

# Stowmarket



Learn, laugh, live



## NEWSLETTER

No. 58

## SPRING 2020

### Dear Members

It is with much sadness and regret that, for personal reasons, I have decided to stand down as Chair of Stowmarket U3A with effect from Wednesday 19 February. I wish to express my thanks to all of the membership for the affection and support you have shown me during my time in office. I will continue to support the groups with which I have participated and I look forward to seeing many of you at future meetings.

With best wishes

**Ken Snow**

*(Until a new Chair is elected at the next AGM, Glynis Hunt will fulfil the duties of the Chair in her current capacity of Vice Chair)*



In December, more than 70 members enjoyed our Annual Christmas lunch at the URC Hall. Many thanks to Keith and Lorraine for the organisation and to Ann and Phil for the table decorations.







## February 2020 Monthly Meeting.

Entitled “**Adventures in Dyslexia**” this talk was not quite as expected! Where do you start when you want to break a world record? Nigel Macknight, the speaker, gave a short introduction about his own dyslexia before sharing with us his ambition to break the water speed world record in his new vessel, Quicksilver.

He talked with passion and enthusiasm about land and water speed racing, including the achievements of the famous Campbell family (Malcolm and Donald). Nigel’s life changed in 1967 when, aged 11, he saw Donald Campbell’s ill-fated attempt at the world water speed record on TV. For years he has dreamt of breaking the speed record - he is a man determined – despite the fact that four out of five previous contenders have died in the attempt.

He shared with us his journey from a schoolboy interest in aircraft spotting, the Air Training Corps, writing, interviewing, authorship and publishing to the development, and now potential driver, of a machine capable of travelling 350 mph and breaking the water speed world record.

The Quicksilver project has been and continues to be funded by the generous donations and co-operation of a multitude of high tech companies and educational establishments.

Officially diagnosed with Dyslexia only three years ago, Nigel reminded us of the importance of following your enthusiasms in spite of disabilities and harnessing your passion to actualize your dreams. We wait with great anticipation to see the pinnacle of his lifetime ambitions become reality over the next few years.

Audience reaction to the talk was divided. Whilst some were disappointed that it was not more specifically about the published topic of dyslexia, others were fascinated to hear about the dedication of one man to fulfil his life’s ambition.

Nevertheless, we wish him well in breaking the water speed record - and then we will be able to say we met that man!

**Keith and Lorraine**



### History Group

Over the last couple of sessions we have been studying trade tokens which were issued during the 17th, 18th and 19th centuries. The first session covered 17th century tokens.



In the mid 17th century small change was in short supply across the country. As silver increased in value the size of a silver penny became smaller and it was not feasible to mint smaller silver coins. Coins could have been minted in a cheaper metal but it was beneath the dignity of a king or queen to have their head stamped on anything less than silver or gold.

The minting of coins was a 'royal prerogative' and 'royalty' did not see minting more coins as a priority. With the feudal system breaking down workers were increasingly 'paid' for their work with money rather than in other forms e.g.

food or accommodation. During the civil war of 1642-49 the country was very short of any kind of coin. Additionally, people hoarded money (coins) during the years of the Civil War.

In January 1649 King Charles was beheaded. Suddenly there was no King therefore there was no 'royal prerogative' and people could not be punished for flouting a law that was no longer valid. With the law out of the way - the people took over - token coinage was born. Shopkeepers evolved a pragmatic solution - trade tokens. By the 1660's there were 3,543 people producing tokens in the London area alone and by 1674, when they were finally banned, it is estimated that 20,000 different tokens were struck across the country.

The number of tokens issued in Suffolk were over 375 in about 70 different towns/villages. Locally tokens were issued in Bury St Edmunds (47), Ipswich (43), Mendlesham (2), Cotton (1), Debenham (7), Eye (3), Hoxne (3), Mildenhall (8), Needham Market (6), Stowmarket (6), Walsham Le Willows (3), Woolpit (1).

Each token tells a story. Invariably, somewhere on the token are the initials

of the shop keeper and his wife, the coat of arms of the tradesperson or an image of the goods they are selling, the place and date the token was issued.



*The farthing token of Israell Barret (grocer) of Stowmarket*



*Farthing token of Thomas Solley, grocer, of Mendlesham*

We are a small, friendly group who meet in Stowmarket Library on the second Thursday of each month (2.00 – 4.00 pm). You are very welcome to join us.

KS

Please contact our Group Leader, **Melanie on 01449 767 757** for further details.

### Scrabble

We have a new venue for a Stowmarket based Scrabble group!

Please contact me for further information.

**Andrea Burton** 01449 258 865

### Painting for Pleasure

Our group continues to thrive.

At the moment we are a full group and happy to follow our own individual painting styles and mediums.

We do not keep a waiting list, but hopefully someone will come forward

to start a new group that could accommodate those people who expressed an interest at the Showcase event.

**Nina Rouse** 01449 612 042

### Play Reading

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. **Play Reading Group (1)** recently read "Pygmalion" and currently we are reading "The Confidential Clerk". *At present we have one vacancy in this Group* which meets on the 2nd Monday in each month.

**Play Reading Group (2)** recently read "Arms and the Man" and currently we are reading "An Inspector Calls". This Group meets on the 4th Monday in each month. *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).

Contact: **Maureen Wingham-Eaton**  
Tel: 01449 771200 or  
Maureen.wingham@mwmedia.uk.com



## Myths and Legends

Whilst we are a very small group, we have, in recent times, increased our numbers enabling us to more fully explore the mystical and mythical world and it's history.

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

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

Our upcoming topics are, 'Mythic Heroes - King Arthur' on 6th April, 'Mythic Heroes - Jason and the Argonauts' on 4th May with 'The Mono-myths of Rank and Campbell' completing our 2020 season on 1st June

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

**Philip Weir** 01449 676 528

## U3A Singing Group

We continue to meet on the first and 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 have the opportunity to sing a range of songs for pleasure, not for performance, although we have sung for one or two other groups on occasions.

The songs include rounds, sea shanties, British folk songs and songs from around the world, popular songs from the sixties up to more recent times, songs from the shows and many more!

In addition we occasionally meet up to enjoy a meal together. The group met at the Osiers Cafe twice last year which gave the members a chance to socialise and get to know one another a little better.

New members are very welcome. Why not give us a try, the first visit is free!

To find out more please telephone **Hilary** on 07842189794

## Lunch Club 2



With the exception of December, when the U3A Christmas event was held in the URC Hall, we have been meeting every month.

The group has been run very well by Bryan Hilton who is currently recovering

from a spell in hospital following heart surgery. We were very pleased to welcome him back for our February get together!

**Colin Geyman**

## Table Tennis

Starting last April with just 12 we now have some 21 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

## Photography

At our February meeting, we mourned the passing of Bryan Field who'd been with us since the start (P8).

For almost 7 years now, we've been meeting each month to show and self criticise our best pictures on many different topics (currently close on 80).

You can see a 'best of' selection of these on our group page on the web site at <https://tinyurl.com/y737vfhb>

**Peter Dakeyne** (Sorry, group is full)

## Potential new groups!

New member, **Bonnie Miller** is inviting you to contact her regarding new groups she would like to start. She is also a member of Bury St Edmunds U3A and has experience of running similar groups there.

Working titles are given but they can be changed if required as the group launches.

### Current Affairs Discussion.

With around 8 or 9 members, this group would meet fortnightly to discuss issues of the day. Each would bring along information on some current item of

news and would give their own opinion before passing it to the group for discussion.

### Arty-Crafts!

Normally held at Bonnie's house (where she can prepare the area), this would be an informal, interactive hands-on session where the members bring along their own materials be they water or oil paints, paper, wool or sewing materials. There is no restriction on the type of art or craft explored. As an example, one member could start a painting and pass it to the next to add something, and then on around the group until it's finished. Sounds fun!

### Applied Psychology

Not as scary as it sounds. It's easy for older people to fade into the background and let other people decide what's good for them.

This is a course in assertiveness; 'don't be a doormat' and 'get what you want' are the objectives. Something completely different for those who think they could benefit.

If any of these appeal to you, please call **Bonnie** on 01449 613 855

## Walk and Talk.....

Formerly 'The Walking Group' and before that 'Longer Strolls'. Changing the name to 'Walk and Talk' reflects what we do and the friendly nature of the members.

We have a Facebook page to keep the group informed of our schedule and allow easy communication amongst ourselves. We have recently walked at Needham Market, Langham on the Suffolk Essex border, Alton Water and Freston (see following). All have ended with good pub lunches.

The group continues to grow with up to 27 walkers turning out on a regular basis. Although the weather has generally been far from perfect we have not needed to cancel any planned walks



over the winter. We missed the worst of the wind and rain, however some areas have been quite muddy at times!

**Phil Webb**



Heading west over a stile, around the sailing club, ascending up to the B1080. Crossing the road, took a path across the fields then up through Freston wood.



### February 21st

Taking advantage of a dry period, the walking group covered just under 5 miles starting along quiet roads past Freston church and onto the water tower. From there taking public footpaths across level fields, reaching Woolveston church "St Michael" in the park. After a short break we headed west along "Stour/ Orwell walk" to the Freston Tower. The path then descended down to the fore shore, with a great view of the Orwell Bridge.

Exiting the wood in the front of the Freston church then a short walk along the road back to The Boot for a splendid lunch.

**Roger Crouch**

## Geology Group on tour again!

**February:** Sedgwick Museum in Cambridge

A splendid place. It has informative displays outlining the geology history of Great Britain and an extensive collection of fossils. The picture shows fossils from Bawdsey, Sutton, Wood-



bridge, Waldringfield and Newbourne.



### March: Colchester

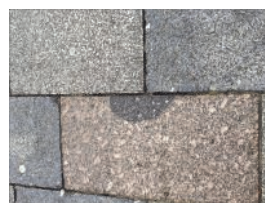
The Natural History Museum is a gem. It has some relatable information about Essex geology and some fine fossils.

#### *Underfoot Geology*

We found these granite slabs by a traffic crossing in Colchester High Street. The



grey rocks are from Portugal. The pinkish ones are from the Lake District with dark sections that are trapped slate.



**David Loades**



## G and T GROUP PROGRAMME FOR 2020

**Mar 19th** **Kersey Mill and shopping village**, car share. Look round the mill, garden walk, light lunch. 25 minutes away. **(Sorry, cancelled due to coronavirus, SD)**

**Apr 16th** **Capel Manor Gardens Enfield**, by coach. Showcases wide variety of gardens, animal park and lake. 1 hr 30 min away. Lunch available. Organiser: Lorraine

**May 21st** **The Place for Plants East Bergholt**, by car share. Gardens and plant centre. Tea, 25 minutes away. Organiser: Shirley

**Jun 25th** **Holme House at Drinkstone**, car share. Orchard, lawns, kitchen garden. Tea, 15 minutes away. Organiser: Stewart

**Jul 16th** **Henstead Exotic Garden**, by coach, lunch at a local venue then afternoon tour of the garden. 55 minutes away. Organiser: Dee

**Aug 20th** **Wyken Hall Vineyard and Gardens**, car share. Lunch at a local pub then vineyard talk and tour. 25 minutes away. Organisers: Jacqui and Ann

**Sept 24th** **Down House, home of Charles Darwin**. More details to come. Organiser: Stewart

**Oct 15th** **The Long Shop Museum Leiston**. More details to come. Organiser: Stewart

**Nov 19th** **End of season lunch**

**More information - call Stewart Dorward, 01449 774 213**

### Henstead Exotic Garden

**"It's like Belize has come to Beccles"** Alan Titchmarch



**THURSDAY 16TH July, Coach from Solar 10.30 hrs**

**£25 for the coach, entry to the garden with a guided tour and tea with biscuits.**

We will first go to Beccles, to arrive about 11am. Several places offer lunch (at own expense) or simply wander round the town and take in the sights.

Then at 13.15 hrs it is off to the garden, aiming to be back in Stowmarket by 16.30 hrs.

Payment in full required by Wednesday June 17th

If you require a lift to the coach pick up point contact the organiser, **Dee (01449 711683)**, or **Stewart (01449 774213)**



**THURSDAY 16th April, Coach from Solar 09.30 hrs**

**Exploration of the gardens including past Chelsea Flower Show gardens. Cafe available or bring a picnic.**

**£20**

Plus entrance fee payable on the day

Entrance fee concessions **£6.00**

Gardeners World 2 for 1 accepted

Departing Capel Manor 15.00 hrs

Please pay at monthly meetings or contact **Lorraine** at **lorraineshelton9@gmail.com** or **01449 768744** for details

### Sign Up for the Houses of Parliament

A visit to the Houses of Parliament has been arranged for Monday 8th June this year. It will mean an early start from Stowmarket at 07.30 hrs by coach returning after 18.00 hrs.

07.30 Depart Stowmarket

10.30 Arrive Houses of Parliament

11.00 Tour of the Houses of Parliament

13.30 Depart Westminster Pier for Boat Trip to Greenwich

14.30 Arrive Greenwich for 2 hours free time – Options available.

16.30 Depart Greenwich by coach for return to Stowmarket

**Price: £30 per person**

What's included: Coach travel, tour of Houses of Parliament and River trip.

Not included: Meals (perhaps bring a packed lunch) tea or coffee.. Greenwich options.

There's an additional chance to sign up at the meeting on 18 March. The trip will go ahead once 40 members register.

There are 50 places available. If you wish to join the trip but cannot get to a meeting then email me at **kencsnow@aol.com** or phone me on **01449 258 865**. Payment will be required no later than 31st March. Please make cheques payable to Stowmarket U3A.

Come join us!!

**Ken Snow**

## Computing & Technology

Over the last couple of years or so we haven't been able to sustain a monthly meeting and have replaced this with an on line forum and a quarterly meeting; this arrangement seems acceptable to all, although I would like to see more use of the online forum which is open to all Stowmarket U3A members, not just the C&T group.



In December we held our usual 'bring a plate' session (above) and a lot of informative fun was had by all.

We did look at some local learning resources which could be of benefit to the wider membership..

**Age UK, Suffolk** are promoting 10 week courses in 'tablet skills' in Stowmarket, Ipswich and Bury St Edmunds. The donation of £25.00 includes the lessons and provision of a Kindle Fire 7 tablet. Two of our members have already completed this course and found it 'brilliant'! For details on the courses or for future dates, call the Fundraising Team on **01473 298683**.

**Stowmarket Library:** Tablet and smartphone help – drop in with your device for help and advice from West Suffolk Sight's tech team, first Tuesday of the month, 2 pm-5 pm.

Internet training sessions for beginners: book in advance, **01449 700 549**

**BT 'Skills for Tomorrow':** It's free and an ideal way to learn IT/computer based skills at home. Here's the link to get started on 'Mastering The Basics', <https://tinyurl.com/yx2pym38>. Just sign up and find a short course (20 min or so) on a topic that interests you. There's also an audio option if necessary.

Other things to consider:

**Subscribe to Computer Active** magazine – many of our members do. It provides a lot of useful information without too much jargon.

**GCF Learn Free:** You can get the answer to almost any Computer/Technology question on the GCF Learn Free site <https://tinyurl.com/ya9ggsqz>

(Links will be live in the 'e' Newsletter)

Peter Dakeyne 01449 781 562

## U3A Day, 3rd June 2020

A National event organised by the U3A to "Raise to the profile of the U3A, help challenge negative perceptions of older adults and invite other Third Agers to learn how U3A supports the lives of retired people. Learn, laugh, live!"

As our contribution, we will intensify our local publicity around this time.

## Coronavirus

In an ever changing situation, it is inevitable that some of our upcoming events will be affected by the current outbreak. Please make sure to read the provided **Addendum to Groups' Risk Assessments** based, by the Committee, on current Government and U3A advice.

# LAKEHOUSE

Onehouse (opposite the Shepherd & Dog)

## Afternoon Tea Garden Party and 30th Birthday Celebration!



Wednesday 15 July, 2.30 pm - 4.30 pm

**£10.00**

for Afternoon Tea and Vintage Games.....

Includes three choices of sandwiches and sausage roll.

Freshly baked fruit served with clotted cream.

Cheese and Jam Scones served with butter.

A range of sweet treats including raspberry cheesecake, lemon posset and mini brownies.

## 24/04/2020 is our 30th Anniversary

Current Life Member, Harold Turner, was involved in generating interest in the U3A in 1989.

As reported by the then Chairman (Barry Renolds) at the first AGM in September 1991, *"The Inaugural Meeting was held on 24th April 1990 and with an attendance of over 70 people, STAR – U3A was born for Stowmarket and district!"*

We will combine our 30th Birthday celebrations with the Afternoon Tea Garden Party on 15th July

## Coming up .....

### June 8th:

Houses of Parliament (p6)

### Apr 15th:

"Introduction to Astronomy"

David Morton

### May 20th:

"Friends against Scams"

Amana Lawrence (NWBANK)

### June 17th:

"Aspects of Philosophy"

Alexander Carter

### July 15th:

Garden Party (Notice here)



**STOWMARKET U3A, ACTIVITY & INTEREST GROUPS – March 2020. Please contact the Leader/Convenor for more information**

<b>ART APPRECIATION (SAAG)</b>	Monthly: Agreed Tuesday	<b>LUNCH CLUB (Sunday)</b>	Monthly: 2 <sup>nd</sup> Sunday
Tony Taylor	9.30am	Contact Andrea Burton 01449 258 865	for more information
<b>BOOK CLUB</b>	Monthly: Last Monday	<b>MUSIC – Classical</b>	Monthly: 4 <sup>th</sup> Tuesday
Mary Bradley 01449 775 628	2.00pm	Ian Hooper 01449 770 179	10.00am
<b>BRIDGE INTERMEDIATE/IMPROVERS</b>	Weekly: Friday	<b>MYTHS, STORIES AND LEGENDS</b>	Monthly: 1 <sup>st</sup> Monday
Carol Gibson 07918 743 154	2.00pm	Philip Weir 01449 676 528	2.15pm
<b>CANASTA (1)</b>	Weekly: Wednesday	<b>PAINTING FOR PLEASURE</b>	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Fridays
Hazel Burl 01449 615 581	9.30am (Stowupland)	Nina Rouse 01449 612 042	10.00am – 12noon
<b>CANASTA (2)</b>	Weekly: Tuesday	<b>PATCHWORK</b>	Monthly: 3 <sup>rd</sup> Monday
Carol Gibson 07918 743 154	2pm-5pm	Kate Riddleston 01449 612 871	2.00pm
<b>COMPUTING &amp; TECHNOLOGY</b>	Online Q&A forum &	<b>PHOTOGRAPHY</b>	Monthly: 3 <sup>rd</sup> Tuesday
Peter Dakeyne 01449 781 562	Quarterly meetings	Peter Dakeyne 01449 781 562	2.00pm
<b>DISCUSSION</b>	Monthly: 2 <sup>nd</sup> Tuesday	<b>PLAY READING (1) &amp; (2)</b>	2 <sup>nd</sup> Mon (1), 4 <sup>th</sup> Mon (2)
David Warner 01449 612 730	10.00am	Maureen Wingham-Eaton 01449 771 200	10.00am – 12 noon
<b>FRENCH CONVERSATION (1)</b>	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays	<b>POETRY</b>	Monthly: 4 <sup>th</sup> Thursday
Andrea Burton 01449 258 865	10.00am	Jenifer Adams 01449 615 581	2.00pm
<b>FRENCH CONVERSATION (2)</b>	Alternate Wednesdays	<b>QUIZ</b>	Monthly: 4 <sup>th</sup> Thursday
Zuleika Dobson 01449 615 811	10.00am	Melanie Westenra-Hartley 01449 767 757	2.00pm – 4.00pm
<b>GARDENS &amp; THINGS</b>	Monthly: 3 <sup>rd</sup> Thursday	<b>SCRABBLE PLAYING</b>	Variable - By Arrangement
Stewart Dorward 01449 774 213	9.30am (variable)	Contact Andrea Burton 01449 258 865	For more information
<b>GEOLOGY</b>	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Tuesdays	<b>WALK and TALK</b>	2/Month: 1st, 3rd Fridays
Linda Reynolds 07880 516 926	2.00pm	Phil Webb 01449 614 616	9.30am (variable)
David Loades 07761 282 630		Keith Shelton 01449 768 744	
<b>HISTORY</b>	Monthly: 2 <sup>nd</sup> Thursday	<b>TABLE TENNIS</b>	Alternate Mondays
Melanie Westenra-Hartley 01449 767 757	2.00pm – 4.00pm	Peter Dakeyne 01449 781 562	2.00pm – 3.30pm
<b>LUNCH CLUB (1)</b>	Monthly: 2nd Thursday	<b>THEATRE OUTINGS</b>	By arrangement
Angela Bentley 01449 780 274	12.20pm	Sharon Jeeves 07904 026 864	
<b>LUNCH CLUB (2)</b>	Monthly: 4 <sup>th</sup> Wednesday	<b>SINGING</b>	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Thursdays
Bryan Hilton 01449 258 152	12.00pm	Hilary Foster 01359 241 773	2.00pm
<b>LUNCH CLUB (3)</b>	Monthly: 4 <sup>th</sup> Thursday		
Pat Griffiths 01449 721 137	12.30pm		

*We are sorry to announce the death of **BRYAN FIELD**, a long standing and loyal member of Stowmarket U3A. Over the years, Bryan joined several groups; he was an active walker and more recently one of the founder members of the Photography Group in 2013. Our condolences go out to Hazel and her family. He will be missed!*

**Stowmarket U3A Committee Members 2019/2020**



Glynis Hunt



Phil Webb



Evelyn Russell



Diane Plester



Keith Shelton



Lorraine Shelton



Linda Reynolds



Anne Webb



Mike Barnes

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