

Member Talks

In June we held the first of our 'members' talks' sessions. This is a new initiative inviting members to share with others their passions and interests through some form of presentation.

We did wonder if any of our members would be "brave" enough to volunteer or if any of our members would come and listen. We need not have worried on either account. We've had six people put themselves forward to talk and the first meeting was well supported with twenty two people attending.

Pam Lore

"What is Dyslexia, how it affects lives".

We were asked to consider Dyslexia in a new light. Rather than think of Dyslexia as a problem, as portrayed by the education system, be aware that the brain can function in different ways and people with Dyslexia tend to be very creative in a wide range of fields. Pam gave us many examples of successful people who are Dyslexic.

This was a very thought provoking talk that was very well delivered and captivated the audience.

Don Mobley

"Supersonic Commercial Travel - past and future"

With the use of video clips Don took us through the crash of Concorde in 2000

It was extremely interesting to hear of all the incidents and decisions that were made on the day that contributed towards the crash. We were all alive at the time and probably remember hearing about the crash and the devastating loss of life as Concorde crashed into a hotel on take off but did

we ever know or realise why the plane crashed? Join Don's Aviation Group if you would like to hear more!

Also, don't miss Don's Zoom talk in the u3a's Online Learning programme.

'The History of US Military Aviation in East Anglia'

Tuesday 25 July at 10am

You can apply [HERE](#), it's free!

A big thank you to both Pam and Don for making the afternoon such a memorable and successful event!

12th July at the **URC**. The u3a's series of members' talks continued successfully as members gathered for the second session. The afternoon consisted of four engaging and enlightening mini-sessions, providing a valuable experience for all attendees.

The afternoon began with **Hilary Foster and the singing group**, who set a delightful tone for the event by leading us in a singing session in the church. As we sang songs and listened to beautiful music played on the piano, a sense of joy filled the air, creating a wonderful atmosphere for the rest of the afternoon.

Following the uplifting singing session, we moved to the church hall, where past Chairman, **Philip Weir**, took the stage to deliver a wide-ranging talk on....

"Our shared history".

Philip explored how customs and practices have shaped our collective wisdom, influencing the people we have become and the world we live in today. It was a thought-provoking session that encouraged introspection and reflection among the audience.

After refreshments, **Bryan Hilton** (also a past Chairman) who is a dedicated volunteer with the local **"Stroke"** support group, shared with us some valuable insights into the current position and research surrounding strokes.

Bryan shed light on promising developments in the detection, rehabilitation, and support for stroke patients. His presentation offered hope and encouragement to those affected by strokes and their loved ones.

To conclude the afternoon, **Glenda Taylor** took the stage to share her incredible volunteering experience in **Africa at Kwantu, at a rehabilitation centre and National Park**. Through a captivating display of excellent photographs, Glenda provided a glimpse into the meaningful work carried out there and showcased the positive impact of her volunteering efforts. The audience was enthralled by the opportunity to witness the incredible wildlife and the transformative power of volunteering.

This series of talks attracted over 40 enthusiastic members, truly embodying the ethos of the U3A, which promotes curiosity and lifelong learning. It emphasized the principle that we are all both teachers and learners, fostering an environment where members run activities for and by fellow members.

A heartfelt thank you goes out to all our speakers for their performances. We also received offers from a couple of members who are willing to give talks in future sessions. So, stay tuned for upcoming sessions that may be planned in the future.

Keith and Lorraine

March 2023

What is the distinguishing character of an individual? It is their "identity". We welcomed **Janet Dann** to our monthly meeting, who gave a talk on "**A question of Identity**". And this is exactly what she did! Through prose and poetry and through humour and characterisation, from Shakespeare to Alice in Wonderland, Janet questioned what is our identity and how it is shaped.

Janet is the granddaughter of the

famous Stuart Hibberd, MBE, who was the chief announcer on the BBC Radio, from the 1920s through to the 1950s and probably best known for his announcements of the death of King George V in 1936 and of Adolf Hitler in 1945. Janet's parents were also involved in stage direction, acting and singing and so it is no great surprise to have learned that Janet herself is a great performer.

Through cameos, using a variety of examples and accents, she showed

great presence and style in sharing excerpts in a range of genres, informing us of different ways in which identity can be interpreted and defined. She certainly captivated the attention of the audience and kept us engaged from beginning to end. If all this sounds rather serious to you, and although it was a serious subject, Janet shared it with us with such humour, variety and clarity that it can only be described as a wonderfully informative and entertaining journey through literature.

April 2023

A hall full of members were treated to the wonderful photographs of **Roger Hance**. Roger is a skilled wildlife photographer and is clearly passionate about wildlife. To supplement his breath-taking photographs of garden wildlife, Roger shared with us his detailed knowledge of animals, birds and insects.

Many of Roger's photographs were close-up which gave us a clear view of

the colour and splendour in animal life that maybe we have not seen before. We learned about the difference between moths and butterflies, where to position our bird feeders and bird tables in our garden, what to feed them and why some birds visited our feeders, whilst others tended to keep away. His talk "Attracting Wildlife into our Garden" not only proved to be a poignant reminder of the plethora of wildlife we can see in our gardens, however small it might be, but also a

touching reminder that if we just spend a few more seconds observing and noticing who is visiting our gardens, it will enhance our joy and wonder and keep us surprised about the world around us.

Just click on the picture to visit Roger's gallery.



May 2023

The talk at our May Monthly Meeting was slightly different, in that it involved audience participation. Our speaker was **Gary Powell**, a retired police officer, who served in the force for 33 years. He was based mainly in London and it is while he was there that he developed a passion for the history of criminal court cases. The title of his talk was Death in Disguise, an amazing true story of a double murder in Chelsea.

Gary took us through the events of May 1870, which resulted in the brutal deaths of two of its residents. Examining

the facts from a detective's viewpoint, Gary asked our members a number of questions. Sitting in groups, Gary asked us to imagine that we were the jury listening to the prosecution case that had not substantiated a motive, had not found a murder weapon or even proved that the defendant had been at the murder scenes at the relevant times.

Would we return a guilty verdict and condemn the accused to the hangman's rope? Or would we have sufficient doubt as to the weight of evidence and recommend his acquittal. We certainly were given a taste of policing in

Victorian England and how the nineteenth century judicial system operated.

Of the eight jury groups it was not surprising that some reached a guilty verdict, some found him innocent and two groups were undecided.

So, what happened in real life? The real jury of twelve just men (women were not allowed to be part of a jury) took just five minutes to make up their minds – **GUILTY !!!** Subsequently the accused was sentenced to death and hung. Justice was done or was it?

June 2023

Our speaker was Alison Giles from the Whipple Museum, Cambridge. She described herself as an escaped

school teacher who has been working in museum education since 2009. She has worked at the Whipple Museum of the History of Science since January 2020 and has the interesting job of explaining

the museum's collection to the public, including of course, to U3A groups.

Her talk was entitled "**Seeing Science**"..... (p3)



.....and she brought with her a range of objects from the Whipple's collection to give a whistle-stop tour of the history of science, with a particular focus on optical instruments. During the talk we found out why every medieval explorer needed an astrolabe. (An astralabe was essentially a sophisticated compass, used in the Islamic world, which helped calculate north, south, east and west, as well as up, down, in, out, back, forward, as well as a variety of other directions



that can prove helpful in navigation. It enabled travellers to create maps and to navigate lands without magnetic poles).

We were also shown a 19th-century botanical microscope and other interesting objects. A number of members shared their experience of either using an abacus, or seeing it used abroad in shops and we were all reminded of the time we used the early versions of an electronic handheld



calculator and the aids we used, at the time of decimalisation in 1971, to help us convert the new decimal currency, back into "real" money, to make sure we were not being diddled.

This was an interesting and amusing talk, well delivered by Alison. Members may wish to consider a visit to the [museum that is open to the public](#), although well hidden behind an imposing oak door.



Group News

From the Groups' Coordinator

Many of you will be planning summer holidays and time spent with family. The weather has certainly been favourable, if perhaps a bit too warm. Some of the groups such as French Conversation (2) may take a break in July and/or August and start up

again in September.

If some of you are looking for interest groups other than what is currently being offered feel free to contact me. There are lots of possibilities such as Jazz Hour, Astronomy, Philosophy discussion, Railways, Exploring Shakespeare. And it is not essential

that all groups have a leader per se.

The running of the group can be shared, so do not let that deter you!

Hope to see some of you at the monthly meeting and enjoy your summer.

Liz Power

07799 761 336

Play Reading – Virtual

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

Following reading "The Woman in Black" by Stephen Mallatratt, we then read "The Glass Menagerie" by Tennessee Williams. We continued with Tennessee Williams by reading "The Rose Tattoo". We have now commenced reading "The Crucible" 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 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

Singing Group

The numbers attending each session of The u3a Singing Group is gradually increasing. New members are always made really welcome by this friendly group and singing ability isn't required - we just want folk who enjoy singing a variety of songs in good company to come along.

We continue to meet on the first and third Monday of each month from

2.00pm until 3.30 pm at the United Reformed Church in Stowmarket. It's a lovely venue with great acoustics which certainly adds to the pleasure of singing.

The variety of songs we enjoy is very broad as everyone has their own preferred style and genre. We usually learn a few new songs each term but continue with plenty of firm favourites every session. Mostly we sing to accompaniment on the piano or piano accordion, but we usually start the session with unaccompanied warm ups or rounds.

Anyone interested in joining the group should contact **Hilary** on **07842 189 794**

We're looking forward to welcoming more of you to our group.

History Group

March

The **Burston School Strike** is known as the longest strike in UK history. Burston is a small village just off the A140 road north of Diss. The cause of the strike was the dismissal of the head teacher and her deputy, both Christian socialists following several years of disagreement with the board of management of the school as to the curriculum and the provision of a suitable learning environment for the children to learn in. Most local families were employed in farming, living in tied accommodation and the background reflected the national mood of a Britain emerging from feudalism where working people 'knew their place'.

The day after the teachers' dismissal, on the 1st of April 1914, 66 out of the 72 pupils at the school marched round the village demanding that their much loved teachers were re-instated. The two teachers then taught the children in a temporary building elsewhere in the village. This continued for 2 years until a permanent school was built, many Trade Union members from throughout Britain contributing to the cost. The parents of the striking children were fined for their children failing to attend school; the fines were quickly paid by donations.

The teachers continued to teach children in the strike school until 1939 by which time attitudes of local leaders and society generally were much changed. The strike school still stands as a memorial to the strike and Trade Unionists make an annual pilgrimage to Burston in memory of the strike, its teenage leader Violet Potter and the two teachers, Tom and Kitty Higdon.

Stewart Dorward

April

This month's talk was given by **Keith Shelton** and was a follow up to his previous talk regarding the use of tokens as currency in the 17th century. We now reached 18th century, learning that copper halfpennies were common currency but as they were easily counterfeited and available in insufficient quantity, something had to be done.

Industrialisation was in its infancy with many more people working in factories and requiring a wage paid in cash. It was therefore necessary to find a way to pay them. Businessmen decided to manufacture their own tokens.



Keith brought some tokens for us to handle and also many images for us to see on screen. The complexity and diversity of these tokens were most interesting. The production and distribution of these tokens spread nationwide and included many from East Anglia.

In the late 18th Century, the government of the day was forced to issue a national coinage. As someone who had no previous knowledge of tokens or of their widespread use, it has been a most enlightening experience and I await the next instalment with baited breath.

For more information on the coin above, go to [Ketley incline engine](#).

Pauline Wymark

May

Martin Stuchfield F.S.A. delivered a very enjoyable and informative talk on Monumental Brasses in England. These brasses provided a solution to the space problem caused by the increasing number of elaborate table tombs commemorating the nobility, gentry and higher clergy inside churches. Engraved brasses were a space-efficient and durable alternative to sculptured effigies, although they were more expensive. Early 14th-century figure brasses could cost between £15 and £20. By comparison, a Yeoman at that time paid £18 for a timber framed house.

Monumental Brasses were not made of pure brass but an alloy of copper, zinc, tin, and lead. The brass plates were mostly manufactured on the Continent and then sent to engravers in towns like London, Cambridge, and Norwich. The engravings were done by hand using

mallets and cold chisels. The brasses were then transported to churches, where indentations were cut into marble slabs for a flush fit. Bitumen was used to secure the brasses to the slabs, along with a few rivets. Many existing brasses are still firmly secured by the original bitumen and rivets some six hundred years later.

The 14th and early 15th centuries were the peak period for figure brasses, with impressive and deeply engraved pieces. Armoured figures, like Sir Robert de Bures' effigy in Acton Church, Suffolk, were particularly notable. Martin clarified that the myth that crossed-leg figures represented soldiers or crusaders was untrue.

Martin also discussed other types of figure brasses, such as priests, civilians, merchants, and ladies. Changes in ladies' fashion could be seen in their brasses, such as Lady Margaret Peyton's brass in Isleham Church, Cambridgeshire (c. 1484). Martin shared his favourite brasses and mentioned the practice of reusing brasses during the dissolution of monasteries and the English civil war, resulting in engravings on both sides of a plate, known as 'Palimpsest' (from the Greek, used again) brasses.

From the 16th century onwards, the quality of monumental brasses declined, and they were rarely used as memorials by the 17th century. Many brasses were lost due to theft or being sold during Victorian church restorations. Sadly, of the thousands of figure brasses and inscriptions that existed only about one thousand remain.

It is intended to organise a group car tour of brass bearing Suffolk churches for the 10th August 2023 to enable members to view actual brasses in situ.

Mike Taylor

Lady Margaret Payton, Isleham Church



Sir Robert de Bures, Acton Church



July 2023

We had an informative July meeting of our history group, featuring a talk by **Brenda Brown** that focused on the **Deben Valley** during the **5th to 8th centuries**, with a special emphasis on the **Rendlesham Reveal Project**. Her presentation provided insights into this historical period.

Brenda's personal experience with Sutton Hoo brought an interesting perspective to her talk, offering valuable insights on the Deben Valley. Hearing

her first-hand accounts added depth to our understanding of the region.

The Rendlesham Reveal Project was a key topic in Brenda's presentation, as she discussed its historical significance and the excavation work conducted in the area. She highlighted remarkable artefacts and shared insights into the lives and culture of the people who once inhabited the region.

[Click the picture to read the blog...>>](#)

Brenda's presentation also sparked excitement for our upcoming visit to

Sutton Hoo in October. Her passion for the site and its historical significance was contagious, inspiring us to anticipate the trip.



Walk and Talk

Spring and early Summer. Since the start of 2023 twelve walks have taken place, fortunately without any cancellations even though at times the weather forecast was foreboding.

January saw a walk from Somersham visiting three churches, followed by a walk at Thorndon walks which is an old favourite but interesting at any time of the year.

A new walk to many was from Earl Soham which took in a route over high ground with far reaching views over the Suffolk countryside. Our next walk started from the church at Martlesham Creek from where we walked to Woodbridge and back, taking in the land being purchased by Suffolk Wildlife Trust which eventually will return land

along the river Deben to its original marshland habitat.

A rainy and muddy visit to Eye was followed by a walk around Thurston a village which is undergoing major housing development, regardless we managed to find some unspoilt countryside along the way.

The end of April saw a walk from Thwaite to Mendlesham, unfortunately we were not allowed into a flower festival in Thwaite village hall because of our muddy boots!

Coronation weekend was arranged by Roger Crouch and Linda Reynolds. The walk was around Euston Estate where we found interesting brasses under the carpet in the Church. Our hosts generously provided drinks for a toast to the King and Queen and instead of our usual pub lunch we all sat around

and enjoyed a picnic.

The second walk in May was around Elmswell followed by Shotley in June with views of the estuary, church and vineyard.

Finally the second June walk started at Bramford and in part followed the river Gipping through a stunning landscape with picturesque views of both wildlife and the countryside in general.

Walks are generally around 5 miles and take place on the first and third Friday mornings of each month.

Keith Shelton on 01449 768 744, or **Phil Webb** on 01449 614 616....for more information.

Here are just a few of the many pictures taken by **Glenda Taylor** on walks since the last Newsletter.



Earl Soham



Martlesham



Euston Estate



Shotley Gate



Euston Estate



Thurston

Geology

We are fortunate to have geological information at our fingertips, with contributions and presentations from other u3a's together with the Geological Societies of various local counties, particularly GeoSuffolk, Museums, YouTube presentations and a wealth of books.

Each of us tries to bring some small part of it together to present to the other group members at one of our monthly meetings. It is not a huge task but it is very easy to get totally engrossed in a subject i.e. landscapes, rocks, stones, clay, chalk gemstones, earthquakes, and

volcanoes which goes towards a much wider range of learning than if we had to research it ourselves. Currently, we are presenting a book 'Introducing Geology' by Graham Park as well so that newer members get a chance to see the wider, longer picture of this fairly new science.

In May, when the East winds were blowing cold rain onto the east coast we had a field trip to **Dunwich** to the museum and to see the rocks and pebbles used at St John's Church and the Leper Chapel. *(Pictures below from Glenda who took many on the day).* We did venture along the beach to see the

cliffs which exposed Norwich Crag sand and gravel but didn't stay too long! Fortunately for Evelyn the sun came out two days later when she went again with a different group.

Our next field trip is on **September 12th** when we will be going to the **East Pit LGS at Cherry Hinton** in Cambridgeshire. Two members of the Cambridgeshire Geological Society have kindly offered to guide us. If any other member wishes to join us on this trip please get in touch. We shall be car sharing but there will be a small charge for the CGS.

Linda Reynolds 07880 516 926



Computing and Technology.

Since the last Newsletter, we've had two meetings, April and June. With 7 or 8 in attendance at each we had much fun and chatter in amongst our more technical discussions.

April: In a very full meeting (notes, [HERE](#)) and amongst other things we discussed - attaching a document in Google Drive to an email, different ways to attach a picture or video into a Power Point presentation, how to stop Dropbox syncing all pictures rather than just the ones required, correct organisation of folders, colourise and/or brighten up old photos online and a **lot more** on **ChatGPT**.

June: This meeting was rather different in that we discussed not only some of the history of the group (it's been

running since the late 90's) but also it's future.

Over the years technology, and members' needs have changed and these days it's much easier for people to research their technical/IT problems, without recourse to a C&T group such as ours, than it was a decade or two ago.

I've been running the group for 13 years now, both live (in various locations) and from the beginning of the pandemic, 8x8 virtual meetings.

After each of these, I've prepared detailed notes of the problems and solutions discussed - all can be found on our webpage, [HERE](#).

I did moot the idea that we could stop the meetings all together but the consensus was that we should continue

meeting bi monthly to socialise and catch up on the latest IT issues of the day. It was also agreed that members will take their own notes as we go along.

Whilst the format is changing a little, this doesn't mean that our members are going to have a lack of support because we have our own **WhatsApp** group, where we can post problems without waiting for the next meeting.

This has been a very successful tool for us for some time. In the last Newsletter I mentioned that any Stowmarket u3a member can join. 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).

Peter Dakeyne 01449 781 562

Photography.

We continue to meet on line every month. Recent subjects explored are 'Angles', 'Structures', 'People' and on our 10th Anniversary (!) meeting in June, 'Spring'.

Make sure to visit our [website](#) gallery where examples of all our pictures since we started the group in 2013 are displayed.

Here are some of our latest 'Spring' pictures

Peter Dakeyne



Table Tennis

Our group has now increased to 27 active members, but the recent very hot weather together with holidays has dented the number of attendees at each session somewhat!

We play every other week at the St Peter's Church Hall in Stowmarket.

Qualification to join—be a Stowmarket U3A member! You will be made very welcome *irrespective of past experience*

Get all the details from our information sheet on the web site [HERE](#).

Peter Dakeyne

01449 781 562

Advance notice of our 2023— 2024 Speaker programme.

| | |
|--------------|---|
| 20 Sept 2023 | (AGM) Sally Dearman – 'From Fast-Jet To Wobbly-Head' |
| 18 Oct 2023 | Peter Tatum "A few Suffolk villages" |
| 15 Nov 2023 | Eleonora Gardner "Witches, Ghosts and Demons of the Fens" |
| 13 Dec 2023 | Christmas Lunch |
| 17 Jan 2024 | Linda Scoles "Journey to Citizenship" |
| 21 Feb 2024 | Paula Baker "Suffolk Prickles Hedgehog Rescue" |
| 20 Mar 2024 | Norma Howell "Medical Detection Dogs Charity" |
| 17 Apr 2024 | Martyn Taylor "Bury St Edmunds – have you noticed?" |
| 15 May 2024 | Mary Newton "Blood Sweat and Fears" |
| 19 June 2024 | Annual Event 2024 |
| 17 July 2024 | Sarah Doig with Hexachordia "What is a Crumphorn" |
| 21 Aug 2024 | Glenda Taylor "Overlanding through the Americas" |
| 18 Sept 2024 | (AGM) Freya Levy "Walking to Wheelchair" |

The Speaker programme and Interest Group programme will be published as an insert in the printed version of this Newsletter **Ed.**

ACTIVITY & INTEREST GROUPS – July 2023. If you have an idea for a new group and would like some assistance in setting it up, please contact Liz Power, Groups Coordinator on 07799 761 336, or email groupscoord@u3astowmarket.org.uk

u3a
Learn. Teach. Grow.

| | | |
|---|--|--|
| BOOK CLUB | GARDENS & THINGS | POETRY |
| Sylvia Downs 01449 612 661 | Liz Power 07799 761 336 Val Fazzari 07720 391 443 | Jenifer Adams 01449 615 581 |
| BRIDGE INTERMEDIATE/IMPROVERS | GEOLOGY | QUIZ |
| Carol Gibson 07918 743 154 | Linda Reynolds 07880 516 926 | Melanie Westenra-Hartley 01449 767 757 |
| CANASTA (1) | HISTORY | SCRABBLE PLAYING |
| Hazel Burl 01449 615 581 | Lorraine/Keith Shelton 01449 768 744 | Contact Liz Power 07799 761 336 |
| CANASTA (2) | LUNCH CLUB (Sunday) | SINGING |
| Carol Gibson 07918 743 154 | Melanie Westenra-Hartley 01449 767 757 | Hilary Foster 07842 189 794 |
| COMPUTING & TECHNOLOGY (Virtual) | MUSIC - CLASSICAL | TABLE TENNIS |
| Peter Dakeyne 01449 781 562 | Ian Hooper 01449 770 179 | Peter Dakeyne 01449 781 562 |
| DISCUSSION | PATCHWORK | THE CAKE WALK (Shorter Strolls) |
| Liz Power 07799 761 336 | Jean Roche 01449 675 984 | Anna & Robert Bradshaw 01449 745 829 |
| FRENCH CONVERSATION (1) | PHOTOGRAPHY (Virtual) | WALK and TALK |
| Helen Mead 01449 677 846 | Peter Dakeyne 01449 781 562 | Phil Webb 01449 614 616 Keith Shelton 01449 768 744 |
| FRENCH CONVERSATION (2) | PLAY READING (Virtual) | |
| Neville Cox (paused pro tem) | Maureen Wingham-Eaton 01449 771 200 | |

Please contact the Group Leader/Convenor for dates and times of meetings

Suffolk and District Network of U3As (SADNet)

This organisation, which was formed in **2001** comprising some dozen or so local U3As, was formally wound up by special vote on **14/07/2023** in the presence of Stowmarket members **Ken Snow (Chairman)** and **Anne Weedon (Treasurer)**.

From the beginning Stowmarket U3A was an active participant, with Philip Weir a founder member and subsequent Treasurer, and members Tony and Sally Taylor playing a significant part. All meetings were open to all U3A members who were encouraged to take part - that's how I became secretary between 2010-2012!. Over the years Stowmarket hosted many meetings and events. The major one was the '**Autumn Academy**' which ran for 8 consecutive

years, 2006 –2013, mostly at Comb's Middle School but later on at Stowupland High School. Highly organised talks/lessons given by specialist speakers from across the network ran for a full day on a Saturday—always a sell out!

The other innovation was the '**Spring Symposium**', 3 such events 2011 - 2013. Again, a full Saturday with 4 or 5 invited (mostly) academic speakers. [Here's](#) the poster advertising the first SS.

Unfortunately, as the composition of the Committee changed over the years, there have been no similar events after 2013.

The Covid intervention in 2020 further diluted the interest in SADNet.....which, sadly, brought us to the dissolution of the organisation last week.

PD

A reminder! The **Third Age Trust** provides a lot of (mostly free) **on-line learning events**, including regular and one off Zoom sessions. There is something to appeal to everyone.

For example, over the next two months there are courses and talks for 'Mindfulness and Meditation', 'Philosophy and Travel', 'Laughter Yoga July-December', 'Maths Activity and Games Workshop (repeat event) plus **Don Mobley's** talk (see page 1 above). Check them all out [HERE](#)

Please let me know if you decide to join any of these sessions and what you thought about them, and I can report your thoughts in the next newsletter.

Also, the **u3a Radio Podcast** is definitely worth a look at, YouTube channel [HERE](#). Created by a team of u3a members with radio experience, the podcast (which has been running for 2 years) comes out on the 17th of each month. It showcases the amazing things happening across the u3a movement. Fascinating stuff!

Our speaker at the AGM, **Sally Dearman**, has asked us to let you know that she also runs '**The Enlightenment Intensive**' which is a 3 day residential course in Northumberland in September. "Enlightenment" or a "direct experience", is a change of state of consciousness in which one is, or is at one with, absolute reality. Find the full details [HERE](#).

The u3a Newsletter

Have you signed up yet? The u3a publish a monthly Newsletter in which you may be interested. Follow this [LINK](#) where you can sign up to receive a copy by email each month, or just read the archive for 2023 so far.

u3a Click & Save

You can save a lot with this recent innovation, anything from 4% to 11% on a wide range of goods and services - food, travel, and fashion. Just follow this [LINK](#) to find out more...

Finally, don't miss the latest [News from the East](#)....

Stowmarket U3A

33rd Annual General Meeting

NOTICE

Notice is given that the Thirty Third Annual General Meeting of Stowmarket U3A will be held at The United Reformed Church, Ipswich Street, Stowmarket, on Wednesday 20 September 2023 at 1.30pm.

AGENDA

1. Welcome and Introduction
2. Apologies
3. Approval of the Minutes of the Thirty Second Annual General Meeting
4. Chair's Report on behalf of the Committee
5. Treasurer's Report and Financial Statement 2022 - 2023
6. Appointment of a suitably qualified examiner of the Financial Statement for the year 2023 - 2024
7. Election of Officers of the Stowmarket U3A (until the conclusion of the 34th AGM)
 - a. Chair
 - b. Vice Chair
 - c. Honorary Secretary
 - d. Honorary Treasurer
8. Election of Committee Members
9. Any other business

By Order of the Committee



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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, are available [on our website](#) and printed ones will also be available at the August meeting.

Please Note: Due increasing costs it is unfortunately necessary to increase subscriptions for 2023/2024 to **£20.00** for Members and **£15.00** for Associate membership.

Coming up....

July 12th. Member talks at the URC (report in next newsletter).

July 19th. No monthly meeting. Outing to Cambridge Botanical Gardens (report in next Newsletter).

August 16th. "Conserving Antarctica Heritage " Geoff Cooper

Sept 4th. 'Houses of Parliament', G&T visit.....
.....full details on the website, [HERE](#)

Sept 20th. "From Fast-Jet To Wobbly-Head" Sally Dearman (after AGM)

October 18th. "A few Suffolk Villages" Peter Tatum

November 15th. "Witches, Ghosts and Demons of the Fens" Eleonora Gardner