of knowledge.

The meeting will be on **Friday 16th March, 2.00pm to 4.00pm**. There's free parking at the hall. Depending on numbers, it may be necessary to levy a small charge to cover the cost of room hire and refreshments.

It would help if you could let me know if you're planning to come, but if you make a last minute decision, just turn up anyway.

**Peter Dakeyne** 01449 781 562  
(email: see last page)

## Coming Up....

**Feb 21: OAP Gap Year** (Lynn Ready & Marilyn)

Lynn and Marilyn share their story of how two widows, in 2012, backpacked around the world. They talk about some of the weird, fun and daft things that they did.

**Mar 21: Haughley Choir and "Pam Ayres"**

This consist of themed songs, one or two solos, some humorous verses, including a rendition of Pam Ayres and finishes with a community singalong .

**Apr 18: Acquainting Afternoon**

A vintage afternoon tea which gives members another opportunity to relax and chat with friends.

**From the Archives:** *In 2016 we looked at the minutes of the very first STAR U3A AGM in 1991 and last year couple of Study Group Reports. In those days there were only a half a dozen or so study groups and it was the practice for each Group Leader/Convenor to make a report at the AGM after the Chairman's statement - here are a couple from that 1st AGM you may find interesting.*

## Towns and Villages of Suffolk

Some years ago, I was privileged to attend a course on Suffolk History led by David Dymond [*then Director of Studies in Local & Regional History, Institute of Continuing Education*] and the following year we were tutored by Peter Northeast. These two gentlemen have produced a book on the History of Suffolk and a fascinating story it is.

Since then, my wife and I have explored much of the pastoral scenery of the county and have attempted to unearth the history of some of its 300 villages.

I mentioned this in casual conversation to one of our senior Committee members and found my arm being twisted to do something about passing on some of my enthusiasm. So we formed a Group, albeit a small one, but we find our meetings are very sociable. Not for me to judge whether or not they are a success. [*The T&V group ran continuously 1991 - 2017!*]

We try to do one location a month. We

meet at my house for a discussion on the history of and stories of a particular place and the following week we visit it and I attempt to conduct a tour.

We started off with **Needham Market**.

A wonderful High Street with houses and buildings from the 11th Century to the present day, many with a fascinating story. Did you know there is a genuine Medieval Hall in the High Street and that during the Plague, Needham was cut off and isolated?

**Stowmarket** was next. Unfortunately, Stowmarket's history is not very visible, but it is there to be traced. Quite a number of buildings are quite ancient. Stowmarket was the main meeting place for Ancient Britons and Saxons in the locality. A Druid's Temple stood on the site of the Church and fairies used to dance in Tavern Street. But for a quirk of history, we might have been the County town.

We learnt a lot in **Woodbridge**. It used to be an important shipbuilding centre and later became a fashionable watering place for Royalty and varied eccentrics and is still very quaint.

**Bury Abbey** with its gardens was breathtaking and standing amongst the ruins we found that here was the cradle of democracy as we know it. Magna Carta was fashioned here and it was humbling to learn that men have worshipped on this spot since 509 A.D.

**Colchester** is our next call. I know it is not Suffolk but the town is a microcosm

of Britain's History, from home of Old King Cole who was the father of Caractacus, to being the main Roman City, to a Norman Citadel, to a siege by Cromwell etc.

I hope our members have found these explorations stimulating. If they wish to continue, maybe you would like to join us.

**Harry Miller**

## Music Appreciation

A total of sixteen meetings were held, with an average attendance of seven members.

We enjoyed a wide range of music from Gregorian Chant to Benjamin Britten. Most of the programmes were general in nature (i.e. unstructured) but some of our later meetings were devoted to special programmes (e.g. the piano, the human voice). Unfortunately, due to a variety of factors (including the absence of the Convenor), our last meeting was held on 29th April.

The Convenor would like to thank members for their sustained interest and he hopes the Group will thrive in the 1991/92 season. To this end, it is strongly recommended that STAR acquire some hi-fi equipment so that meetings can be held at the Resource Centre.

David Danziger

## OBITUARIES

It is with great sadness we announce the recent deaths of three of our members.

**David Plester**, Member since 2014,  
Died 2nd November 2017

All were active members of several groups and will be sadly missed.


**Teri Matthews**, Member since 2015,  
Died 27th December 2017

Our thoughts are with their families and friends.

**Ann Croft**, Member since 2012,  
Died 6th January 2018

Coffee time Word search: Names given to yearly Wedding Anniversaries. Words can be in any direction, up, down, backward, forward or diagonal.

U O V M J O C W X O I S T S P K R A J G	COTTON	SAPPHIRE
C S Z H S A E F T E D D A L S Q G C Q F	PAPER	GOLD
H G S W O O L T S Y M N A L S V N E T A	LEATHER	EMERALD
D A I C H I N A S N A T O R G E A I L Y	FRUIT	DIAMOND
L L L K H Y L A E P I W N M X Q F R C C	WOOD	PLATINUM
V U K Z N E P Y E N A V L D A I G E V O	SUGAR	
A H C X V P R M U Y Y P O J H I Z P I X	WOOL	
B Z J T H Z E M U E Z N O R B K D A V R	BRONZE	
T U S I X R H U B W M C Y J N D X P W X	POTTERY	
R X R L A R T O Q Q F C Q U L A R O C I	TIN	
X E Q L H R A G U S B Q M A V J K W T K	STEEL	
L P D O Z X E H G F S P O X Z Z J M A H	SILK	
E B G H I D L D N R I E R I E D U G L P	LACE	British version
E M A V V W O M I P F A F I Y I O Y A Z	IVORY	— Courtesy ,
T B O U X K L A T S Y R C U K L M V C K	CRYSTAL	Schott's Original
S R P O T T E R Y R E L U P D C W Q E Y	CHINA	Miscellany
Y F R U I T D D M V K U A H D H Q Z Q R	SILVER	
N W Q P Z M O K L U U I O L N R T F K J	PEARL	
Q W O O D W K I T M R U B Y Q O W T T M	CORAL	
I Z V S L O S C O T T O N Z N J F T S G	RUBY	



The dates for the 2108 National Summer Schools are:-

Harper Adams 23 - 26 July email U3A national newsletter.

Royal Agricultural Univers' 11 -14 Sept To subscribe, just go to [www.u3a.org.uk](http://www.u3a.org.uk) and sign up there.

Full details will be circulated via the

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS – January 2018. Please contact the Leader/Convenor for more information			
<b>ART APPRECIATION (SAAG)</b>	Monthly: Agreed Tuesday	<b>LUNCH CLUB (1)</b>	Monthly: 2 <sup>nd</sup> Thursday
Tony Taylor 01449 258 192	9.30am	Angela Bentley 01449 780 274	12.20pm
<b>ART APPRECIATION (SEAM)</b>	Monthly: 3 <sup>rd</sup> Monday	<b>LUNCH CLUB (2)</b>	Monthly: 4 <sup>th</sup> Thursday
Devam Hendry 01449 615 966	2.00pm	Bryan Hilton 01449 258 152	12.30pm
<b>BOOK CLUB</b>	Monthly: 4th Monday	<b>LUNCH CLUB (3)</b>	Monthly: 4 <sup>th</sup> Thursday
Mary Bradley 01449 775 628	2.00pm	New convenor required	12.30pm
<b>BRIDGE INTERMEDIATE</b>	Weekly: Friday	<b>MUSIC – Classical</b>	Monthly: - 4 <sup>th</sup> Tuesday
Michael Last 01359 241 703	1.30pm	Ian Hooper 01449 770 179	10.00am
<b>CANASTA</b>	Weekly: Wednesday.	<b>MYTHS, STORIES AND LEGENDS</b>	Monthly: 1 <sup>st</sup> Monday
Hazel Burl 01449 615 581	9.30am (Stowupland)	Philip Weir 01449 676 528	2.30pm
<b>COMPUTING &amp; TECHNOLOGY</b>	Online Q&A forum - occasional meetings only	<b>PAINTING FOR PLEASURE</b>	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Fridays
Peter Dakeyne 01449 781 562		Nina Rouse 01449 612 042	10.00am - 12noon
<b>COUNTRY STROLLS Longer</b>	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Fridays	<b>PATCHWORK</b>	Monthly: 3 <sup>rd</sup> Monday
Phil Webb 01449 781 872	9.30am (variable)	Kate Riddleston 01449 612 871	2.00pm
Anna Bradshaw 01449 745 829			
<b>COUNTRY STROLLS Shorter</b>	Monthly: Last Friday	<b>PHOTOGRAPHY</b>	Monthly: 3 <sup>rd</sup> Tuesday
Freda Delory 01449 613 929	1.00pm	Peter Dakeyne 01449 781 562	2.00pm
<b>DAY WALKS</b>	Ad hoc, by arrangement	<b>PLAY READING</b>	Monthly: 2 <sup>nd</sup> Monday
Helen Barrett 01449 676 491		Maureen Wingham-Eaton 01449 771 200	10.00am
<b>DISCUSSION</b>	Monthly: 2 <sup>nd</sup> Tuesday	<b>POETRY</b>	Monthly: 4 <sup>th</sup> Thursday
David Warner 01449 612 730	10.00am	Jenifer Adams 01449 615 581	2.00pm
<b>FRENCH CONVERSATION (1)</b>	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays	<b>SCRABBLE PLAYING GROUPS</b>	Several - By Arrangement
Andrea Burton 01449 258 865	10.00am	Michael Last 01359 241 703	
<b>FRENCH CONVERSATION (2)</b>	Alternate Wednesdays	<b>SINGING</b>	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Thursdays
Zuleika Dobson 01449 615 811	10.00am	Hilary Foster 01359 241 773	2.00pm
<b>GARDENS &amp; THINGS</b>	Monthly: 3 <sup>rd</sup> Thursday	<b>TOWN &amp; VILLAGE HISTORY</b>	Monthly: Normally 1 <sup>st</sup> Thurs
Stewart Dorward 01449 774 213	9.30am (variable)	Group suspended pending new convenor	

Could you volunteer  
to listen to children  
read in school?

Why not become a  
Schoolreader?

### Who are we?

We provide volunteers to give one-to-one reading practice to children in their primary schools.

No qualifications are necessary to be a volunteer, just a good command of English and a bit of spare time each week. Schoolreaders will match you to an appropriate local school. Volunteers say the experience is incredibly rewarding.

We are a charity, so there is no charge to either schools or volunteers.

Join us – you can make a real  
difference to a child's life!

To find out more, please telephone 01234 924 111  
or visit our website, [www.schoolreaders.org](http://www.schoolreaders.org)

Registered Charity: 1159157  
P0003

[www.schoolreaders.org](http://www.schoolreaders.org)

# 1066 A MEDIEVAL MOSAIC EXHIBITION

GUINNESS WORLD RECORD ARTWORK



by Michael Linton

A complete recreation of the Bayeux Tapestry  
handcrafted in 3,000,000 pieces of steel  
64 metres long • weighs 350kg • 33 year artistic odyssey

16 December 2017 - 16th February 2018

OPEN DAILY 10 am - 4 pm Wed. - Sun.

Unit 2, Riduna Park, Melton IP12 1RT

Adults £5 - Children under 12 free

Artist will be in attendance daily.

choose woodbridge

RIDUNA PARK

Thanks to: Riduna Holdings Ltd. and Choose Woodbridge  
for their kind help in hosting this exhibition.



[www.medievalmosaic.com](http://www.medievalmosaic.com)

Please note. It is a requirement of this scheme that any  
volunteer would need have an Enhanced DBS Certificate  
(previously CRB).

"It is the most exciting and stunning exhibition I have ever  
seen — both from an historic point of view, and as an artistic  
masterpiece." Charlie Haylock

## Stowmarket U3A Committee Members 2017/2018



Ken Snow



Jean Roche



Connie Harford



Andrea Burton



Keith Shelton



Lorraine Shelton



Bryan Hilton



Evelyn Russell



Elizabeth Gillette

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### Next Issue

Spring 2018

Last Date for Copy

31/03/2018

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