



Stowmarket U3A



Learn, laugh, live



NEWSLETTER

No. 56

SUMMER 2019



Our members enjoying some good chat and a laugh at the April meeting - '2019 Acquainting Afternoon' - a good opportunity to catch up with friends we may not have seen in a while.

Many thanks to the volunteer servers and those members who supplied the wide range of cakes and fancies, as well as those who loaned their 'posh' crockery for the day.





COFFEE MORNING 4th SEPTEMBER at URC Hall

Please join us at the URC Hall on Wednesday 4th September for tea/coffee and biscuits, **10.00am-12.30pm**

Use this opportunity to meet with fellow members and **take the opportunity to renew your U3A subscription for the next year.** This will relieve pressure on the membership team at the Annual General Meeting.

Please note, our membership year is now 01 October - 30 September.

UPCOMING ELECTION

Nominations for members to serve as Officers (Chair, Vice-Chair, Secretary and Treasurer) and three Committee Members are invited. Please use the nomination form provided with this issue (or as a printable pdf from our web site) to make your nominations which must be received by the Secretary, Phil Webb no later than 11 September 2019. Nominations must be signed by the Proposer, Secunder and the Nominee.

The forms can be handed in at the August meeting, the pre registration Coffee Morning on 4th September or sent to Phil Webb, Honorary Secretary, Tidmouth House, 1 Middy Close, Mendlesham IP14 5TN, to arrive by 11 September.

Elections will take place at the **Annual General Meeting to be held on Wednesday 18 September 2019** at the URC at 1.30 pm.

Please see formal Notice of the **AGM** on **page 7**.

After the AGM there will be an Open Session for members and the public to come and find out what we are about. Many of the groups will be represented. So come along and take a look at the group displays and chat with friends. Please also tell your friends about it, even better bring them along!

Here is the information that has been given in publicity in local magazines and on posters in local places. If you know of any good areas where we can display posters or articles please let Evelyn Russell or another Committee Member know.

Stowmarket U3A - OPEN SESSION

September 18th 2.45pm – 4.15pm

United Reformed Church,
Ipswich Street Stowmarket IP14 1AD

Save the date in your diary.

Free refreshments will be available

- Are you semi-retired or retired?
- Would you like to share interests or hobbies with like-minded people?
- Would you like to learn new interests?
- Would you like to join other people for visits, walks, lunches, monthly talks etc.?

Many of the group leaders will be available to give more information on their activities.

So if you fancy learning a new skill, having a new interest or introducing your own interest to others, this could be your chance. Membership is just £15 per year.

Can't wait or can't make the date? Our website lists details of contacts for your chosen subjects

www.u3astowmarket.org.uk

Don't have internet? Get more information on
01449 258865 or 01359 271652.



As a fingerprint expert with the Metropolitan Police for 40 years, David shared with us the history and development of fingerprinting, what fingerprints are and how they are used in both crime scene investigations and disasters such as in the identification of individuals killed in the Tsunami.

Fingerprints are the tiny ridges, whorls and valley patterns on the tip of each finger. No two people have been found to have the same fingerprints -- they are totally unique, even more so than DNA, the genetic material in each of our cells.

Although identical twins can share the same DNA -- or at least most of it -- they can't have the same fingerprints.

Fingerprints are made of an arrangement of ridges. Each ridge contains pores, which are attached to sweat glands under the skin. You leave fingerprints on just about anything you touch because of this sweat. All ridges of fingerprints form patterns called loops, whorls or arches.

When David first started working at the Metropolitan Police he matched fingerprints through a manual card system which might take days to find (or not

find) a match of a fingerprint on the system. It was a meticulous, detailed activity, often involving a hand magnifying glass. Today, of course, the system is computerised in a National Database, called IDENT1 and provides a much more accurate and speedy method of comparing and matching of fingerprints.

David gave us a very informative talk with feedback from members being very positive. David is clearly knowledgeable in his field and he illustrated his talk well with very interesting examples from his experiences in the use of fingerprinting in catching criminals.

At the May 2019 Meeting we welcomed **Paul Constantine** who gave a talk about the work of the **Woodbridge Riverside Trust** and the building of the full-size reconstruction of the **Sutton Hoo ship**, measuring 27 metres long. No wonder the name of their workshop is called the "Longshed"!!!

The Trust has developed a spectacular community space, alongside the magnificent Longshed and a purpose-built Museum for everyone to use. One of their first actions was to set up their sister charity, the Sutton Hoo Ship's Company to take responsibility for planning and enabling research and funding

of the construction of the world's first full size working replica of the Sutton Hoo Anglo-Saxon ship, which dates from c.624AD. This is a project of international significance, which has drawn attention to Woodbridge from all over the world.

Alongside the ship, educational and training opportunities for anyone interested in maritime history have been developed, based not just on Anglo-Saxon times but also the rich boatbuilding history of the river Deben. Woodbridge now offers a vibrant waterside space that is fun, dynamic, and a celebration of Woodbridge's maritime soul.

Unfortunately the talk was difficult to



hear and see due to technical difficulties at The Mix. As a result the charge for the hire of the hall was refunded and The Mix ensured that the next meeting in July was trouble free!

All reports by Keith and Lorraine

In July our speaker was Consultant Engineer, **David Clarke**. On behalf of the Institute of Civil Engineers and as part of their **Café 200** Project David shared with us the story behind the restoration of the **Cupola** building – a Grade I listed building in the heart of Bury St Edmunds town centre, which was gutted by fire in 2012. The Café 200 project is designed to inspire the public about how the civil engineering has been used to transform our lives.

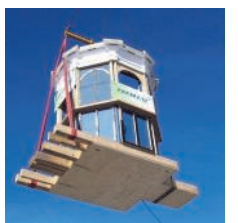
David shared not only the issues and challenges involved in restoring a Grade

I listed building back to its former glory but the logistics of working with a building situated so close to other buildings in a bustling town centre – issues such as health and safety of the public as well as the workers, dismantling the roof by hand and suspending skips in mid-air to enable them to get close enough to the building to make the clearing of debris manageable.

The iconic features of the building, which underpinned its original listed status, such as the cupola at the pinnacle of the building and the oak staircase

running through the centre of the five floors were all reinstated and many of its other features were recreated where possible.

Numerous questions were asked at the end of the meeting and members' feedback relating to this talk were very positive. As the building under discussion was a local one, members had lots of memories of the restoration and it was good to hear what actually took place.



Our Annual Outing — Langham Glass and Pensthorpe Nature Park

On the **17th June** 33 members set off on our annual summer outing, with good weather and in high spirit.

We arrived at **Langham Glass** about 10.45 am. We were warmly welcomed and taken straight into a glass blowing demonstration.

It was fascinating to watch and to listen to the men as they showed us how they made pink glass pigs, decanters, robins



and vases. The kilns and furnaces were on and the heat generated soon had us all sweating and we were only watching! Looking around the shop after the demonstration made us more appreciative of the creativity and skill needed to make such lovely objects. Many of us could not resist spending our money and buying a few small items and there was even time for coffee and cakes.

We moved on to **Pensthorpe** arriving just in time for lunch. The restaurant staff looked after us extremely well and the food was delicious, very reasonably priced and served very quickly. After

lunch there was time to stroll around the grounds or sit and watch the birds and animals. There were many baby



chicks and ducklings which we saw being ushered across paths and bridges by their proud parents.

The birds were obviously used to people and were happy to follow us around just in case we had food. They were so tame they were eating out of our hands. The Sculpture Trail, the Red Squirrel Hide, The Millennium Garden and the Wave and Waveline Garden designed by Chelsea Gold winner Julie Toll were a joy to see.



At 2.15 pm over 20 of us boarded 'The Explorer' to discover the secret side of The Wensum Valley. Our warden took us on an hour tour keeping us well informed about the wild life and the fauna and flora we were passing. It was very enjoyable and everyone was full of questions and chatted excitedly as we left 'The Explorer'.



As the day came to a close there was just time for one more activity 'Feeding Time for the Birds'. As we sat in the warm sunshine we watched as hundreds of birds flew, swam and waddled to the feeding station. There were too many species to count but it was hilarious watching their antics as they squabbled over food.

A tired but happy group boarded the coach just as the rain began. How lucky we were with the weather and what a super day out was had by all.

Keith and Lorraine

GROUP NEWS

Play Reading Group

Play Reading Group **(1)** meets on the second Monday in the month. We have finished reading the Edward Albee play "A Delicate Balance". In August we plan to start a comedy "Don't Misunderstand Me" by Patrick Cargill. Currently we have one vacancy in this group.

Play Reading Group **(2)** meets on the fourth Monday in the month. We have just finished reading the Edward Albee play "Who's Afraid of Virginia Woolf". Due to holiday commitments of members we will not meet in August but have two meetings in September. We plan to start the Neil Simon play

"Barefoot in the Park".

Currently we have two vacancies in this group.

For more information contact:

Maureen Wingham-Eaton

Telephone: 01449 771200 or
Maureen.wingham@mwmedia.uk.com

Groups Co-ordinator's Report.

Visiting more of the groups has been enjoyable and very interesting. There are only a few left on my list and I will get round to each and every one soon. Thank you to everyone for making me welcome and thank you for all the good work you do in keeping the groups vibrant and interesting and ticking over.

Sadly two groups will be closing soon. **Broadening Horizons in Art and Spanish** for beginners will have to cease due mainly to personal reasons of the leaders. Many thanks to them for their work and enthusiasm.

On the other hand we have good news

from our other new groups. **Table Tennis** is popular and going from strength to strength. **Bridge** has found a good venue. **Theatre Visits** is still popular. **Geology** is very interesting and members are very enthusiastic and the new **Sunday Lunch Group** is proving popular.

Please remember that if everyone helps and volunteers to do whatever is necessary to keep the group they are involved in running - it does make for a more cohesive group and a relief that no one person has to do all the organising.

New Groups: An opportunity has arisen to form two new groups. Please contact me or Melanie Westenra-Hartley (01449 767 757) if you are interested in **History**

or if you would like to take part in a **Quiz Group**.

Finally we are planning a Showcasing afternoon on 18th September after the AGM when all the groups will have a space to 'display their wares' or at least take names of new members. I have had 'banners' printed and laminated to put on the walls behind the tables to advertise each group and I have made a plan of the room so that each group will know where their table is situated in the hall. Looking forward to seeing everyone there.

Andrea Burton

01449 258 865

Table Tennis

In early April some 12 members got together in the meeting room at St Peter's church hall to discuss the possible launch of a U3A Table Tennis Group.

During an enthusiastic discussion we agreed that table tennis is an excellent way to exercise mind and body as well as being an extremely social activity.

Whilst one or two had some table tennis experience, others hadn't played since teenage years and some not at all. Nevertheless we decided to go ahead and planned for alternate Monday afternoons, 2.00pm—3.30pm. We would pay for 6 sessions hall hire etc,(about 3 months) up front, which with the initial numbers equated to £10.00 pp. This has the dual advantage that member are not committed to more than three months, and ensured that costs are always covered irrespective of numbers attending.

We've now completed our first 6 sessions and are well into the second; **our numbers have increased to 17** and so we've paid only £7.00 each this time—just £1.17 per session!



None of this would have been possible without the generous help of Stowmarket Table Tennis Club,

who have allowed us the use of 4 tables with all the associated equipment. They have their own seniors' session each Monday morning and leave the tables set up for us in the afternoon.

In addition they've given us two free coaching sessions. For the first on July 22nd, 15 of our 17 members were there to



enjoy the presence of Nick Samson (who normally coaches the juniors) and take advantage of his experience and knowledge.

As we have 4 tables and varying numbers each session, we could accommodate a few more members. If you would like to join us, please let me know..

Peter Dakeyne

01449 781 562

Myths, Stories & Legends

Our revitalised group is doing well having recently added some new members, and everyone is very enthusiastic.

We meet in Stowmarket Library on the 1st Monday of the month at 2.15 pm.

We're on our summer break at the moment but will be starting again in September.

We have space, so if you'd like to join us, please call me:

Philip Weir

01449 676 528



Geology Group

Having agreed a structure to our group meeting, we are enjoying discussing, explaining and sharing our thoughts about this fascinating subject by:

- Reading and summarising the book 'The Geology of Great Britain'
- Studying the local geology and its formation
- Bringing along rock samples found locally or from places visited for identification and scrutiny
- Individual research
- Organising visits

Our first visit was to the **Ipswich Museum**. We had an enthusiastic guide, a geologist, who gave us a tour of the Geology



section which has some good exhibits, and we were able to examine some of the specimens.

Following on from our discussions about chalk and flints we are going to visit and be guided around the prehistoric flint mines at **Grimes Graves** on **Wednesday 28th August**. Also, on **Tuesday 17th September** someone from Geo Suffolk will be taking us around Ipswich to investigate the different rocks that are in the various buildings around the town.

If you would like to join us on any of the trips, please contact me.....

David Loades, 07761 282 630,
davidloades@btinternet.com, or

Group Convenor, Linda Reynolds, 07880 516 926

Gardens and Things

So far this year our trips have been blessed with good weather, long may it continue.



In **April** some 20 souls assembled at Woodward's garden in **Coddensham**, the garden looking stunning in the Spring sunshine with myriads of Spring flowers. Lots of ideas to take from this garden, its natural



look belied the hard work that obviously goes in to maintaining it. Tea and cake completed a lovely afternoon, thanks to Marian and Richard Kenward for their hospitality.

May saw us off to the radar museum at Bawdsey, the World's first operational radar site. A garden centre at Woodbridge broke the journey and several people commented on the cost of plants at such places, a good reason to 'grow your own'.



Back to a garden in **June**, **Helyg** at **Coney Weston** may be relatively small but has been skilfully developed by its owners. Numerous seating areas, exemplars of several garden types and an excel-

lent cream tea to follow made us all return home in high spir-

its. Thank you to Shirley for organising this one.

What is left on the schedule for this year? By coach to **Stow Maries and Hylands park** on the **22nd of August**, and another coach outing, to the **Urban Jungle** garden centre at **Norwich** in September. To round off the year a nostalgia filled tour of the **Ipswich Transport Museum** is on offer on the 17th of October.

One last note for your diaries, the annual **G and T lunch** is scheduled for the **14th of November**. We shall use this to get ideas for the 2020 programme so get your thinking caps on!

Stewart Dorward

01449 774 213

A Visit to

The Urban Jungle

Norwich

Thursday 19 September 2019

Coach leaves Solar at 10.30 hrs and will arrive back at 14.30 hrs



£10



The **Urban Jungle** specialises in exotic plants but sells a whole range of plants, pots and garden products. It is a wonderful place to have a coffee and cake, or lunch

Singing for Pleasure



Photo taken on 18th July at The Osiers Cafe, kindly organised by Susan Kohn. We thought a chance to chat and get to know one another was a good idea. We had a really jolly time and the cakes were excellent!

We've taken a short break from singing over the summer and will commence again on the **5th September**.

Singing for Pleasure will continue at Hillside Community Centre on the **1st and 3rd Thursday of the month, from 2 til 3.15pm**. We're always delighted to welcome newcomers so if anyone is interested in joining or finding out more about the Singing Group please call

Hilary on 07842 189 794.

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS - August 2019. Please contact the Leader/Convenor for more information			
ART APPRECIATION (SAAG)	Monthly: Agreed Tuesday	LUNCH CLUB (Sunday)	Monthly: 2 nd Sunday
Tony Taylor 01449 258 192	9.30am	Contact Andrea Burton 01449 258 865	for more information
BOOK CLUB	Monthly: Last Monday	MUSIC - Classical	Monthly: 4 th Tuesday
Mary Bradley 01449 775 628	2.00pm	Ian Hooper 01449 770 179	10.00am
BRIDGE INTERMEDIATE/IMPROVERS	Weekly: Friday	MYTHS, STORIES AND LEGENDS	Monthly: 1 st Monday
Carol Gibson 07918 743 154	2.00pm	Philip Weir 01449 676 528	2.15pm
CANASTA	Weekly: Wednesday	PAINTING FOR PLEASURE	2/Month: 2 nd , 4 th Fridays
Hazel Burl 01449 615 581	9.30am (Stowupland)	Nina Rouse 01449 612 042	10.00am - 12noon
COMPUTING & TECHNOLOGY	Online Q&A forum & Quarterly meetings	PATCHWORK	Monthly: 3 rd Monday
Peter Dakeyne 01449 781 562	10.00am	Kate Riddleston 01449 612 871	2.00pm
DISCUSSION	Monthly: 2 nd Tuesday	PHOTOGRAPHY	Monthly: 3 rd Tuesday
David Warner 01449 612 730	10.00am	Peter Dakeyne 01449 781 562	2.00pm
FRENCH CONVERSATION (1)	2/Month: 2 nd , 4 th Tuesdays	PLAY READING (1) & (2)	2 nd Mon (1), 4 th Mon (2)
Andrea Burton 01449 258 865	10.00am	Maureen Wingham-Eaton 01449 771 200	10.00am - 12 noon
FRENCH CONVERSATION (2)	Alternate Wednesdays	POETRY	Monthly: 4 th Thursday
Zuleika Dobson 01449 615 811	10.00am	Jenifer Adams 01449 615 581	2.00pm
GARDENS & THINGS	Monthly: 3 rd Thursday	SCRABBLE PLAYING GROUPS	Variable - By Arrangement
Stewart Dorward 01449 774 213	9.30am (variable)	Contact Andrea Burton 01449 258 865	for more information
GEOLOGY	2/Month: 1 st , 3 rd Tuesdays	SINGING	2/Month: 1 st , 3 rd Thursdays
Linda Reynolds 07880 516 926	2.00pm	Hilary Foster 01359 241 773	2.00pm
David Loades 07761 282 630			
LUNCH CLUB (1)	Monthly: 2nd Thursday	TABLE TENNIS	Alternate Mondays
Angela Bentley 01449 780 274	12.20pm	Peter Dakeyne 01449 781 562	2.00pm - 3.30pm
LUNCH CLUB (2)	Monthly: 4 th Wednesday	THEATRE OUTINGS	By arrangement
Bryan Hilton 01449 258 152	12.30pm	Sharon Jeeves 07904 026 864	
LUNCH CLUB (3)	Monthly: 4 th Thursday	WALKING	2/Month: 1st, 3rd Fridays
Pat Griffiths 01449 721 137	12.30pm	Phil Webb 01449 614 616	9.30am (variable)
		Keith Shelton 01449 768 444	

ANNUAL GENERAL MEETING - NOTICE

Notice is given that the **29th Annual General Meeting** of **STAR, Stowmarket University of the Third Age (U3A)** will be held at The United Reformed Church, Ipswich Street, Stowmarket on Wednesday 18th September 2019 at 1.30 pm in the afternoon.

AGENDA:

- Welcome and Introduction
- Minutes of the 28th Annual General Meeting
- Report of the Chair for 2018/19.
- Report of the Treasurer including the presentation of a Financial Statement for the Year ended 31st July 2019
- To appoint a suitably qualified person to examine and report on the Financial Statements for the year ending 31st July 2020
- To fix the rate of Members Subscription for the year 2019/20
- To elect Officers of the U3A until the conclusion of the 30th Annual General Meeting: Chair, Honorary Secretary and Honorary Treasurer.
- To elect members to serve on the Committee of the U3A
- To consider and if thought fit to pass an Extra-ordinary Resolution to change the name of the Organisation to "Stowmarket U3A"

After the conclusion of the formal business there will be an opportunity for members to discuss matters of interest relating to the business of the U3A.

By Order of the Committee.

Philip Webb

Honorary Secretary.

Dated: 21/08/2019

Nominations for Members to serve as Officers or Committee Members, signed by the Proposer, Secunder and Nominee must be received by the Honorary Secretary on or before 11th September 2019.

Stowmarket U3A			
Income and Expenditure Account, Year Ending 31st July 2019			
	2019	2018	
Income			
Membership/ Visitor Fees	3389	3,185	
Refreshments(net)	0	30	
Miscellaneous	35	50	
Bank Interest	14	6	
Social events surplus	37	61	
	3,475	3,332	
Expenditure			
Hire of premises (URC etc)	637	475	
Postage & Stationery	82	37	
Speakers' fees	361	350	
Printing and Newsletter	494	426	
U3A Suffolk & District Network	25	25	
TAT Membership Fees	798	746	
TAT 'U3A Matters' postal distribution	415	375	
Miscellaneous	47	78	
First Aid Training	414		
Cost of AGM 2017	0	129	
	3,273	2,641	
Income over Expenditure	202	691	
Balance Brought Forward	3,410	2,719	
Balance Carried Forward	3,612	3,410	

**Minutes of 28th Annual General Meeting of STAR
(Stowmarket U3A) held at the United Reformed Church,
Ipswich Street, Stowmarket on Wednesday 19th September
2018 at 13.30 hrs.**

1. Welcome

The Chair opened the meeting by welcoming 75 members. Apologies were recorded for a further 10 members

2. Minutes

The Minutes of 27th Annual General Meeting, which had been previously circulated were approved by the meeting and signed by the Chair

3. Adoption of Amended Constitution

Upon the proposition of Ken Snow (Chair) and seconded by Keith Shelton the Special Resolution to adopt the amended constitution was unanimously approved by the meeting, subject to the approval of The Third Age Trust and The Charity Commissioners. For the purposes of identification the document of the amended constitution was initialled by the Chair. The draft amended constitution had been published on the web site of the organisation in advance of the meeting.

4. Annual Report of the Committee

The Report of the Committee for 2017 – 2018 was read on behalf of the Chair and upon the proposition of [the Chair and seconded by Mrs. Shirley Bonner was accepted and adopted by the meeting.

5. Report of the Treasurer and Financial Statement for 2017-18

A Report by the Hon. Treasurer was read to the meeting together with the presentation of the Financial Statement for the year ended on 31st July 2018. Upon the proposition of the Treasurer, Mrs. Jean Roche and seconded by Ms. Evelyn Russell the Report and Financial Statement for the year ended 31st July 2018 were approved and adopted by the meeting.

6. Appointment of an Examiner of the Financial Statement

Upon the proposition of Mrs. Jean Roche and seconded by Ms. Evelyn Russell, Mr. David Howe was appointed to examine and report on the Financial Statement for the year ending 31st July 2019

7. Election of Officers

Having been properly nominated (proposed and seconded) the meeting duly elected:

Chair - Mr. Kenneth Snow

Honorary Secretary – Mr. Phillip Webb

Honorary Treasurer – Mrs. Jean Roche

Each to serve until the conclusion of the 29th Annual General Meeting

8. Election of Committee Members

Having been duly nominated the following members were elected to serve on the Committee:

Until the conclusion of 29th Annual General Meeting – **Mrs. Constance Harford, Mrs. Lorraine Shelton, Ms. Evelyn Russell and Mr. Keith Shelton** and until the conclusion of the 30th Annual General Meeting **Ms. Andrea Burton, Mrs. Anne Webb and Mrs. Diane Plester.**

It was noted that the 29th Annual General Meeting would be held on Wednesday 18th September 2019.

After thanking all the members present for their participation in the meeting the Chair closed the formal business of the meeting at 14.30 hrs.

Following the conclusion of the formal business the membership discussed two further matters:

It was suggested that the name of the U3A be changed from 'STAR' to 'Stowmarket U3A' and the Chair agreed to bring forward at the AGM for 2019 a Special Resolution for members to vote upon.

The use of The Mix as an alternative meeting place for the monthly general meetings. As a trial for a year it was agreed to use both The Mix and the URC hall to allow an informed choice later.

Programme for 18th September, 2019

12.30 pm Doors open
1.30 pm—2.30 pm **AGM** in Church
2.45 pm—4.15 pm **Groups Showcase** (Hall) #

Light refreshments will be provided

Membership renewal: £15.00 pp becomes due at this meeting (cheques made out to STAR, please) and will be carried out in the foyer and back of the church 12.45 pm till 4.15 pm, *excluding the AGM time itself.*

Group Convenors are encouraged to arrive in good time after 12.30 pm for setting up their displays in the hall before the start of the AGM

Coming up!

16 Oct 2019 David Marsh — "History and Development of the Regal Cinema, Stowmarket". *This monthly meeting is in the Regal Cinema, Stowmarket at 10am*

20 Nov 2019 Andy Moore — 'Colchester Zoo – past, present and future'. The history of zoos and Colchester Zoo in particular, along with their conservation work, breeding programmes and projects in the wild.

Editor / Webmaster

Peter Dakeyne

01449 781 562 newseditor@u3astowmarket.org.uk

Next Issue November 2019, last copy 31/10/19

www.u3astowmarket.org.uk