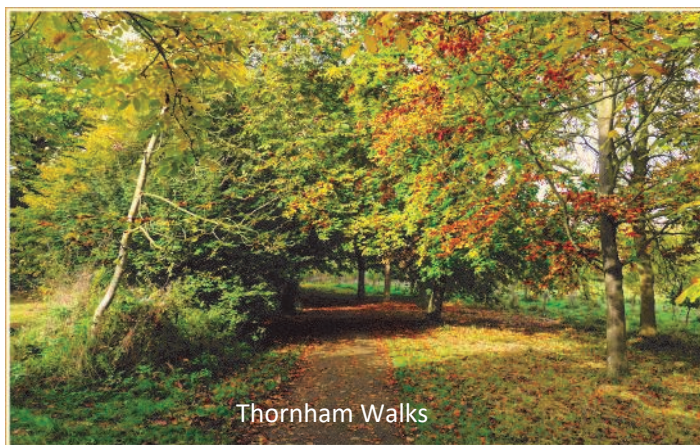


# Stowmarket



## Learn, laugh, live



## NEWSLETTER

No. 57

## AUTUMN 2019

### WOW! What a Showcasing!!

Congratulations to all those Group Leaders and members who contributed to such a great 'Showcasing' on September 18 following the Annual General Meeting. There was quite a buzz in the hall as members shared refreshments and chatted with old and new friends.

As a result of your efforts some 24 new members signed up to join our U3A.

At the Annual General Meeting the Annual Reports from the Committee and the Treasurer were presented; copies of the Chair's and Treasurer's reports appear on pages 4 and 5 of the Newsletter.

Elections for the Committee and Officers of the U3A resulted in three new members to the Committee being appointed.

Glynis Hunt was elected to the office of Vice Chair and Linda Reynolds and Hilary Plummer were elected to serve on the Committee.



Unfortunately Hilary has decided she is unable to take up that position, so we are left with a vacancy for which we are seeking a member to step forward to serve. So we invite any member prepared to offer their services, please get in touch with me or any other member of the

Committee.

Once again very well done to all those involved in making such a success of our Showcasing.

**Ken Snow**, Chair

### Stowmarket U3A Committee Members 2019/2020



Ken Snow



Glynis Hunt



Phil Webb



Evelyn Russell



Diane Plester



Keith Shelton



Lorraine Shelton



Linda Reynolds



Anne Webb

#### Chairman

Mr Ken Snow

01449 258 865

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

#### Vice Chair

Mrs Glynis Hunt

01449 258 714

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

#### Secretary

Mr Phil Webb

01449 614 616

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

#### Treasurer

Mrs Evelyn Russell

01473 833 034

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

#### Membership Secretary

Mrs Diane Plester

01359 271 652

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

#### Programme Organiser

Mr Keith Shelton

01449 768 744

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

#### Programme Organiser

Mrs Lorraine Shelton

01449 768 744

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

#### Committee Members

Mrs Linda Reynolds

07880 516 926

Mrs Anne Webb

01449 614 616





**M**ore from the 2019 Showcase, and a copy of our new 2m high banner (below), on display for the first time at the event.



### WELCOME to our NEW MEMBERS

**W**e extend to new members a very warm welcome. You have joined not only a local but national and global network of organisations known as U3As.

Following the successful show case event some 24 new members joined our U3A and we trust that you will enjoy the opportunity to meet and make new friends and to join in many of the interest and activity groups.

Stowmarket U3A is one of many U3As throughout the country; in Suffolk alone there are 14 independent U3As all of which are affiliated to The Third Age Trust. In Stowmarket we promote equally the opportunity to learn and to be socially stimulated. **Learn Laugh and Live** certainly is our aim.

As part of the global organisation of our movement, we are self funding, independent and self helping. We are for the members, by the members. Whatever we aspire to be we are only able to achieve that goal by the efforts of our joint membership.

The extent to which members wish to be involved in our U3A is down to each individual, but without your participation we achieve nothing. Please

therefore share your knowledge, experience and skills with our members. *Let us know which groups you might wish to join; if you have an interest not yet within our U3A, tell us and help us to start a new activity interest group to satisfy your wishes.*

Please put yourself forward if you are able to lead an existing or new group. Help us to accommodate you into those interest groups and if you feel you have something more to offer then come forward to become a group leader or committee member. Without leaders we cease to function and therefore we need you to offer to support our endeavours as best you are able.

Shortly, a meeting for new members to meet the existing committee members will be arranged. You will receive an invitation to that meeting, so please come along so that we can ensure that those groups which you may wish to join can accommodate you so that you are able to participate fully in the activities of your U3A.

Your contribution and participation are equally important.

**Ken Snow** – Chair.

## LEARN, LAUGH, LIVE!

### Stowmarket U3A

No longer working full time or raising a family? Now's the time to make the most of life. U3A gives you the chance to develop your interests, make new friends and enjoy yourself. Find out more at:

[www.u3astowmarket.org.uk](http://www.u3astowmarket.org.uk)  
[chair@u3astowmarket.org.uk](mailto:chair@u3astowmarket.org.uk)  
[membership@u3astowmarket.org.uk](mailto:membership@u3astowmarket.org.uk)



The University of the Third Age  
 National Office: Tel 020 8466 6139  
 email: [info@u3a.org.uk](mailto:info@u3a.org.uk)  
 web site: [www.u3a.org.uk](http://www.u3a.org.uk)

## LEARNING NOT LONELY

LIVING LIFE-EXPANDING HORIZONS-CHALLENGING CONVENTIONS

## Talk by David Webb - My life as a Hi Di Hi Yellow Coat

The talk at our August monthly meeting was given by David Webb. David and his twin brother Tony, sadly now deceased, had long and successful show business careers and are best remembered as the twin 'Yellow Coats' in the BBC comedy "Hi-Di-Hi", which comprised nine series, spanning 60 episodes, from 1980.

David shared the story of his show business career, including his stage performances with stars such as Dame Vera

Lynn, Sir Harry Secombe, Sir Bruce Forsyth and Roy Castle. In his humorous talk, illustrated with video clips, many of which were from the BBC series, David tells of the early days of his career and how he and his brother Tony ended up at the Maplins Holiday Camp.

David clearly had a very positive and hilarious experience as a cast member of Hi-Di-Hi, working with a number of talented actors and comedians, and like the rest of the cast were very sad when the series finally came to an end in 1988.

Webb  
Twins



Hi Di Hi Cast



## October Monthly Meeting

Instead of holding our meeting in the afternoon at the URC, it was held in the morning a little further up Ipswich Street, at the Regal Cinema. This was because the topic of the talk was the history and development of the Cinema itself. David Marsh, the speaker and Cinema Manager, exuded enthusiasm and pride as he shared with us the cinema's initial struggles and challenges and then explained the proposed future developments.

Our Regal Cinema has the fourth largest audience numbers for a single screen cinema in the UK. Built in 1936, it was saved from closure in 1972 when it was very nearly sold to become a carpet warehouse. At the eleventh hour it was bought by the then District Council who developed it for stage productions as well as cinematic events.

In May 2007 the Regal had a major makeover with full redecoration, new equipment, carpets and seats with the money being raised by the council selling off the Corn Exchange building. The cinema suffered a major setback when in 2009 a fire closed the cinema for several months.

It is expected that a £2.6m refurbishment and extension will commence in



January 2020, lasting for almost a year. The main screening room will be refurbished, 2 new small screen rooms will be added as well as a new café/restaurant.

David shared some of the challenges of managing the cinema. If the weather is good then he can expect weekly audience numbers of about 1500 viewers, but a rainy week will bring in 4000+ attendees. Tickets are sold on average at an 80p loss and so he relies on each individual spending at least 80p on food and drink to bring their attendance into profit for the cinema. As a one screen

venture the cinema can only show one film over a relatively long period but the prospect of having three screens from 2021 brings much needed flexibility and increased options in the range and screen timings.

Overall, you have to be impressed by the commitment of David Marsh and congratulate him on both significantly increasing audience numbers over the last decade or so, and increasing the cinema's viability and standing in the community. The enterprise fully deserves the future investment that he has secured which will increase the impact of the cinema in the town, benefit the local population and make The Regal a significant community resource.

## Reports by Keith and Lorraine

### Coming up at the URC Hall...

#### Dec 18th:

"Annual Christmas Lunch"

.....See notice / menu, P8

#### 2000

#### Jan 15th:

"Hearing Dogs for Deaf People"

Margo Harrison (and her dog, Pebbles)

#### Feb 19th:

"Adventures in Dyslexia"

(Humorous and Insightful)

Nigel Macknight

#### March 18th

"Growing for Gold" (Roses)

Simon White



## Stowmarket U3A Annual Report for 2018/2019

On behalf of your Committee I have the pleasure to report on the past year's activities. I believe that the year just ended has been most successful, with some new as well as some trusted old and traditional aspects.

In my report last year I suggested that the emphasis for this year was to raise the awareness of our U3A in the Stowmarket area. This, I think, we have done, particularly through the efforts of **Evelyn Russell** in both obtaining space in local editions of In Touch and elsewhere in other publications and in the distribution of posters. So Evelyn, a big thank you! It is gratifying to note the increase in numbers of our membership and I wish to say thank you to **Di Plester** who has taken on the role of Membership Secretary and to **Andrea Burton** for her work as Groups Co-ordinator.

The role of Programme Organisers has again been filled by **Keith and Lorraine Shelton**. Already the programme for next year is planned and printed on the new membership cards for next year. So another big thank-you to them both and congratulations on a superb programme in this demanding role.

Today we say a goodbye to two longer serving members of our Committee; **Connie Harford** who has served the organisation for some years as secretary handing over to **Phil Webb** last year, and **Jean Roche** has acted as our treasurer for six years since becoming a committee member a year previously. Jean has managed against all odds to keep us on the financial road. Her careful approach to finance has assured us of financial probity. I wish to say to Connie and Jean please continue to enjoy your membership of our U3A and make the most of your "retirement".

**Phil Webb** is offering himself for re-election as Secretary and I wish to thank him for his support and assistance over this past year and I look forward to having his contribution to our deliberations in the future.

Another committee member who was elected last year is **Anne Webb**. I am most grateful for her support and contributions. Without an active committee we would not have such a dynamic U3A in Stowmarket.

Without good communication we would be lost so there is a huge thank you to our Newsletter Editor **Peter Dakeyne** who regularly attends our committee meetings to advise not only on the newsletter itself but to offer assistance and advice on technical and digital matters.

**Next year we will celebrate our 30th birthday!** To mark that occasion there will be, following next year's AGM, a birthday tea party with a birthday cake. The show casing will be held as part of the subscription renewal coffee morning with which we experimented this year.

In conclusion there is one group of people to whom I must express my grateful thanks and they are the **group leaders / convenors**. Our U3A belongs to the members and the group leaders facilitate all that we do outside the regular monthly meetings. Without them and the membership we would not have a U3A, so thank you all for your participation in making this past year such a successful one.

By order of the Committee

**Ken Snow , Chair**

18/09/2019

*Space precludes inclusion here, but you can find individual reports from the Membership Secretary, Groups Co-ordinator, and Programme Organisers as an extra page in the electronic version of this Newsletter.*

## Report of the Treasurer at the 29th AGM

I have pleasure in presenting to this meeting the Financial Statement of Stowmarket U3A for year ended 31st July 2019. These accounts were published in the last Newsletter, and together with copies of the Financial Statement have been examined and signed by David Howe. They are available here to be inspected if any member wishes to do so. I wish to thank Mr. Howe for acting as the Examiner for this year.

Turning to the Financial Statement itself. Income for the year amounted to £3,475, arising in the main from Membership Subscriptions of £3,389. Comparative figures for the previous year were respectively £3,333 and £3,185 reflecting an increase of 4.6% overall.

The total Expenditure including an exceptional item, amounted to £3,383; the main expenditure being:

Hire of Premises	£637
Speakers Fees and expenses	£361

Printing and Stationery	£576
Membership Fees to Third Age Trust	£788
Third Age Matters	£414
Miscellaneous Expenses	£72

The exceptional item to which I previously referred is the cost of First Aid Training, which was delivered in August this year. A provision is made for this in these accounts. The figure was £414. Fifteen of our members attended this training, which was provided to ensure that across our diverse groups, there are representative members, qualified to administer first aid in the event of an incident/accident.

The total expenditure excluding the exceptional item, amounts to £2859, compared with expenditure of £ 2,842 for the previous year.

The net result for 2018/2019 was a surplus of income over expenditure of £202. This has been added to our reserves which now stand at £3611.

*Continued p5 >*

Cont. from p4. At the year end the balance held at TSB Bank was £2,270 and at COIF £2,658 making a total of £4,988, including the Treasurers Float of £60. Of these cash deposits £1,376 were held on behalf of the activity groups. Your committee believes that the financial position of our U3A is satisfactory.

The budget for next year shows a net Income over expenditure of £515. Therefore the committee recommends no increase in fees for the year 2019/20. The committee anticipates that there could be further exceptional expenditure within this current financial year, but this is expected to fall within the budgeted margin.

I would wish to put on record my thanks for the support and help which Evelyn Russell has given to me personally during the past year. I have greatly enjoyed acting as your treasurer over the past six years and I know the affairs of the U3A will be in safe hands, should the meeting approve of her election to serve in my stead.

In conclusion, this Financial Statement was approved by the Committee on the 23rd August and I propose that the Financial Statement for the year ended 31st July 2019 be approved and adopted by this meeting.

**Jean Roche** – Treasurer,

18/09/2019

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## Interest Group News

### Geology Group

Enough of the books and maps; the Geology Group got out and about in the summer to study rural and urban landscapes and ventured underground too.

First, to the strange, undulating landscape at Grime's Graves near Thetford.

The hollows on the surface represent the infilled pits and shafts dug about 5000 years ago in the Neolithic Age. Our guided tour and talk only commenced when we had climbed down a 10 metre ladder into a pit. There we could see the galleries where prehistoric miners worked. They extracted high quality flint from the chalk and this was used for weapons, tools and other implements for domestic and ceremonial use. We learned about the formation of flint, noted the different layers and also discussed the geological sequence of the area.

Next it was Ipswich; and a tour of some buildings to see the type of rocks used in their construction. Next time you are there, look at the front of the Town Hall and you will see that most of it is an orange brown colour. This is limestone from Bath. The pillars are made of red sandstone from Mansfield. Also, the decorative parts have been made by using a whitish limestone from Dorset. Flint work is particularly noticeable on the churches and mudstone full of volcanic ash from local clay was used to construct St Nicholas Church just off



Silent Street. Our informative guides from GeoSuffolk took us through town to the Waterfront and we finished at Coprolite Street near Suffolk University. Coprolites are fossilised animal dung! In 1842 a local botanist discovered sources in villages near Felixstowe and realised that they were a valuable source of phosphate. They were mined on a large scale and used as fertiliser. The refining was carried out in Ipswich by Edward Packard, later the Fison Company, near the docks. This street is the only one in the country to be named after coprolites. What a fascinating afternoon we had!

Our third visit was to the Pliocene Forest at Sutton. Geologically, it is an area of sandy deposits which is teeming with fossils. This is unique to Suffolk. In 1977 fossils grains were discovered that gave a clue to the kind of plants that would have been growing there 4 million years ago. GeoSuffolk have created a woodland using these plants. It is a unique and engaging landscape with what is described as 'an Eldorado of fossils' and over 100 trees, many of which, like the redwood, you wouldn't

expect to see on our shores. Only a few of the group were able to go, so we are repeating this visit next Spring.

Since starting in March this year, we have thoroughly enjoyed investigating the world of Geology. New discoveries and advances in technology are, of course, continuing to refine the original interpretations of the landscape. This is making it even more intriguing for us!

This October we took on two new members and so, unfortunately, the group is now full and we have a waiting list.

**David Loades**

01449 770 388

### Myths and Legends

Whilst we are a very small group, we have, of late, increased our numbers enabling us to more fully explore the mystical and mythical world and its history.

We have a short lecture followed by a lively discussion on that and our previous research on the subject.

We meet on the 1st Monday afternoon at 2.15pm at the Library.

Our upcoming topics are, 'Sky Gods and Earth Goddesses' on 2nd Dec and 'Creator Gods' on the 6th January. The full 2020 programme can be found on our page on the web site.

More new members are very welcome to join our enthusiastic group.

**Philip Weir**

01449 676 528



## Gardens and Things



Since the last Newsletter we have ventured overseas (well Essex and Norfolk!) to the oldest remaining First World War airfield (**Stow Maries**) and to a garden centre in Norwich masquerading as an urban jungle. Both were a bit stressful for the organisers as they were by hired coach and almost cancelled due to lack of numbers. It all worked



out in the end though and the weather played ball. Thanks to Lorraine Shelton for organising the Urban Jungle trip (see below).



The final visit of the year was to the **Ipswich Transport museum**, a veritable Aladdin's cave of everything on wheels, from an ice cream bicycle to a fire engine with a turntable ladder. Our hosts did offer the chance for us to climb the ladder.... We all demurred! The season



ended with the annual lunch, this year at Stowmarket Golf Club on the 14th of November.

**Next season's** first trip is by car share to the Mill at Kersey, to see the Mill restoration, have a walk around the gardens, a light lunch and some retail therapy if you wish. The date is the 19th of March, so put it in your diaries now. I appreciate that some of our trips this year did not always adhere to the third Thursday rule, we will try and do better next year but often have to organise visits based on the venue being available.

**Stewart Dorward, G and T co-ordinator**  
01449 774 213

### Trip to the Urban Jungle, 19 Sept

The weather was glorious when 27 members set off for a visit to the Urban Jungle in Costessey, Norwich. Spirits were high but slowly we started to wilt as the air conditioning on the coach failed to work and we were very pleased to arrive at our destination so that we could cool down.

Although they were expecting us and had told us we could not save tables they'd promised to accommodate us as best as they could on our arrival. However, the young man who was in charge was struggling to walk and was in obvious pain with his leg. As a result he was slow and rude and kept us waiting. Half an hour later, seats were found for us all only to be told that the kitchen closed from 11.30 to 12.00 and that we would have to wait to be served!

We were sitting in a tropical rain forest

surrounded by exotic plants, a stream meandered through the café and the Moorish styled seating area was all very pleasant but after 45 minutes of the sun beating down on the roof, no ventilation and no service we were all becoming hot and bothered again. We were refused seating outside!

Eventually we emerged into the sunshine and were able to stroll around the plant nursery looking at the exotic trees and plants. A few bought pots and plants and we then we returned to the coach for the trip home. Surely nothing else could go wrong?

Well prepared for the journey home we opened the windows in the roof of the coach to aid the circulation of cold air only to find that we were cold around our heads but hot around our feet as the heating system continued to throw out hot air! Then the police closed the



A140 due to an accident and we were diverted around the single track country roads for 10 bumpy miles! We eventually arrived home an hour late.

It was certainly a day not to be forgotten. Our thanks go to all the U3A members who despite our difficulties during the day managed to enjoy themselves and commented favourably on the trip.

**Lorraine & Keith Shelton**

## Discussion Group

**E**ric and Pauline Smith provide a homely environment for our monthly meeting which starts with tea/coffee and biscuits and a chance to catch up with friends (or old enemies from the last meeting's disagreement). We have a chance to make friends again before starting another difference of opinion.

Once we start our monthly topic little encouragement is needed and the conversation flows. I like how members are considerate to others and generally everyone is given opportunities to speak.

We have been discussing some lively and interesting topics with our latest being *"Climate Change/ Extinction Rebellion/Are we destroying our world?"* So many aspects to this topic, and we raised as many questions as we answered, such as:

What impact will Greta Thunberg have in the long run?

How much land will become unusable for growing crops?

Should we rethink the way we eat? In fact should we rethink every aspect of how we live our lives?

Can individuals really have an impact - is it down to us individually or for governments to sort out?

Generally we felt that attitudes are changing and have changed a lot in recent years. We all need to do our bit as well as governments treating this seriously. We didn't all agree but as usual there was some consensus. There were also many differing opinions too which is quite typical. It feels good to be able to have this variety of opinion without getting too heated about them, unlike what we see in so many current debates.

Our next topic is *"Emancipation of Women"*. With several good examples of emancipated women in our group I feel sure that we will get to see a clear demonstration of what this means. Is there more work required though? I'm looking forward to hearing what our female members have to say about this.

Will there be a reaction from the men and/or will there be conflicting opinions?

I'm sure some of us can remember growing up in a chauvinistic and misogynistic world. I'm curious to find out how many people experience life differently now to the past, have things really changed? Also how many of us have similar or different experiences in today's modern world.

The current 2019/20 programme can be found on our web site at:

<https://tinyurl.com/y45fv47j>

Our membership is full but if you are interested in going on our waiting list please get in touch.

**David Warner** 01449 612 730

## Play Reading Groups

**P**lay Reading (1) commenced in 2017. We select a play, usually with three Acts and the members read one Act at each of three meetings. This normally allows time to read the Act and have coffee and some discussion. So far we have read: *"Darlings You Were Wonderful"*, *"Bright Interval"*, *"The Constant Wife"*, *"The Cocktail Party"*, *"A Small Family Business"*, *"Blithe Spirit"*, *"The House Guest"*, *"Look Back in Anger"*, *"I am a Camera"*, *"The Tiger and the Horse"*, *"The Importance of Being Earnest"*, *"A Delicate Balance"*, *"Don't Misunderstand Me"* and have just commenced *"Pygmalion"*. We were delighted to welcome a new member to the October meeting. This group is now full, although I will take a waiting list.

Play Reading Group (2) was started at the beginning of 2019 and meets on the fourth Monday in the month. This group started with *"Bright Interval"* then read *"Blithe Spirit"*, *"Who's Afraid of Virginia Woolf?"* and currently reading *"Barefoot in the Park"*. At the October meeting we expect to be joined by two new members. We will still have one vacancy for this group and I will take a waiting list.

Members pay an annual subscription to the Music & Drama Library (currently £2.40 per person) and share the cost of

the hire of the playsets (usually around £1.00 each).

**Maureen Wingham-Eaton**

Tel: 01449 771 200

## Canasta (2) New Group

**A**s Canasta (1) is now full and currently has a waiting list, a second group has been formed. Meetings are held in Stowmarket Library each Tuesday 2 pm to 5 pm.

We currently have space for a couple more players, but should we get more members interested, we can consider changing venues to accommodate.

Please call **Carol Gibson** on 07918 743 154

## History (New Group)

**O**ur first meeting went very well when we talked about the reconstruction of the Globe Theatre, with which I was involved 1993-2005. Things were kept very informal, everyone was interested and involved, with plenty of questions.

For the next meeting we planned to discuss the 'Plantagenets', with members doing a little of their own research in advance.

We don't want this to be a highbrow group, but something to look forward to with interest.

We meet on the 2nd Thursday afternoon at Stowmarket Library.

Unfortunately, the group is full for the time being.

## Quiz (New Group)

**O**ur first meeting at the Library on 24/10 was rather spoilt by torrential rain on the day which discouraged some from coming.

Nevertheless, the few of us there did have a fun and interesting quiz session.

Our next is on 28th November, 2.00 pm.

We do have space for a few more if you are interested.

**For both History and Quiz**, please contact **Melanie Westenra-Hartley** on 01449 767 757 for more information.



## Singing Group

We meet on the first & third Thursday of each month, regardless of school holidays, at the Hillside Community Centre, Stowmarket IP142PD from 2pm to 3.15pm.

The aim of the group is to come together to sing a range of songs for pleasure, not for performance, although we have sung for the U3A at the end of the Christmas meal and on a couple of other occasions.

The songs we sing include rounds, folk songs from around the world, songs from the sixties and seventies, songs from the shows and many more!

In addition we occasionally meet up to enjoy a meal together.

New members are very welcome! Telephone **Hilary** on 01359 241773 for further details.

## Lunch Group (2)

We have been exploring different cuisines, such as Thai, veggie and are looking at Asian. So our Lunch Club will appeal to someone looking for something a bit different.

If you'd like to join us, please call **Bryan Hilton** 01449 258 152

## Table Tennis

Starting in April with just 12 we now have more than 20 active members. You don't have to be an expert to play, just take the opportunity to enjoy yourself and exercise mind and body at the same time!

Not everybody can attend every meeting of course, so at present we can take on a few more.

You can find full details on the web site at:  
<https://tinyurl.com/yzp6so3d>

**Peter Dakeyne** 01449 781 562

## ACTIVITY AND INTEREST GROUPS – November 2019

ART APPRECIATION (SAAG)	Monthly: Agreed Tuesday
Tony Taylor 01449 258 192	9.30am
BOOK CLUB	Monthly: Last Monday
Mary Bradley 01449 775 628	2.00pm
BRIDGE INTERMEDIATE/IMPROVERS	Weekly: Friday
Carol Gibson 07918 743 154	2.00pm
CANASTA (1)	Weekly: Wednesday.
Hazel Burl 01449 615 581	9.30am (Stowupland)
CANASTA (2) (New)	Weekly: Tuesday
Carol Gibson 07918 743 154	2pm-5pm
COMPUTING & TECHNOLOGY	Online Q&A forum & Quarterly meetings
Peter Dakeyne 01449 781 562	
DISCUSSION	Monthly: 2 <sup>nd</sup> Tuesday
David Warner 01449 612 730	10.00am
FRENCH CONVERSATION (1)	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays
Andrea Burton 01449 258 865	10.00am
FRENCH CONVERSATION (2)	Alternate Wednesdays
Zuleika Dobson 01449 615 811	10.00am
GARDENS & THINGS	Monthly: 3 <sup>rd</sup> Thursday
Stewart Dorward 01449 774 213	9.30am (variable)
GEOLOGY	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Tuesdays
Linda Reynolds 07880 516 926	2.00pm
David Loades 07761 282 630	
HISTORY (New)	Monthly: 2 <sup>nd</sup> Thursday
Melanie Westenra-Hartley 01449 767 757	2.00pm – 4.00pm
LUNCH CLUB (1)	Monthly: 2nd Thursday
Angela Bentley 01449 780 274	12.20pm
LUNCH CLUB (2)	Monthly: 4 <sup>th</sup> Wednesday
Bryan Hilton 01449 258 152	12.30pm
LUNCH CLUB (3)	Monthly: 4 <sup>th</sup> Thursday
Pat Griffiths 01449 721 137	12.30pm
LUNCH CLUB (Sunday)	Monthly: 2 <sup>nd</sup> Sunday
Contact Andrea Burton 01449 258 865	for more information
MUSIC – Classical	Monthly: 4 <sup>th</sup> Tuesday
Ian Hooper 01449 770 179	10.00am
MYTHS, STORIES AND LEGENDS	Monthly: 1 <sup>st</sup> Monday
Philip Weir 01449 676 528	2.15pm
PAINTING FOR PLEASURE	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Fridays
Nina Rouse 01449 612 042	10.00am – 12noon
PATCHWORK	Monthly: 3 <sup>rd</sup> Monday
Kate Riddleston 01449 612 871	2.00pm
PHOTOGRAPHY	Monthly: 3 <sup>rd</sup> Tuesday
Peter Dakeyne 01449 781 562	2.00pm
PLAY READING (1) & (2)	2 <sup>nd</sup> Mon (1), 4 <sup>th</sup> Mon (2)
Maureen Wingham-Eaton 01449 771 200	10.00am – 12 noon
POETRY	Monthly: 4 <sup>th</sup> Thursday
Jenifer Adams 01449 615 581	2.00pm
QUIZ (New)	Monthly: 4 <sup>th</sup> Thursday
Melanie Westenra-Hartley 01449 767 757	2.00pm – 4.00pm
SCRABBLE PLAYING GROUPS	Variable - By Arrangement
Contact Andrea Burton 01449 258 865	for more information
SINGING	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Thursdays
Hilary Foster 01359 241 773	2.00pm
TABLE TENNIS	Alternate Mondays
Peter Dakeyne 01449 781 562	2.00pm – 3.30pm
THEATRE OUTINGS	By arrangement
Sharon Jeeves 07904 026 864	
WALKING	2/Month: 1st, 3rd Fridays
Phil Webb 01449 614 616	9.30am (variable)
Keith Shelton 01449 768 744	

## Stowmarket U3A, Christmas Lunch 2019 URC Hall, 18th December 2019, 12.30 pm for 1.00 pm,

Price £20.00 pp - for 3 courses, £17.00 pp for 2 courses (main & dessert)  
Tickets on sale at the November meeting.

### Menu

Prawn Cocktail, or  
Cream of Spicy Parsnip soup, or  
Stilton and Broccoli tart

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Traditional: Roast Turkey  
Chipolata sausage, stuffing & Cranberry sauce, or  
Fillet of Salmon with lemon and herb butter sauce, or  
Brie, Mushroom, and Cranberry Wellington served with Cranberry sauce  
All served with roast potatoes & a selection of vegetables

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Homemade Christmas pudding with Brandy butter & cream or  
Cookies and Cream Cheese cake, or  
Fresh Fruit Salad, or  
Cheese selection and biscuits

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Coffee & Mints  
Homemade Mince pies

(Please feel free to bring your own soft drinks/wine & glasses, should you wish).

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**Next Issue** March 2020

**Last date for copy** 29/02/2020

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## Appendix

Following the AGM/Showcase this edition of the Newsletter is very full and some important items had to be missed out of the printed edition, but it is possible to include them here.

### Individual reports included in the Committee Report to the 29th AGM, 18th September, 2019.

#### Di Plester, Membership Secretary:

At the end of July our membership was 242, compared with 207 at the end of the previous year, showing an increase of some 15%. Despite attracting new members we have also lost some members. Many of the latter appear to have only recently joined our U3A only to find that they could not be accommodated within the activity and interest groups which they had anticipated being able to join. This is a disappointment and the Committee will be addressing this matter with the aim that all new members can fully participate in our diverse activity and interest groups.

I would wish to thank the band of volunteers who have helped to administer the subscription renewals at the AGM and at the Coffee morning, a new introduction this year. The introduction of the subscription renewals at the coffee morning is intended to ease the pressure at future AGMs.

#### Andrea Burton, Group Co-ordinator:

During this last year many of the groups have been visited by members of the committee. We were impressed by the variety of format and interest, and also the enthusiasm shown by members.

Last October we had a meeting with many of the Group Leaders to explain the new requirements for financial transactions. Most groups are now sending any invoices to the Treasurer to be paid. All other cash contributions from the group members are also banked and entered into our U3A accounts.

In November we had a meeting to set up New Groups. From this the Theatre Group and the Geology Group have grown and thrived. Sadly, for various reasons, the new language groups have not materialised. The new Table Tennis group is doing very well, as is the Sunday Lunch Group. We have a volunteer who is willing to lead a History Group and a Quiz group. These two groups are still in the formation stage.

In May we had a meeting for Group Leaders to plan for the Showcasing event in September. A plan of the layout of the tables has been produced and we have bought laminated 'banners' - one for each group - to be placed on the wall behind the relevant tables.

The Committee has recently drafted some Guidelines concerning the availability of possible grants for new or struggling groups.

#### Programme Organisers, Lorraine and Keith Shelton:

We hold our monthly meetings on the afternoon of the third Wednesday of each month. This year we have held 8 talks, the Christmas meal, an acquainting afternoon, a summer outing and the AGM. Talks have been varied, with three talks (which required better technology) being held at the MIX, with the others at our usual venue of the URC. Topics included Umpiring at Wimbledon, Curious Suffolk, Antique Fakes and Forgeries, the work of the Suffolk Accident Rescue Service, the building of a replica of the Sutton Hoo Long Ship, Fingerprinting, the renovation of Cupola House in Bury St Edmunds and Life as a Hi Di Hi Yellow Coat.

We held the Christmas meal at the URC this year, reverting back to a previous custom and this was a great success. Our summer outing took us firstly to the Langham Glass Factory and then onto Pensthorpe Nature Reserve.

Next year's programme (2019/2020) will follow a similar theme. Our first talk (October meeting) about the history and development of the Regal Cinema will be held AT THE REGAL and begins at 10am. Our Christmas meal will be held at the URC again and there will be a Garden Party at Columbine Hall in Stowupland in July. (Following the AGM we are holding a birthday Tea Party – our Stowmarket U3A will be 30 years old!!) The garden party will provide the opportunity to meet with other members and this year will replace the acquainting afternoon and the outing.