

**Hello and welcome to our July Newsletter.**

Summer has been with us in recent weeks and many of us are enjoying holidays and time away from home.

Meanwhile, our monthly meetings have been well attended and we have been treated to a wide range of talks. April was a very informative and interesting talk on what you could see in our skies if we took up astronomy using the naked eye or a small telescope.

May was a fascinating, eye opening and amusing talk by Sally Dearman, the first woman to go through the RAF's fast jet flying training system. Her talk was

entitled 'Women Can Fly' in which she told us about her experiences as a pilot and a woman in the RAF. A fascinating and challenging world.

June was a talk by Jenny Gibbs called 'An English Woman's Life in Rural Turkey'. I missed this talk but hear it was an interesting eye into a different way of life.

More on all the above later.....

Our next event is our summer outing to share tea and scones at our picnic in the grounds of Red Gables on the 13th July at 1.30-3.30. I hope many of you will be there to share in a relaxing afternoon eating and chatting, hopefully in the sun.

As I wrote last time, we have a good number of our interest groups up and running but we are always looking for people willing to start a new group or revive an old one. The group does not have to be set up and run by just one person, it can be a pair of leaders or a more shared approach. If you have any ideas, please contact Liz, our groups coordinator.

Finally, this is my last newsletter message as chair as I am moving to Nottinghamshire in the autumn, so I wish you all well now in case I don't see you at our last meetings of our current U3A year.

**Glynis Hunt - chair.**



**Group News**



**Walk and Talk**

During the last three months we have enjoyed walks around Gislingham, Wortham and Wortham Ling, Felsham and Bradfield Woods. Otley and Helmingham, Badley and Combs, Rickenhall and Redgrave. Jubilee weekend we went to Crettingham and finally Hoxne.

The weather so far this year has been more diverse than we have seen for some time. As previously reported, storm Eunice forced us to cancel a walk in February, the Otley and Helmingham walk started in a hail storm. Hoxne on 17th June saw temperatures reach 32.5 which meant a slower pace, plenty of stops and a reduced distance.

Although lunch is secondary to walking, getting together at the end of 4 or 5 miles is a good way to wind down and catch up with anyone you have not

managed to walk with. We have noticed that some of the hostellers in the more remote villages have not reopened after Covid. This has meant we have sometimes needed to travel a short distance for refreshment rather than start and end the walk at the same pub.



## Shorter Walks

Although Walk and Talk caters for those members who enjoy a 5 mile walk, we became aware that some members would prefer a shorter one (as enjoyed by the 'Shorter Strolls' group for many years).

At the end of April a trial walk of approximately 3 miles was organised starting at the Lakeshore Cafe at



Onehouse when 24 members took part.

Following the success of the trial it was decided to organise further walks which took place around Needham Lakes at the end of May, led by Glenda and Mike Taylor and a June walk around Cotton. A July walk has also been planned and will be led by Anne and Martin Jones.

Although this new group has been created by the Walk and Talk team to establish the level of interest in shorter walks, it is not intended



that they run this group. Although each walk can be organised by different members a Group Coordinator(s) is required to take this forward.

Help and support in setting up this group would be available from the walk and talk group.

**Phil Webb/ Keith Shelton**

## Computing and Technology

We've had two meetings since the last newsletter, April our now normal virtual meeting and June our first face to face since March 2020.

**April:** As usual, a very wide ranging meeting. Topic headings were: 'Group communications' (#), 'Windows Defender ransomware protection', 'What to do with scam emails', 'Are BT stopping analogue phone lines?', 'Back-ups: What is the difference between a clone and an image?', 'Smart phone issues' and 'How to make easy access web links on your desktop'.

If you'd like the full details, they can be found in the meeting report [HERE](#).

# For several years we have had a forum page on our web site so that our members could post queries and receive advice without waiting for the next meeting. However after an initial flurry it has been little used, not least as it is quite a performance to navigate. [We have now introduced a closed WhatsApp group, 'U3A C&T'](#)

After a slow start we now have 10 of our members signed up, and already we've had some interesting problems to solve.

We also decided to open this to any Stowmarket U3A member who feels that they could benefit from some help (or help solve!) any computing/ technological problem, and automatically becoming a C&T group member.

If this is of interest to you, please follow this [Invite Link](#) to join (please do not share this with anyone outside of Stowmarket U3A).

**June:** Dave Potter kindly offered to host, giving us the opportunity to get together for a meeting which was as much as a social occasion as anything else.

The 9 of us spent half an hour out in the sun with tea and coffee served before we moved inside for the meeting. Every one was prepared with their laptops and tablets and all managed to log on to Dave's Wi-Fi.

We spent time going through the notes of the previous meeting, updating as we went along before we had to stop again as Pat, Dave's wife, came in and presented us with a real cream tea, scones, jam, thick cream and home grown strawberries—the works!



Sated, and with just enough time, we carried on with some individual queries and had further discussion about the new WhatsApp messages.

We planned to watch an 'Ask Leo' video talk about older people and their relationship with technology. However, with so much chat we ran out of time! I believe the message would be of interest and perhaps inspiring to our wider membership. Have a look for yourself!

[You Are Not Too Old for Technology](#)

We are very grateful to Dave and Pat for a pleasant afternoon.

We will, perhaps, have the occasional face to face in the future but our next meeting will be on-line in August.

**Peter Dakeyne** 01449 781 562

## History Group

Picking up the theme of our talk in March about the hundreds of boats which participated in the evacuation of Dunkirk and included boats from the RNLI, our outing in **April** was the **Alfred Corry Museum in Southwold**. This proved to be a most interesting visit for everyone.



The Alfred Corry was a lifeboat dedicated in Southwold in 1893 having been commissioned the previous year and built in Great Yarmouth and made possible by a legacy to the RNLI from a Mr Alfred Corry of Putney.

She served for 25 years but by the end of the First World War the cost of repair became too high and she was sold. She had a succession of owners and refittings until she was laid up in West Mersea at the time of the Second World War. She was bought again in 1945 and had the distinction of being the first British yacht to enter Ostend after the war. After various changes of ownership she was left neglected in the River Blackwater where she was spotted in 1974 by the man who ran the Southwold Lifeboat Museum.



The family of the first coxswain of the boat were contacted who purchased it and a programme of restoration began. After 4 years of hard work she sailed again as the Alfred Corry and in 1980 made her return to Southwold entering the harbour after 62 years away. The

family sailed it over the next 20 years but as her 100th birthday drew close the work and cost of maintenance became too great.

A plan was made to ensure her survival by returning her to her original lifeboat specification and installing her in her own museum. Fortunately the National Maritime Museum in Greenwich had the original plans and were able to supply a copy. A charitable trust was set up and restoration began but a permanent home was needed.

By luck the Cromer lifeboat shed had become redundant and was bought by the Trust. In April 1998 the shed arrived by sea and was installed in its present position. After 15 years of restoration work by a dedicated team of volunteers the lifeboat was ready for the public to see.

The lifeboat shed houses a permanent exhibition charting the story not only of the Alfred Corry but the maritime history of Southwold with lots of photographs. Volunteers are always on hand to answer questions.

Should you wish to visit check their [website](#) for opening hours. There is no charge to visit but, of course, all donations are gratefully received.

**Jackie Durrant**

## May—Token Currency

This month's very interesting talk on trade tokens was given by **Keith Shelton**.

Keith explained that for over two centuries, from the seventeenth to the early nineteenth, the Royal Mint failed to strike sufficient copper coins for the needs of the public. This failure was due to a number of factors including civil unrest.

So that wages could be paid, goods bought and change given, numerous individuals, firms and town councils issued their own local currency called trade tokens.

Keith handed round tokens from his own collection and these were viewed through magnifying glasses. These included local tokens including a Norwich Farthing from 1670.

The tokens painted a picture about the



social and economic life of this country and each had a story behind it.

The talk was very enlightening introducing yet another layer of understanding about our History. Many thanks Keith.

**Phil Webb**

## June — Visit to Framlingham Castle

We were each issued with an audio guide which took us on a tour of the interior buildings and on a walk on top of the walls. Luckily the weather was good so we were able to learn about the history of the Castle whilst enjoying the sunshine and the superb views from the walls.

The original buildings within the walls have mostly disappeared but the present buildings, which used to be a workhouse, now contain an interesting exhibition about the local history of Framlingham, as well as a café which supplied a welcome cuppa when the tour was finished.

It was Half Term so the Castle was busy and the visitors were treated to some role playing by two young ladies dressed as Queen Mary I and her lady-in-waiting. Some of the spectators were drawn in to take part and we were entertained to see Keith Shelton give a splendid performance as the Spanish ambassador! After leaving the Castle we visited the nearby St Michael's Church where we saw the tombs of previous owners of the Castle as well as the magnificent flower festival which was being put in place for the Jubilee celebrations.

**Linda Pattie**



## PLAY READING – Virtual

The Group has continued to meet twice a month on 2nd and 4th Monday, 11.00am – 12.00 noon.

Following “**The Cherry Orchard**” by Anton Chekov, we have read “**You Never Can Tell**” by George Bernard Shaw. At our next meeting we will commence “**Death of a Salesman**” by Arthur Miller.

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 once we return to live meetings, please contact me and I will keep you informed when the situation changes.

**Maureen Wingham-Eaton**

Tel: 01449 771 200

Maureen.wingham@mwmedia.uk.com

## Poetry

The Poetry Group continues to meet monthly for lively discussions and readings of poems we have chosen. The subject of 'Summer', chosen by one of the members at the previous meeting brought a huge variety of 'summery'

verse this time. Some new and others familiar.

Next month's subject will be some of Stephen Spender's poetry. This will be new ground for us and we look forward to discovering more about him and his work.

If anyone is interested in joining us for a 'taster' at any future meeting they would be most welcome. We meet on the fourth Thursday of the month at 2pm in the Garden Room at Red Gables.

Best wishes.

**Jenifer Adams**

01449 615 581

## Table Tennis

Having recently recruited several new members we are now 22 in number and averaging 16-17 in attendance. 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 a few more members. Have a look at the information sheet on our web site [for full details](#).

**Peter Dakeyne** 01449 781 562



## Gardens & Things

A good season so far, with the Sun gods shining on the 3 trips we have made. The first was to **Kersey Mill** and shopping village in April, followed by **The Place for Plants** nursery and gardens in May and **Holm House** gardens at the end of June. Each was well attended and interesting in their own way. I am always impressed by the huge personal commitment our hosts must make in developing and restoring their various fiefdoms. Their enthusiasm came across immediately and inspires

all of us to work harder on whatever small patch we have!

There will be no trip out for the group in July due to the U3A picnic. On the **18th of August** we are going to **Columbine Hall and Gardens** at Stowupland on an afternoon visit. Numbers are limited and all the spaces are taken, but if you want to go on the reserve list please contact me and I will add your name in case of someone having to cancel.

If any members are interested in a coach trip to **Peter Beales** rose nursery on **Saturday 17th September** to visit the gardens and Autumn craft fare please contact me; I need to have a viable number by mid July for the trip to go ahead. The cost is likely to be £15 pp. The season should be rounded off by a visit to the **Long Shop** museum at **Leiston**, more details at the August meeting.

On a more sombre note to finish, after 5 years of running the group I have decided that this will be my final year as convenor. If there is anybody out there minded to take over I will be pleased to pass the baton on to them.....

**Stewart**

01449 774213 or

thedorwards@gmail.com



**PS.** See more pictures of the **Kersey Mill** visit [on our website](#)

## The Singing Group .....

I s looking for new members! What with Covid and lockdown and subsequent anxieties about getting out and about we've really 'taken a hit' on numbers. Despite our low numbers we're still full of enthusiasm, but feel it's time to encourage others to join us.

As always the group is all about singing for pleasure and there's absolutely no requirement to be a 'good' singer. You don't need to be able to read music and new songs are learnt gradually over a number of weeks. It's aimed at everyone and everyone is welcome!

We mainly sing in unison, but enjoy a number of rounds too. We sing pop

songs from the 60s and 70s, songs from a wide range of musicals, folk songs from around the world and sea shanties with piano accordion accompaniment, we sing a number of gospel songs and also enjoy so-called 'art songs' with beautiful piano accompaniments. There really is something for everyone. If you come along and we don't include something you really love, tell us what that is and we'll try to include it the next time. On occasions we even sing unaccompanied - just because we can.

Several members tell me it's the joy of singing that keeps bringing them back. It's been well documented that singing increases endorphins - the 'feel good'

chemicals in our brains, so it's no wonder we always leave feeling more 'upbeat' than when we arrived.

We meet on the **first and third Thursday of the month - 2.00 p.m at the URC** in Stowmarket High Street. We bring our own drinks and stop part way through for a chat and so on. We're a really friendly group of people and even meet in August and December, when we take a break from singing, and enjoy a lunch or afternoon tea together instead.

If you like the sound of the group and would like to come along please call or text **Hilary on 07842189794** or email [grenandhil@gmail.com](mailto:grenandhil@gmail.com)

## Geology

Our meeting in June was held earlier in the day than is usual to avoid getting caught out by a rising tide on the River Orwell. A small but enthusiastic group of amateur geologists met up at Nacton picnic site and walked together along the river looking at the shore and the small exposed cliff face that in the past has yielded a large number of remains, including one complete skeleton.



Unfortunately, we didn't find any dinosaur bones or shark's teeth but we did see attractive **London Clay cliffs** and clearly visible layers of deposits in the cliff face adjacent to the picnic site. The London Clay in this region belongs to the **Harwich Formation** and was deposited in a marine environment about 55 million years ago. There are layers of brown clay with thin yellow bands of decomposed ash deposited in the seas from erupting volcanoes in Ireland and Scotland. The lava flow from



these volcanoes now form the **Giant's Causeway** and the Isle of Staffa respectively.

Some of the clay layers have been cemented by lime to form harder beds called '**Septaria**' and we found evidence of boulders on the shore. In medieval times Orford Castle, Colchester Castle and others were built using Septaria.

We then moved on to the **Great Pit CGS** at **Newbourne Springs** to see a good exposure of **Red Crag**. The name derives from its iron-stained reddish colour sand and crag which is an East Anglian word for shells. It is part of



the Crag Group, a series of mainly marine strata which belong to a period when Britain was connected to continental Europe.



Our **19th July** meeting is back to pre-Covid arrangements, meeting as a group, with two members who have moved away a fair distance joining us via Jit.si or FaceTime. It will be good to be able to touch and see the crystals in the rocks we are reviewing again.

We don't have a professor giving us regular lectures on geology, instead, we are very much a self-help group bringing together the basics of geology from as many sources as possible and sharing our own research into areas of interest, of which there are many. We can now take some more members so if you have an interest in what is under your feet and would like to know more please call

**Linda Reynolds.**  
0788 0516 926



## Photography

As promised in the March Newsletter, in April our Group members took Roy and Lilian Fidler out to lunch to thank him for being our 'guru' and curating our pictures since the group started in 2013.



Although we have enjoyed meeting up

virtually since the start of the pandemic in March 2020, it was good to meet in person again and which for some newer members would be the first time.

Roy's final job was to make his selection of pictures (one of each per member) from the last 10 months' sessions. You can see this and all the earlier pictures back to 2013 [on our web page.....](#)

Roy continues as a group member and his pictures always have some surprises for us.

Since the last meeting, our subjects have been, Lines, Words & Texts, Opposites and for July, Patterns.

I should mark here the recent successes of Stowmarket U3A members at the



AGM of the **Stowmarket and District Camera Club** on 16th May. In the 'Portrait' category **Glenda Taylor** took 1st and 2nd places, with **Roy Fidler** taking 3rd. In the **AV** competition, **Chris Hale** took 1st with **Roy** 2nd. Congratulations to all!

**Peter Dakeyne** 01449 781 562

## Group Coordinator

Summer is upon us, we are all meeting up again and everything is looking quite positive.

There was a request for a **Beginners Bridge** group a few months ago. **Carol Gibson**, who runs the intermediate bridge group, very kindly took it upon herself to organize everything. **Linda Reynolds** is helping coordinate e.g. 3 with a bit of experience are with the main group and 2 are being trained separately for the time being.

Please contact either **Carol** (07918 743 154) or me if you would like to know

more. Of course there would have to be enough members interested before another group could be established.

All this is a good example of how to expand active groups.

If you have an idea for a new group and would like some assistance in setting it up, please contact me as below.

Whilst it's been running under the radar for sometime now the **Patchwork** group is now officially up and running. **Jean Roche** is the Convenor and the meetings are held at her house on the 4th Wednesday from 2.00 pm. If you have any questions, please call Jean on 01449 675 984

**French Conversation (1)** can accommodate a couple of new members. Please contact **Helen Mead** on 01449 677 846 or 07822 814 819, who can give you all the details.

You can find the contact details for group leaders/convenors on your membership card. However, for the full up-to-date information, please check the web site [HERE](#)

Hope to see many of you at the Garden Party

**Liz Power**  
groupscoord@u3astowmarket.org.uk  
07799 761 336

## Monthly Meetings since the last Newsletter—by Keith and Lorraine

### March 'Growing for Gold'

Simon White is Garden Centre Manager at Peter Beales Roses (Attleborough) with over 40 years experience on the subject of roses.

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

An amusing speaker, he started by

saying that Beales grow 1100 varieties of rose, some 250,000 per year. From root stock to bloom, the main part of the talk covered all the steps necessary to get prize winning roses to the Chelsea flowers show.

We also had a look at some of the tricks of the trade on how to build an impressive display with no gaps nor

obvious means of support (hint—empty plant pots play a part).

If you missed the meeting and are reading the digital version, just follow this [LINK](#) which takes you to a YouTube video of the talk. Please note, this is 'Unlisted' and cannot be viewed by anyone without this link.



## April 'Introduction to Astronomy'

I think whoever coined the term "the sky's the limit" was greatly mistaken. In our April Meeting **David Murton** gave a talk on "Introduction to Astronomy" and reminded us of the vast number of galaxies that are beyond the Earth's skies and, indeed beyond our own galaxy, The Milky Way.

As well as sharing his vast knowledge with us about the "objects" there are in space, for example the galaxies, planets, the stars and constellations, meteors,

comets and even humankind objects such as the International Space Station, he gave us a glimpse of the complex relationship between them as they moved through time and space.

Perhaps it was his questions to us about time and space which proved to be the most intriguing. Even the concept of a light year being 5.878,372,184 miles is difficult enough to fathom and so when David shared with us that even our nearest star was 4.22 light years away, the centre of our own galaxy, The Milky Way, is 26,000 light years away and the

edge of the observable universe is about 46.5 billion light years away in any direction, then our concept of time and space suddenly becomes unimaginable.

To illustrate his talk David shared many of his own photographs. Clearly, the sky is not just the limit, it is just the beginning!



## May, 'Women can fly'

An audience of over 60 members were enthralled by **Sally Dearman's** talk "Women Can Fly". Feedback to us from a number of members was that this was the best talk they have heard in a long time!

Sally's quick paced account of her personal and professional experiences, which led her to become the first female fast-jet pilot in the RAF, completely inspired us. Sally, an obviously very intelligent and highly determined woman, kept us amused and amazed by her experiences as a female jet pilot, which was, up to that time, in a male only environment. She was passionate about her love of flying

and delivered her presentation in her flying suit which she later removed to show us the layers of clothing she had to wear whilst in the air. Sally's enthusiasm was contagious and by the end of her talk we all wanted to fly or push ourselves to achieve more.

If we have children or grandchildren, particularly girls, we hope that they come into contact with people like Sally, who will instil in them that they too can live their life at "eight miles per minute, pulling Gs". These are just a few of the phrases Sally used to describe her life and career. We hope our offspring live their lives with as much enjoyment and determination to live their dream, break 'glass ceilings' and reach for (and beyond) the stars!

If by any chance you missed this entertaining talk (or you would like to watch again) it was recorded at the time and is available on YouTube. Just click the play button below. Please note, to protect Sally's copy write this is 'unlisted' so cannot be accessed any way other than via this link.



## June - "An English woman living in rural Turkey"

From the moment **Jenny Gibbs** strode into the hall wearing national Turkish costume, we had an inkling that this month's talk would be colourful. Jenny, whose talk was about "An English woman living in rural Turkey" did not disappoint. She told us her story; of how she went abroad for the first time, to Turkey, and ended up living there! It was clear that Jenny fell in love with the rural Turkish customs and culture and described her experiences of living in a

rural village which time forgot in a magical way.

I am not sure I could live now with donkeys for transport, a communal village oven and no furniture in my living abode, but certainly for Jenny this is her normal way of life while she spends her winters in Turkey. As an 80 year old, maybe we can learn from her – a woman who fearlessly embraced change and so enthusiastically carved out for herself a completely different lifestyle from that of her previous Suffolk traditional one. She does not need

modern technology or even modern living to meet her social, emotional or financial needs. She has swapped all that to live in a caring community, which cook together, eat together, socialise together and simply share everything together and where the notion of loneliness and isolation is non-existent.

**Keith & Lorraine**



## Stowmarket U3A Short Course – Using Small Electric Power Tool Skills – for Women and Men

During the months of April and May the second 4 week course of 'Using small electric power tools' was held at **The Men's Shed** at Meadlands Stowmarket.



It was a very informative and enjoyable course that allowed the participants to gain first hand experience of using power tools in a safe environment. We used a range of drills, impact drivers and saws to make bug hotels and bird boxes. We asked lots of questions which the qualified volunteers enjoyed answering

and they happily shared their extensive knowledge with us.

We gained confidence and knowledge which will allow us to undertake basic jobs around the home and buy new tools if they are needed. Our thanks go to Barry Salmon for co-ordinating this course on behalf of The Men's Shed and

the two volunteers who supported him throughout the course.

If there any other short courses you would like to see happening for U3A members whatever their content or context please let us know and we will do our best to arrange something.

**Keith & Lorraine** 01449 768 744

### Stowmarket U3A

#### 32nd Annual General Meeting

##### NOTICE

Notice is given that the **Thirty Second Annual General Meeting of Stowmarket U3A** will be held at **The United Reformed Church, Ipswich Street, Stowmarket, on Wednesday 21 September 2022 at 1.30pm.**

##### AGENDA

1. Welcome and Introduction
2. Approval of the Minutes of the Thirty First Annual General Meeting
3. Chair's Report on behalf of the Committee
4. Treasurer's Report and Financial Statement 2021 - 2022
5. Appointment of a suitably qualified examiner of the Financial Statement for the year 2022 – 2023
6. Election of Officers of the Stowmarket U3A (until the conclusion of the 33rd AGM)
  - a. Chair
  - b. Vice Chair
  - c. Honorary Secretary
  - d. Honorary Treasurer
7. Election of members to the vacant posts on the Committee
8. Any other Business

By Order of the Committee.



**AGM.** The following will be posted on the board at the **August** meeting: AGM Agenda, Chair's report and the Minutes of the 31st AGM. Personal copies will be available on request.

**Nomination forms** will be sent out via Beacon in due course and printed ones will also be available at the August meeting.

### Coming up.....

#### 13th July (note, not 20th)

**Garden Party at Great Gables, 1.30 pm - 3.30 pm,** information already circulated (see [website notice](#))

#### 17th August

**'Smallpox in Suffolk'** - Jonathan Belsey  
A Suffolk farmer 'wages war' on smallpox. How?

#### 14th September (10.00 am to 11.30 am)

**Coffee morning at URC hall.** A chance to renew your subscription before the AGM

#### 21st September (2.30 pm, after the AGM)

**Characters of East Anglia** - Mark Mitchel  
Some you will have heard of, others you might not!

#### 19th October

**A Suffolk Bevin Boy** - Barbara McElroy  
Barbara's father is conscripted to go down the mines ...

#### 16th November

**The World of Optical Illusions** - Colin Hopper  
The title says it all!

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