



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No. 52

SPRING 2018

SPRING (Photography Group)

For some of our members, our experience of photography dates back to the taking of pictures, developing the film then printing our own black and white photographs. Then, the final pictures were precious and it was common practice to build up a collection in photo albums in which family history, and more, was stored for ever.

Since digital cameras became affordable in the early 2000's and particularly of late, with smart phone cameras, photography has become ubiquitous but consequently 'disposable'. Many pictures are taken, viewed once or twice then consigned to the ether or at best stored away on computers.

In our group we each select six pictures each month on a pre agreed topic and collectively critically appraise them. They may be ones taken especially for the session or alternatively we can dig into our archives to look again at ones, perhaps, long forgotten.

Since 2013 when we started we've had 53 sessions on a large range of subjects. You can see a selection from all at www.u3astowmarket.org.uk/groups/photography.

Unfortunately, due to space and time restrictions the group is currently full.

Peter Dakeyne



From the Chairman

Over the past few months your committee has been engaged on considering matters of Health and Safety – boring I accept but somewhat necessary I fear!

Group leaders have been approached by Bryan Hilton and Keith Shelton to ensure that we undertake Risk Assessment when applicable, especially for the walking groups.

Of particular importance for some groups that organise outings is the issue of carers accompanying members on such outings. I know that this has arisen on theatre outings for example. This matter came up for discussion at the last regional network meeting of U3A

branches hosted by us in October last year. The difficulty is that such carers who are not members themselves are not covered under the U3A insurance for public liability.

So the message must be to remind all members that individually we have a responsibility for our own safety whilst we participate in any U3A activity and to ensure that any carer who is not a member of our U3A is aware of the position relating to insurance. That insurance of course does not cover personal accident.

On another matter we are required by The Third Age Trust and the Charity Commissioners to amend the Objects clause of our constitution. That of itself

is not quite so straight forward as any amendment of that clause is prohibited by that very constitution ! However the Charity Commissioners have given a dispensation to make that alteration so a resolution will be put to the membership at the next Annual General Meeting and it may be we ask the members to agree to other alterations to the constitution at that time to remedy certain defects presently within that constitution.

All very exciting stuff I appreciate! However I trust everyone has had a most enjoyable Easter as we look forward to Spring and warmer times.

With very best wishes

Ken Snow

February 2018 Monthly Meeting - Our OAP Gap Year (Lynn Reddy & Marilyn Bartrupp)

The U3A motto learn, laugh and live was brought to life by our speakers Lynn Reddy and Marilyn Bartrupp this month. It was quite refreshing and poignant to listen to Lynn and Marilyn recounting to us their "OAP Gap Year" when they took a year out of their "retirement" to travel around the world.

They told us in a humorous and interesting way about the countries they visited, the sights they saw and the experiences they encountered. Their time was packed with new experiences, challenges and fun. They shared those priceless memories of grappling with different cultures and customs, experi-

encing very unfamiliar situations and the learning and misunderstandings that arise from these. If anything, they now know how to use a toilet sideways, how to repair a campervan skylight and what it is to taste custard sandwiches!! They clearly had a great deal of fun, learned a lot and lived life to the full.

Hopefully we are reminded that age is not a barrier – we are capable of continuing our learning, adding to our experiences, taking on new challenges, laughing more and achieving an ever increasing fulfilment in life.

If this has got you thinking about what you can do that will offer you some

learning, some challenge, some laughter, please re-read the list of group activities we offer and consider joining a group. Think about something you would like to do which we do not offer and suggest to us a new group activity that you would like to experience – let's learn from Lynn and Marilyn - we do not have to travel around the world to add further levels of fun, excitement and adventure to our own life experiences. However, if that is what you would like to do I am sure we can put you in touch with someone who would like to join you!

March 2018 Monthly Meeting - Haughley Church Choir

As an alternative to our "normal" speaker, at our March 2018 Monthly Meeting we were entertained by the Haughley Church Choir.

Depleted through illness, yet still so vocally entertaining, the choir charmed us with a broad range of music which included folk melodies, Negro spirituals

and Victorian ballads. There was audience participation when we joined in with the community singing of the spring songs, "Tulips from Amsterdam" and "Bye Bye Blackbird".

In between songs we were also entertained by impersonations of Pam Ayres and her poems, including, "Oh! I wish I

looked after my Teeth!" and "I have a little Sat Nav".

The Haughley Church Choir donated their fee to the East Anglia's Children's Hospices (EACH)

Keith & Lorraine

From the Groups Coordinator Bryan Hilton

As at the time of going to press, there are known to be opportunities for members to join the following Groups:-

- Computing & Technology	Peter Dakeyne	01449 781562
- Singing	Hilary Foster	01359 241773
- Poetry	Jenifer Adams	01449 615581
- Gardens & Things	Stewart Dorward	01449 774213
- French Conversation (2)	Zuleika Dobson	01449 615811
- Canasta	Hazel Burl	01449 615581
- Discussion	David Warner	01449 612730

And if the subject is of interest to you, it would also be worth speaking to these Leaders:-

- Bridge Improvers	Michael Last	01359 241703
- Scrabble	Michael Last	01359 241703
- Play-reading	Maureen Wingham-Eaton	01449 771200

Potential new groups.....please call

- Chess.	Bryan Hilton	01449 258152
- Writing	Geoffrey Kay	01449 673313

(further information along side)



Calling all Writers - I am keen to form a new group for anybody interested in writing. It would take the form of a writers workshop where we would share our efforts and seek guidance from each other on how it could be improved.

The only commitment would be to agree to write something from one meeting to another. As for the subject of the writing, that would be up to each member, and could range from the shortest of short stories, poetry or that long held ambition to write a full length novel! So this group would be about finding an appropriate writing style and trying out our work on the other members whilst trying to be creative.

My own experience is in encouraging students in their writing and an enthusiasm for the activity of writing. Please note you don't have to be an expert, just an enthusiast. Prospective members are invited to 'phone me for a chat

Geoffrey Kay

01449 673 313

Computing and Technology - Open Day

It was announced in the last Newsletter and at the January and February meetings that we would be having an open day on 16th March for any member to come along for some advice/tuition on any computer/new technology related subject.

I was initially disappointed that for this special meeting we only had 6 of our regular members attending and just 5 others (including our chairman, Ken Snow) from the wider membership who had accepted the well publicised invitation.

In the event, however, the event proved to be very successful with the ratio of visitors to C&T members being just right. It was interesting that our visitors arrived with a selection of devices including tablets and smart phones as well as Windows laptops.

Every member of our team became involved; particular thanks go to Ann and John H for multitasking whilst Philip, Jean and Joyce were able to assist along the way.

Before we dispersed we had a discussion about the day's happenings and everyone was pleased with the way things had gone. Our visitors, two of whom have decided to join the

group, said they had learnt quite a lot in a short time.

Ken Snow asked how we could further help those of the wider U3A membership who were still too afraid to ask for help on computer and other technological matters. Several times over recent years the group has tried to get beginners to come forward and we've always made it clear that they are more than welcome. However, some people are very reluctant to come forward – illustrated both by the fact that last year we made a public offer in the Newsletter for one-to-one tuition where one of our members offered to visit people at home – just 2 people responded – and today's event where only 5 people felt able to come along. We will of course examine further options but it may be that, after all, the demand is not there?

The 'where do we go from here?' query was raised. It was agreed that we could not sustain a monthly meeting for all the reasons discussed previously and we should continue at three monthly intervals - but it was essential to keep in touch via the forum page in the meantime. It was agreed that members would prefer it to continue to be password protected (contact me if you'd like this password).

Peter Dakeyne

01449 781 562

Discussion Group

On the 2nd Tuesday of each month, from 10am-12 noon we meet at a member's house in Stowmarket for a relaxed, informal gathering usually starting with tea, coffee and biscuits.

We have serious and not so serious subjects, such as "Existential Ideas" in March, "Men are from Mars and Women are from Venus" in April and "Globalisation" in May. When discussing a subject we might take a meander off-piste and we will occasionally dive in at the deep end.

Our April meeting on "Men are from Mars and Women are from Venus" should be a lively gathering. The author of the book, John Gray, grew up with 5 brothers and then became a monk, so when he started being around women he thought they must be from another planet, hence the book title.

So we're inviting the women to get their thinking caps on and the men to get in touch with their feelings and see where we end up. We might talk about the book and maybe how we see the differences between the sexes. Does anyone

fully understand members of the opposite sex? I will be interested to hear how they've managed to! And what about the many prejudices between men and women? You don't need to have read the book to enjoy this discussion.

We have agreements and disagreements too. We enjoy learning from each other and sometimes enjoy holding on to our own ideas. The group prides itself on giving everyone a fair chance to speak.

Why not join us before the summer and help us set out a programme for the new year starting September.

The current 2017/18 programme can be found on the website. Follow the link on the Groups page, or

www.tinyurl.com/y8vsydtl

If interested contact David Warner at:

davidwarner371@btinternet.com

07789 002828 / 01449 612730

G&T GROUP – OUTLINE PROGRAMME FOR 2018

Group co-ordinator: Stew Dorward 01449-774213

Date	Event	Organiser	Notes
22 nd Mar	Angela's Garden IP14 4SJ	Angela Bentley	Own transport
19 th Apr	Otley Hall IP6 9PA	Dee Payne	Solar/shared transport
17 th May	English Whisky Co. NR16 2QW	Stew Dorward	Solar 1045 shared transport
21 st Jun	Garden Visit	Shirley Bonner	Solar/shared transport
20 th Jul	U3A annual outing		
16 th Aug	Fuller's Mill IP28 6HD	Janet Stanley	Solar/shared transport
20 th Sep	Anglesey Abbey CB25 9EJ	Keith Shelton	Solar/shared transport
18 th Oct	To be organised	Stew Dorward	
15 th Nov	End of Season Lunch/ 2019 planning meeting	Shirley Bonner/ Stew Dorward	Cedars hotel

Myths and Legends



Having lost several members due to very good reasons, our group is shrinking in size and we are very

keen to increase our numbers as soon as possible - otherwise we fear we might have to close next September.

For our current season we have deviated slightly from our published programme but always kept to the general theme, which is looking at the many different myths associated with creation. We will have our fifth session on this subject in May and will be discussing 'Creation Stories' - biblical and others...

If this sounds interesting to you, please give me a call and we can arrange for you to come along to see how good our discussions can be. You will be made so very welcome (and we always enjoy tea/coffee and biscuits!)

Philip Weir

01449 676 528

Country Strolls — Short Walks

To advise that as of March this year I will no longer be leading the Short Walks Group.

It has been a great pleasure to lead this friendly group and it's hoped that a new Convenor will be announced shortly.

Freda Delory

FOR SALE



Prism 4 Mobility Scooter in Red, with charger. Good condition. No longer needed.

£200 o.n.o

Telephone Irene Hyde, on

01449 675157 or 07763697590.

A Quintessential Day out to Southend

Wednesday 18 July 2018
Coach leaves Meadlands at 09.00hrs
Depart Southend 17.30hrs
Cost for coach £13

Please contact Jean for tickets on jeanproche17@gmail.com or 01449 675984
Lorraine for further details lorraineshelton@sky.com or 01449 768744



What you can do:

- Take the Train ride along the pier to see the museum, Lifeboat station, giftshop coffee shop
- Visit the Planetarium, Leigh Heritage Centre, Beecroft Art Gallery, Hadleigh Castle. Hadleigh Rare Breeds Centre
- Have an ice-cream at Rossi or eat Fish and Chips
- Ride the Funicular or see the Sea Life Centre
- Go on a free Guided Walk (History of Southend)
- Take a show in the Cliff Pavilion Palace Theatre

Aldeburgh Theatre visit



Body Language by Alan Ayckbourn, one of the finest of his comedies of errors!

Thursday 26 July 2018

Total price for theatre + coach will depend on numbers, but will not be more than £27.00. Final price and tickets will be available at the 16th May meeting.

Please contact Jean prior to the meeting to reserve your place(s) jeanproche17@gmail.com, 01449 675984, and/or Lorraine for further details lorraineshelton@sky.com, 01449 768744



Agenda

- Coach leaves Meadlands Recreation Club car park, 14.30 hrs
- Arrive at Aldeburgh approximately 15.30 hrs
- Free time in Aldeburgh before show. Drinks and refreshments available from the theatre on arrival (not included in the price)
- Theatre show starts 17.00hrs
- Depart Aldeburgh 19.30 hrs, arrive Stowmarket approx. 20.30 hrs

Coming Up....

May 16: Fingerprinting (David Smith)

David is a retired fingerprint expert who worked for the Metropolitan Police for 40 years. His talk covers the use of fingerprinting in crime scene investigation, the history of fingerprinting and recollections of his career.

Note: Meeting at The Mix, not URC

June 20: Trekking the World for Charity – £10 per mile (Ken Snow)

This is the tale of a pair of walking boots that ended their life on a rubbish heap in Vietnam. They rubbed soles with both celebrities and ordinary folk (just like our members). As well as making friends with people from all around the UK, Ken walked on every continent and many sub continents of the world.

The money raised benefited children of the UK through the charity which started out as "The Waifs and Strays".

July 18 & 26: Outings—see above

Aug 15: Truth about Climate Change (John Midwinter)

An exploration of just some of the evidence that relates to the probable irreversible change to climate of our planet.

Note: Meeting at The Mix, not URC

Sept 19: AGM

Dec 19: Advance Notice of Christmas meal 2018 - Learning from Experience

In the first of our two surveys last year members fed back to the committee that they were not entirely happy with the venue that we have used for our Christmas lunch over the past few years.

So last year we changed to a different venue. Although the feedback to the committee was that the food was good, it was felt that it was not a good experience overall.

Again, we listened to the feedback from members about past Christmas meals and the success of those held at the URC with an outside caterer and decided to try and reinstate this type of Christmas meal.

As a result, this year's Christmas meal will be at the **URC on 19 December 2018**. We have booked the same caterers as used on previous occasions and anticipate we will have a good experience.

Further details, menu and ticket price, of the event will be forthcoming (at the latest at the AGM) but we are sharing this information early so that you can get the date down in your diary. We do not want you to double book and miss "Christmas at the URC"!

Keith & Lorraine

WORDUKO - SAME AS SUDUKO BUT WITH LETTERS INSTEAD OF NUMBERS

				X				A
R		E	T	W				
	X				E	S		
X	N		A					
			W		N			
					R		S	T
		S	N				A	
				S	T	O		N
W				A				

E
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O

When completed, one of the diagonals will contain an anagram of a well known word.

Clue: Reading the article on page 7 will help you to improve this..... (9).

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS – April 2018. Please contact the Leader/Convenor for more information

ART APPRECIATION (SAAG)	Monthly: Agreed Tuesday	LUNCH CLUB (1)	Monthly: 2 nd Thursday
Tony Taylor 01449 258 192	9.30am	Angela Bentley 01449 780 274	12.20pm
ART APPRECIATION (SEAM)	Monthly: 3 rd Monday	LUNCH CLUB (2)	Monthly: 4 th Thursday
Devam Hendry 01449 615 966	2.00pm	Bryan Hilton 01449 258 152	12.30pm
BOOK CLUB	Monthly: 4th Monday	LUNCH CLUB (3)	Monthly: 4 th Thursday
Mary Bradley 01449 775 628	2.00pm	Pat Griffiths 01449 721 137	12.30pm
BRIDGE INTERMEDIATE	Weekly: Friday	MUSIC – Classical	Monthly: - 4 th Tuesday
Michael Last 01359 241 703	1.30pm	Ian Hooper 01449 770 179	10.00am
CANASTA	Weekly: Wednesday.	MYTHS, STORIES AND LEGENDS	Monthly: 1 st Monday
Hazel Burl 01449 615 581	9.30am (Stowupland)	Philip Weir 01449 676 528	2.30pm
COMPUTING & TECHNOLOGY	Online Q&A forum - occasional meetings only	PAINTING FOR PLEASURE	2/Month: 2 nd , 4 th Fridays
Peter Dakeyne 01449 781 562		Nina Rouse 01449 612 042	10.00am - 12noon
COUNTRY STROLLS Longer	2/Month: 1 st , 3 rd Fridays	PATCHWORK	Monthly: 3 rd Monday
Phil Webb 01449 614 616	9.30am (variable)	Kate Riddleston 01449 612 871	2.00pm
Anna Bradshaw 01449 745 829			
COUNTRY STROLLS Shorter	Monthly: Last Friday	PHOTOGRAPHY	Monthly: 3 rd Tuesday
New convenor to be announced....	1.00pm	Peter Dakeyne 01449 781 562	2.00pm
DAY WALKS	Ad hoc, by arrangement	PLAY READING	Monthly: 2 nd Monday
Helen Barrett 01449 676 491		Maureen Wingham-Eaton 01449 771 200	10.00am
DISCUSSION	Monthly: 2 nd Tuesday	POETRY	Monthly: 4 th Thursday
David Warner 01449 612 730	10.00am	Jenifer Adams 01449 615 581	2.00pm
FRENCH CONVERSATION (1)	2/Month: 2 nd , 4 th Tuesdays	SCRABBLE PLAYING GROUPS	Several - By Arrangement
Andrea Burton 01449 258 865	10.00am	Michael Last 01359 241 703	
FRENCH CONVERSATION (2)	Alternate Wednesdays	SINGING	2/Month: 1 st , 3 rd Thursdays
Zuleika Dobson 01449 615 811	10.00am	Hilary Foster 01359 241 773	2.00pm
GARDENS & THINGS	Monthly: 3 rd Thursday		
Stewart Dorward 01449 774 213	9.30am (variable)		



As mentioned in our last Newsletter, the U3A publish a monthly email Newsletter (separate from the U3A Matters magazine) with up-to-date information on the organisation - national, regional and local. To get yours just go to www.u3a.org.uk/email and sign up. You can read all recent newsletters by visiting www.u3a.org.uk/about/newsletter.

Some items of interest from the March issue.....

Fraud and scams

The Metropolitan Police Service FALCON unit (Fraud and Linked Crime Online) have created resources which are freely available to the public to assist in raising awareness about Scams and Fraud.

Available for download for free are:

Little Book of Big Scams, www.tinyurl.com/ybjrjsuh

Little Book of Cyber Scams, www.tinyurl.com/ybxuqm9l

Little Leaflet of Cyber Mistakes, www.tinyurl.com/ydf2dp4f

There are also 5 short and very amusing animated videos to help raise awareness with regards to defending yourself against online crime:-

Passwords: Create a password that's too hard for criminals to crack by choosing #ThreeRandomWords, numbers and symbols, www.tinyurl.com/y6ves9vw

Phishing: Phishing emails are designed to steal from you by installing malicious software on your computer. Don't click on links from suspicious sources, www.tinyurl.com/bsa3wu5

Wifi: Don't do banking, online shopping or anything that requires you to enter login details while using public Wi-Fi, www.tinyurl.com/ya89n57p

Online ID: Stop thieves stealing from you - update privacy settings on all social media accounts and only let people you're connected to see your pages, www.tinyurl.com/yap85lc6

Updates: Updates are vital in protecting your computer and your identity from cybercriminals, www.tinyurl.com/y9mvjbed

In the next few weeks, five more will be released including Computer Software Fraud, Payment Fraud and Romance Fraud and Money.

National summer schools

At the time of writing there were still places available on some of the residential courses this year. Cryptic Crosswords, France, Garden History, Literature/Philosophy, Mathematics, Opera, Play Ukulele and Spanish History still have spaces at Harper Adams University in Shropshire - Monday 23rd to Thursday 26th July.

Or book now for Music, Drama, Latin, Musicals and Singing at the Royal Agricultural University – RAU in Cirencester - Tuesday 11th to Friday 14th September.

To book a place go to <https://summer-schools.u3a.org.uk/>

All web addresses published above will be live links in the email/web version of this Newsletter. PD

The Stowmarket U3A Website, 10 years old!

How much do you know about our website? Inspired by Wendy Morgan and her Wordpress blog, I started work on our own site in 2007 and it was up and running in January 2008.

Since that time there have been nearly 13,000 visitors with 75,000+ views. As well as the current information on the Committee, Meetings and Group programmes there is a wealth of archive pictures and videos— just follow the links on the Outings page together with the G&T, T&V and the Longer Strolls group pages; and don't forget the Newsletters which go back to 2007!

Group Conveners: I try and keep things up to date but I'm entirely dependent on you to let me know about any changes to your group, or perhaps any special event you would like publicising. Also, please let me know if you find any omissions or errors.

Wordpress has always been free to use but recently we paid

a small fee to have adverts removed. Have another look, you may be surprised!

Peter D,

www.u3astowmarket.org.uk

webmaster@u3astowmarket.org.uk

Pearls of Wisdom

Come and celebrate
our
30th anniversary on
Saturday 30th June
2018
in the Apex

The Bury St Edmunds branch of the U3A was started in 1988 and has grown into a thriving organization enjoyed by nearly 1000 members.

We will be holding a day of talks in the Apex on Saturday 30th June 2018 with speakers considering the pleasures and benefits of life-long learning into the Third Age.

The speakers will be -

Dame Mary Archer DBE
Lord Norman Tebbit CH PC
Councillor Margaret Marks - Mayor Elect
Samantha Mauger - CEO Third Age Trust
Dr David Dougan

Cost - £10 per person.

Tickets will be on sale (and available to all members of local U3As) from the Apex Box Office from Tuesday 3rd April 2018. (Please note - the Apex Box Office is the **only** place you will be able to get tickets.)

Suffolk and District Network of U3As

The SaDN meets twice a year and was well known to Stowmarket U3A members in the recent past for its 'Autumn Academies' and 'Spring Symposia', many of which were held in our area. Sadly, these popular events are no longer held.

The Network, whilst not a U3A charity in itself, is a forum for local U3As to share information and experiences. There are currently 15 U3As in the network including the recently joined Beccles and Thetford.

Each meeting is held at a different place and last October it was the turn of Stowmarket U3A to host (as it has many

times in the past). Some 36 representatives from 13 of the 15 member U3As were in attendance, including most of the Stowmarket Committee.

From a wide ranging agenda there was a discussion on a memorandum of Understanding between the University of Suffolk and SaDN and a creation of links with the campuses at Bury St Edmunds and Ipswich, plus a discussion, led by Beccles, on different methods of setting up new groups.

For the afternoon session, Sam Mauger, CEO of The Third Age Trust, discussed the challenges and opportunities being faced by U3As and the TAT. She also emphasised the importance of resources that are available to U3A mem-

bers. There is a great deal of advice that can be downloaded from the website. Her talk generated lively discussion and stimulated many questions from the floor.

The next meeting will be held in **Lowestoft, 11th May 2018**. If you would like to attend (all are welcome), please let Ken Snow know as soon as possible.

N	W	T	S	X	O	R	E	A
R	S	E	T	W	A	X	N	O
O	X	A	R	N	E	S	T	W
X	N	R	A	T	S	W	O	E
S	T	O	W	E	N	A	X	R
E	A	W	X	O	R	N	S	T
T	O	S	N	R	W	E	A	X
A	R	X	E	S	T	O	W	N
W	E	N	O	A	X	T	R	S

Worduko solution: AWARENESS

OBITUARY

John Palmer- Barnes

Member since 2015

Died 16th February, 2018

It is with great sadness we announce the recent death of one of our members.

John spent his childhood in Barbados where his father was a Methodist Minister.

After a career in the RAF, he auditioned for 'Mastermind' and was a contestant on 'Fifteen to One'.

Our thoughts are with his family and friends.

Stowmarket U3A Committee Members 2017/2018



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Connie Harford



Jean Roche



Andrea Burton



Keith Shelton



Lorraine Shelton



Bryan Hilton



Evelyn Russell



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Next Issue

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