

Hello and welcome to our November newsletter.

Isn't it wonderful to be able to meet regularly again! Our picnic afternoon and coffee morning saw a good number of our members coming along and enjoying catching up in person with those they hadn't seen for a while (p2). The AGM took place, and we have a complete committee to enable us to continue to run. Introductions below!

Then last month we had our belated **30th Birthday** celebrations which over 60 of you came to. We had a variety of guests from the past and present representing long term members and members who had made a significant contribution to our group (p7).

Philip Weir told us about his early days in the U3A over 20 years ago and **Peter Dakeyne** gave an illustrated talk about the creation and then development of our U3A over the first 10 years. Next, **Wendy Atkins (Morgan)**, cut our birthday cake and we socialized over afternoon tea (many thanks to everyone who contributed food).

My thanks to **Lorraine** and **Anne** for being the planners

behind this event and encouraging us all to support them as much as possible.

Most of our groups are finally up and running, though sadly some have folded as their leaders felt they needed to move on or could no longer take the lead and others felt unable to step up to fill those roles.

On which note, the U3A is obviously run by volunteers and like all voluntary organisations we struggle to find people to take on any role. With that in mind, we thought perhaps the way forward would be to plan ahead and ask if anyone would be willing to become a trainee for any of the committee posts or group leader roles. The committee plans to meet 4 or 5 times a year for a maximum of 2.5 hours plus the AGM and most of our groups meet once or twice a month, so if you are at all interested, please speak to one of the committee.

Finally, we are looking forward to our 'Discovering Santa' talk and a delicious Christmas lunch. Hope to see you there,

Glynis Hunt, Chair.

Stowmarket u3a Committee Members 2021/2022



Glynis Hunt

John Hunter

Amanda Park

Evelyn Russell

Anne Weedon

Keith Shelton

Lorraine Shelton

Linda Reynolds

Liz Power

Anne Webb

Mike Barnes

Chair	Mrs Glynis Hunt	01449258 714	chair@u3astowmarket.org.uk
Vice Chair	Mr John Hunter	07832 063 550	vicechair@u3astowmarket.org.uk
Secretary	Mrs Amanda Park	01449 781 972	secretary@u3astowmarket.org.uk
Treasurer	Mrs Evelyn Russell	01473 833 034	treasurer@u3astowmarket.org.uk
Membership Secretary	Mrs Ann Weedon	01449 771 947	membership@u3astowmarket.org.uk
Programme Organiser	Mr Keith Shelton	01449 768 744	programme@u3astowmarket.org.uk
Programme Organiser	Mrs Lorraine Shelton	01449 768 744	programme@u3astowmarket.org.uk
Beacon Administrator	Mrs Linda Reynolds	07880 516 926	sabeacon@u3astowmarket.org.uk
Groups Coordinator	Mrs Liz Power	07799 761 336	groupscoord@u3astowmarket.org.uk
Committee Members	Mrs Anne Webb	01449 614 616	
	Mr Mike Barnes	07916 150 475	

Our first event of 2021 – a Picnic at Milton House on 18th August.

Some 40-50 members enjoyed the sun and, more importantly, the chat!

We had some quizzes and garden games which added to the fun. We had a lot of publicity material available using the new u3a branding and, as the event had been widely advertised, we attracted some members of the public who were able to see first hand what we are about— and one or two joined on the day.



Photos Glenda Taylor and PD



A bit of good news and a bit of not so good news. **Lorraine and Keith Shelton** have very kindly taken over the **History Group** (see page 5) from **Melanie Westenra-Hartley** who has stepped down as Group leader for personal reasons (we are glad, however, that she is continuing with the **Quiz** group). There has been an lot of interest — so stay tuned!

Also, **Linda Reynolds** has taken over the **Geology Group** from David Loades (p5)

Philip Weir has reluctantly suspended the **Myths and Legends** group due to lack of interest. He is quite happy to

restart if the situation changes.

The **Painting for Pleasure** group has been disbanded after **Nina Rouse's** resignation as Leader. Our thanks to Nina for leading the group the past years. So far, no one has stepped in to take over. However, this does not mean that it will be forever; if enough members take an interest and collectively run the group or find someone to take the reins it can be revived. This applies to any of the groups which have been disbanded or, for that matter, a new group which someone may want to start.

All other groups, other than the Lunch groups, are up and running either face to face or virtual. Having said that, at the 30th Anniversary celebration, **Ken Snow** mentioned that he is restarting a **Lunch group on Sunday 21st November**. Please contact him (01449 258865) if interested.

Could I kindly ask Group Leaders/ Convenors of active groups to send me an up-to-date list of members, please?

I hope to see many of you at the Christmas lunch.

Liz Power, Group Coordinator

Walk and Talk

During the summer we have enjoyed some interesting walks. In August we walked from Levington Marina along the River Orwell towards Felixstowe and back, the views are totally different in each direction. Lunch was on a converted lightship, a very unusual venue.



Lunch at a Pub or Restaurant at the end of walk is an added option but without



doubt we have had some excellent meals not least at the Ice Cafe situated in the middle of the Rougham industrial estate. Only a short drive at the end of the walk but a journey worth making.



We walk on the first and third Fridays of the month and as October has five Fridays we thought we would try something different and have a third walk which was shorter than usual (3 miles rather than the the normal 5) This proved popular and if you consider 3 miles may be of interest to you, rather than our normal let us know and we will consider making this a regular option.

Phil Webb



Other walks have taken us to Stonham Aspal, around Rougham, Pakenham and our old favourite, Onehouse. Recently we have walked around Cotton and Mendlesham.



Computing and Technology

We've had two meetings since the last newsletter, August and October. Whilst there were only 5 or 6 in attendance at each we had much fun and chatter in amongst our more technical discussions.

Including matters arising from the previous meetings and new topics we discussed (amongst others)...

August: In a very full meeting, once again we explored the various uses of the Windows 'Right Click' (context) menu, and then examined ways to get rid of, or at least minimise the problems created by 'spam'.

This led on to 'How to avoid wanted emails going into spam/trash folders'.

Depending on the email client there are many ways to do this, but as we have discovered, they don't always work! A favourite solution is to make sure that the sender is in your contacts, but again we've found there are no guarantees. We further discussed- 'How to convert speech to text', 'Crop a picture to a shape in Power Point and Publisher', 'How to share a folder in DropBox', 'When is 'www' needed?' (these days, hardly at all), 'How to prepare QR codes' - a right click option on any web page and finally, a reminder on how to 'Mail merge using Excel and Word.'

October: Since the last meeting, we'd had an interesting exchange on our [forum page](#) about Gmail and problems with attachments (don't forget, even if

you are not a C&T group member, if you have an IT related problem you can always post a question here).

In preparation for the meeting one of our members had raised a question about storage folders and how to organise and use them to the best advantage. We used 'Windows Explorer' (now File Explorer) to delve into this. Having shown that pressing the Windows key +E opens a fresh window, we were able to explore all the viewing options and see how easy it was to move files and folders around. It seems that however experienced we are, there's always something new to learn!

Peter Dakeyne

Play Reading—Virtual

The Virtual Play Reading Group has continued to meet twice a month on 2nd and 4th Monday between 11.00a.m–12.00noon.

Recently we have read "A View from the Bridge" by Arthur Miller, "A Woman of No Importance" by Oscar Wilde and A Doll's House by Henrik Ibsen. Next we plan to read "Cat on a Hot Tin Roof" by Tennessee Williams.

I anticipate that the Play Reading Group will continue as a Virtual Group for the foreseeable future.

If anyone wishes to join the Virtual Group, please contact me. Anyone who is interested in joining the Group once we return to live meetings, please contact me and I will keep you informed when the situation changes.

Maureen Wingham-Eaton

Tel: 01449 771200 – email:
Maureen.wingham@mwmedia.uk.com

Book Group

The Group has been going since 2014 when it was started by the late Mary Bradley.

We are a small group of enthusiastic readers, who meet on the last Monday of each month at the Library from 2pm to discuss the chosen book and anything else of interest.

If anyone is interested in joining our group then please give us a ring and have a chat – we may be able to find space for one or two new members.

Sylvia Downs 01449 612661

Singing

The Singing Group has relocated to the URC where the monthly U3A meeting is held. The acoustics are lovely and it's great to have access to a grand piano.

The group has restarted with reduced numbers and we would be delighted to welcome new members.

We sing a really wide range of songs, folk songs from around the world, pop songs from the 60s onwards, songs from the shows, several songs from different religious communities, sea shanties and more.

There will always be something you know, plus a few new songs to enjoy.

We usually meet on the first and third Thursday of the month from 2pm to 3.30pm. The cost is around £10 for each term, depending on numbers, which is to cover the cost of hiring the hall.

Please contact Hilary Foster on 07842189794 if you're interested in trying out a session. We'd be delighted to have you!

Discussion:

Upcoming meetings:

14 Dec 'The importance of "Kindness" What does it mean to you? Is there more or less?'

11 Jan 'Social Care. Who is it for and who should pay?'

8 Feb 'Bureaucracy – is there too much? Why has it developed, where has it come from?'

8 Mar 'How do we find purpose in life? Does happiness link to purpose?'

We meet 10am - 12.00 noon on 2nd Tuesday of the month.

You can find the full **2021/2022** programme on our web site [HERE](#)

David Warner 01449 612730



Photography

We continue to have fun at our virtual meetings and our members are quite happy to continue this way for some time to come.

We all submit our photos as normal via Dropbox and Roy is able to share his Photoshop screen so we can admire and/or constructively criticise the pictures as normal.

Our recent topics have been 'Food and Drink', 'Points', 'Shadows' and in November 'Abstract'. You can view a full

selection of pictures from recent sessions on the latest video (plus all the others back to 2013!) [on our web page....](#)

Unfortunately, due to the time it takes to go through everyone's pictures, the group is currently full. Please let me know if you would like to go on our waiting list.

On the same topic, though, should there be sufficient interest I would be quite happy to mentor a second, companion group run on the same lines.

Peter Dakeyne

u3a
learn, laugh, live

History Group — relaunch

We have got to start somewhere!!!

We hope to kick-start our re-formed History Group from the New Year. Initially the programme will comprise talks (given by members) and visits (organised by members).

We meet on the first Wednesday AFTERNOON of each month from 2pm to 4pm. The venue is yet to be decided but will be Stowmarket based. Members of the group will pay, initially, £3 per talk whether they attend or not. The idea, of course, is that the Group neither makes a profit, nor runs at a loss. Thus, when we are clearer about attendance

numbers, the monthly amount will be adjusted accordingly. There may be an additional cost to participate in visits

The 2022 dates for talks and visits (where possible) are 5 Jan, 2 Feb, 2 Mar, 6 April, 4 May, 1 Jun, 6 Jul, 3 Aug, 7 Sep, 5 Oct, 2 Nov, 7 Dec.

If you would like to join the History Group (we already have 20 plus) or would like further information and have not already contacted us please contact either,

Lorraine or Keith Shelton by email to shelton.keith@gmail.com or on 01449 768744

Geology

Our Geology group had a blow recently when David Loades decided to leave for family reasons. We owe him a huge debt for his enthusiasm, humour and very hard work in keeping the group meeting going twice monthly, via Zoom, throughout the Pandemic. We thank him and send all good wishes to him and his family.

We shall be carrying on online, certainly through the colder months, using jit.si, as recommended by Peter Dakeyne when our Zoom licence expired, and so that some members who cannot attend in person won't miss out. We plan a return visit to the Sedgwick Museum in Cambridge as our first Spring site visit in March when we can meet in person.

I will be leading the organisational part of the group but we are very much self-help and our topic is so vast that we are all able to offer something to our combined learning. It can take us some time to get our photos and presentations together, even if it only takes a few minutes to show, [so we have changed our meetings to monthly on the third Tuesday at 2pm.](#)

Geology can take over! Roger and I have recently returned from a fascinating holiday at the Dorset Jurassic Coast. We confess to bringing a few stones back with us found on our coastal walks and beach combing!

Linda Reynolds

Table Tennis — Peter Dakeyne

On 6th September we had our first session since March last year. We have welcomed several new members and now number 19, close to the pre-pandemic level.

Qualification to join? Be a Stowmarket u3a member. You don't have to be an expert player – even if you've not played since your teens, you'll soon pick up the basics again.

The objective is just to enjoy yourself and exercise mind and

body in the process.

We can still take more members. Have a look at the information sheet on our web site [for full details.](#)



Gardens and Things

After an enforced pause of some 18 months the Group came back to life in late September with a guided tour of the **Vineyard at Wyken**. The weather could not have been kinder and the guide, our very own **Anne Webb**, was an excellent host. Some 15 members came to Wyken, many also visiting the gardens and sampling the cuisine in the restaurant.



I have started planning for a full programme next year and so far Holm House at Drinkstone in June and a guided tour of Columbine Hall and gardens in August are confirmed.

Both these visits are by car share. My other current thoughts are the Charles Darwin house in September, The Long Shop museum at Leiston in October and The Place for Plants at East Bergholt in May.

More than 20 of us had a pleasant lunch on 11th November where we planned the 2022 programme. All the details will shortly be publicised on our web site.

As in previous years I will be taking names (and payment, preferably by cheque) on the two monthly meetings prior to visits. If you cannot make the meetings please contact me if you want to join us on any visit.

Stewart Doward

In my talk at the 30th celebrations, I mentioned that you can find a wealth of interesting information on how our U3A has developed over the last 30 years by reading the archived [Newsletters on the web site](#). There is a gap from 1992 to 1999 when either none were published or any that were have been lost over time; otherwise there is a complete set 1990 to date. It is fascinating to read how groups started then closed then started again under a new

name and/or leader and continued to prosper over the years.

Also worth a look is the [Outings and Events page](#). Here you can read (from the top) about the 30th celebrations, the August Picnic with a link to a gallery of pictures and the list of links to all the excellent virtual talks created by Keith and Lorraine earlier in the year.

PD

Coming up.....

(restrictions permitting)

November 17th. "The Science of Santa"

Professor Stephen Ashworth, UEA

This will be Stephen's 3rd visit to Stowmarket U3A. In 2014 he entertained us with 'The Sound of Silence' (with demonstrations) and again in 2016 with 'Kitchen Chemistry'

December 15th. Christmas Lunch, URC Hall

Full details page 8. Make sure to buy your tickets early, spaces are limited.

January 19th. "Charlie and The Dig"

Charlie Haylock.

Charlie's last visit was in 2017 when he educated us on 'The History of Spoken English'. For his January talk he will recount his involvement in the Netflix drama documentary about the discovery of the Sutton Hoo treasures.

February 15th. "Dad's Army"

Charles Garland.

A fun, behind the scenes talk, with personal stories about the writers and cast from David Croft's assistant. It was H.M.

Elizabeth, The Queen Mother's favourite programme. Charles had the job of re-editing the entire series - and explains why.

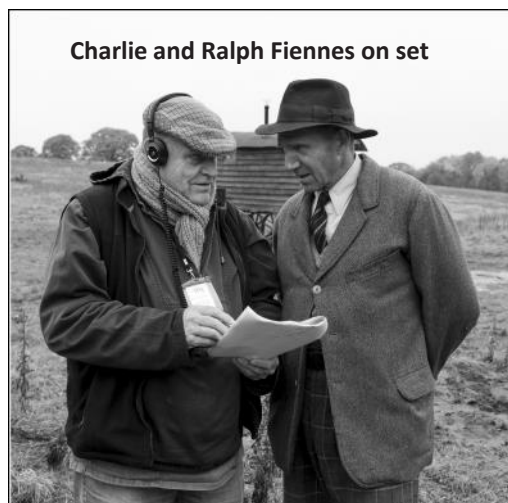
March 16th. "Growing for Gold" (Roses)

Simon White

Simon is Garden Centre Manager at Peter Beales Roses with over 37 years experience on the subject of roses - and he likes to share this passion with others.

He is also the current President of Norfolk & Norwich Horticultural Society.

Charlie and Ralph Fiennes on set



On Wednesday 20th October the hall was decorated with yellow and blue ribbons and balloons, the tables were laid, the cake was ready to be cut and 65 of our members turned up to celebrate the 30th birthday of Stowmarket u3a. We were officially a year late because of the pandemic but it was a really good way to launch a return to monthly meetings, meet old friends and catch up on all the news.

Glynis, our chair, opened the event by introducing members who have been with us for over 20 years and members who have moved out of the area but made a significant contribution to Stowmarket u3a in the past.

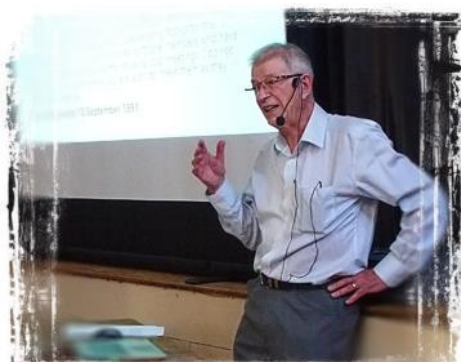
Phillip Weir gave a short talk about his memories of the Stowmarket u3a and Peter Dakeyne took us through the early history of the branch including the role played by Harold Turner a longstanding member who sadly died last year.

The cake was cut by Wendy Atkins (Morgan) and then the party began with tea and cakes and lots of chatter.

It was a great return to face to face activities. Let's hope that Stowmarket u3a continues for another 30 years!

Lorraine

Thanks to Lorraine and Anne for decorating the cakes! Ed



Gardens and Things



CHRISTMAS WREATH MAKING WORKSHOP

At URC STOWMARKET

WEDNESDAY 8TH DECEMBER

10.00 am - 12.30 pm

TICKETS £17.50 Available until Sunday 21st November, from:-

Lorraine (01449 768 744) or Anne (01449 614 616)

Includes Coffee/Tea + Mince Pies

Please bring your own greenery and secateurs or scissors

Everything else will be provided

Stowmarket U3A, Christmas Lunch 2021

URC Hall, 15th December 2021, 12.30 pm for 1.00 pm,

Price £23.00 pp - for 3 courses, £18.50 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*

*~~~~~
Traditional- Roast Turkey
Chipolata sausage, stuffing & Cranberry sauce, or
Fillet of Salmon with lemon and caper sauce, or
Sweet Potato, Mushroom and Chestnut loaf
all served with roast potatoes & a selection of vegetables*

*~~~~~
Homemade Christmas pudding with Brandy butter & cream or
Homemade Salted Caramel Cheese Cake, or
Fresh Fruit Salad, or
Cheese selection and biscuits*

*~~~~~
Coffee & Mints
Homemade Mince pies*

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

ACTIVITY & INTEREST GROUPS

Currently running - November 2021.

Please note. Several other groups are in need of a new Leader/Convenor and/or are waiting to restart if there is sufficient interest. If you can help, please contact Liz Power, Groups Coordinator on 07799 761 336, or email groupscooord@u3astowmarket.org.uk
Also, contact Liz if you have an idea for a new group and would like some assistance in setting it up.

BOOK CLUB

Sylvia Downs 01449 612 661

BRIDGE INTERMEDIATE/IMPROVERS

Carol Gibson 07918 743 154

CANASTA (1)

Hazel Burl 01449 615 581

CANASTA (2)

Carol Gibson 07918 743 154

COMPUTING & TECHNOLOGY (Virtual)

Peter Dakeyne 01449 781 562

DISCUSSION

David Warner 01449 612 73

FRENCH CONVERSATION (1)

Helen Mead 01449 677 846

FRENCH CONVERSATION (2)

Neville Cox 01473 657 374

GARDENS & THINGS

Stewart Dorward 01449 774 213

GEOLOGY

Linda Reynolds 07880 516 926

HISTORY

Lorraine/Keith Shelton 01449 768 744

LUNCH CLUB (Sunday)

Ken Snow 01449 258 865

MUSIC - CLASSICAL

Ian Hooper 01449 770 179

PHOTOGRAPHY (Virtual)

Peter Dakeyne 01449 781 562

PLAY READING (Virtual)

Maureen Wingham-Eaton 01449 771 200

POETRY

Jenifer Adams 01449 615 581

QUIZ

Melanie Westenra-Hartley 01449 767 757

SINGING

Hilary Foster 01359 241 773

TABLE TENNIS

Peter Dakeyne 01449 781 562

WALK and TALK

Phil Webb 01449 614 616

Keith Shelton 01449 768 744

Editor/Webmaster Peter Dakeyne

01449 781 562

newseditor@u3astowmarket.org.uk

Next Issue March 2022

Last date for copy 28/02/2022

www.u3astowmarket.org.uk