

From the Chair

Reflecting on the last year I am pleased to say that our membership numbers have remained stable, with a small increase recently although sadly not achieving the pre-pandemic level.

This seems to be the situation with most voluntary organizations when people got out of the habit of attending and have not returned. Please encourage anyone you know in this situation that it is now safe to do so.

Similarly we would like to increase our interest groups, so if anyone out there with the knowledge and passion for a particular subject, which they would like to impart to others please let us know, the more varied subjects the better.

One of the highlights of our calendar took place in June, with more than fifty of our members participating in a boat trip on **Oulton Broads**. Before boarding the boat we visited **Beccles** a quaint and interesting old market town.

The cruise took about two hours with some typical broads landscape and wildlife to be seen. To my surprise there were a number of large luxurious houses overlooking the Broad with elegant summerhouses and private moorings. It was pointed out that Roger Moore of The Saint and Bond fame lived for a time in one of the houses.

Unfortunately the weather was not kind to us, being wet and cold, so most of us spent the majority of the time in the enclosed part of the boat.

Notwithstanding the poor weather everyone appeared to enjoy themselves, with a lot of talking taking place, which is as it should be!

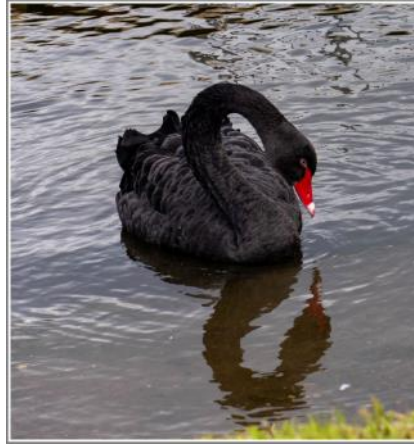
Thanks to Glenda Taylor for taking a lot of pictures, a few of which can be seen below.

May I leave by reminding members that the AGM takes place in September (more details page 9), when the forthcoming year's committee members will be agreed and elected. For those who wish to do so please engage in the nomination and election process.

Take care everyone,

Chris Meara





Recent Meetings.....Keith & Lorraine Shelton

March: 'The vital Role of Medical Detection Dogs'

In March, we had the pleasure of welcoming **Norma Howell**, who delivered an enlightening talk on the remarkable work of the [Medical Detection Dogs Charity](#). Norma provided us with an in-depth look at how specially trained dogs assist in detecting medical conditions, highlighting their invaluable contributions to healthcare.

These canine companions play a crucial role in early diagnosis and improving the quality of life for many individuals. For instance, Medical Detection Dogs have been trained to detect diseases like cancer, Parkinson's, and even COVID-19 through their keen sense of smell. Norma's passion and dedication to the cause left a lasting impression on everyone present, underscoring the importance of support for such a vital charity.

April: 'Uncovering Hidden Treasures in Bury St Edmunds'

Our April Monthly Meeting featured the captivating **Martyn Taylor**, who took us on a journey through the lesser-known aspects of Bury St Edmunds with his talk, "**Bury St Edmunds – Have You Noticed?**"

Martyn's presentation unveiled



fascinating details about the town's rich history and heritage, including unique objects such as the chimneys on Westgate Street, the Ceramic Doll in Mustow Street, and the Notice to Quit Cottages in Victoria Street.

Martyn, a well-known local historian and author, has written extensively about Bury St Edmunds, and his book "[Secret Bury St Edmunds](#)" delves into many of these hidden gems. Attendees were not only treated to a deeper understanding of the town but were also encouraged to explore further through his books. His insights provided us with a new perspective on familiar places, making it a truly memorable session.

May: 'Insights into Forensic Science' with **Mary Newton**

Mary is a retired forensic scientist with over four decades of experience. Her talk, entitled "**Blood, Sweat, and Fears**" offered a gripping exploration of forensic science and crime scene investigation. Mary discussed various aspects of her work,

including DNA profiling, the evolution of forensics, and the critical role of evidence in solving crimes.

She also shared intriguing details about high-profile cases and the challenges faced in forensic investigations. For instance, Mary's extensive career included work on significant criminal cases where forensic evidence was pivotal in securing convictions. The presentation was not only informative but also deeply engaging, providing members with a profound appreciation for the intricacies of forensic science.

Our **Monthly Meetings** are held on the third Wednesday afternoon of the month at the URC Hall, Stowmarket. Doors open at 2pm with the talk starting, after any notices, at 2.30pm *Free refreshments* are provided before and after the talk.

Thank you to all our speakers and members for making these meetings informative and enjoyable. A special thank you to those who help to set up the room before the meeting, clear away the room at the end and to those who staff the refreshments. We look forward to seeing you at our upcoming events!

Keith & Lorraine



From the Groups' Coordinator

Members of Stowmarket U3A seem to be really interested in learning a language. We now have 4 Language Groups - **French (2), Italian and Spanish**. Always useful for the holiday abroad!

Group Leaders were recently offered a First Aid Course, and most groups had at least one member of the group attending. It is comforting to know that we have so many members proficient in at least the basics of First Aid.

Zena Dakeyne tells me she has space for a couple more players at her **Scrabble Group** in Bacton. Give her a call, 01449 781 562 if this interests you.

The Music Group is now a non-members Group and no longer affiliated to the u3a. If any member wishes to join this group, they should appreciate it is now a Private Group without any u3a benefits.

The Lawn Tennis Club sent a mailshot to the U3A offering a free session of **'Walking Tennis'** to interested members.

7 people took up the offer and attended on Wednesday 26th June. Previous experience varied. The session started with practising getting the ball over the net and progressed to a competitive situation of playing in pairs. Everyone enjoyed the hour-long session.

It would be nice to have a regular u3a session but more people are needed for that to happen. Please contact me if you're interested...

Barbara Cutting

groupscoord@u3astowmarket.org.uk

Geology

We have had some very interesting meetings recently, starting with **Linda** passing on some information about **Gault Clay** (web site info) following a presentation attended at the **Cambridge Geological Society** which was given from an Engineer's perspective.

In **May** we met with **Peter Warland**, a retired Geologist and member of Bury St Edmunds u3a, who shared his maps of local bedrock showing Solid rock pre-dating the Ice Age and Drift from the Ice Age to more recent times.

For **June**, a few of us visited **Grimes Graves at Lynford**, (web site info) Britain's only open Neolithic Flint Mine



followed by coffee and cake at The Shepherd's Baa in the Arboretum.

We won't be meeting in July or August but will return in September.

Linda Reynolds and Roger Crouch



G&T Update

Summer is here!. We are looking forward to the **Sizewell nuclear plant** visit in July, with more than 35 members booked. It should make for an informative afternoon.

Another visit is planned to Bury St Edmunds in August as a follow-up to the tour of the **Abbey Gardens in April**. The tour guide made it doubly interesting as he was very knowledgeable and

passionate about local history. If we're lucky, we may have him again.

May saw a visit to **Bressingham Gardens** near Diss. The weather was quite chilly and parts of the gardens were off limits due to flooding. But despite that, the flowers and plants were splendid and we had a pleasant lunch at the garden centre afterwards.

September may be a visit to **Flatford**, a National Trust property. That is not yet

confirmed but we hope to have a sign-up sheet for that at the July monthly meeting.

Please feel free to contact us.

vafazzari@yahoo.com

elisabethz252@gmail.com

Val Fazzari

Liz Power

Walk and Talk, Spring

The group continued to walk whatever the weather and what a damp start to Spring and Summer it's been.

Below are some of our adventures.

On a very wet morning on **1 March**, 17 of us met at The Fleece, **Bungay**, to walk the Bigod Way. After passing the ruins of **Bigod's castle** in the centre of Bungay, we followed the footpath by the stream to Earsham and crossed the main road to ascend to Bath Hills Road overlooking the valley and then a track into the woods. In the 18th century Bungay was a spa resort and this is where the bath house was situated. We had views of the flooded fields and swollen river Waveney below us. At the top of the hill we then descended through woods (where we congregated for the photo showing us rain-soaked) and fields to lead us to the old Maltings and back on the road to the centre of Bungay. It was a varied and enjoyable 5 mile walk without too much mud. The heavy rain finally stopped, of course, whilst having lunch. Many thanks to Colin and Linda Geyman for arranging this walk

Keith and Lorraine organised the

second March walk which was around **Haughley**. Apart from a few muddy patches the weather was kind to us on what was a beautiful scenic walk, followed by lunch at the Kings Arms.

An abundance of **April** showers had turned the first April walk at Debenham into a very muddy and challenging one. However, the day itself was dry and the route through the **Kenton Hall** estate was very scenic. A Good lunch was enjoyed at the Woolpack in Debenham.

Mike Taylor led the second April walk around **Bacton** with lunch at the **Bull Inn**. True to form, April produced showers which were quite heavy during the second half of the walk.

May saw yet another damp day when we returned to **Haughley** for a totally different route led by Janet and Barbara, then back to the Kings Arms.

Our second walk in **May** was around **Old Newton** organised by **John Seaman**. It was a beautifully sunny and warm day (!) and the group set off on their five mile walk around the villages of **Old Newton** and **Gipping**, taking in the lovely views of the countryside. We stopped for a visit at **St Nicholas Chapel in Gipping**, admiring the splendid colourful east facing window and

architecture of the building. The walk was yet again followed by lunch at The Kings Arms in Haughley - shows its worth going to!

In **June** we started our walk from the carpark of the **Middy Railway at Brockford**. Mainly on country tracks and field edges it was very countryside in an area we hadn't walked before. The cafe at the Museum provided lunch and afterwards for those who were interested there was a tour of the new **4th Bomb Group** exhibition which is housed in a former ticket office and highlights the wartime relationship between the railway and the **USAAF** based at **Mendlesham airfield**. Well worth a visit.

At the end of **June** on a beautiful sunny day **Roger and Linda** planned our walk around Hintlesham which went through ever changing scenery, golf course, inclines, far reaching views and the lovely church of St Nicholas'. This was all followed by a great lunch at the George public house.

Thank you to all our walk leaders for finding some very interesting walks yet again.

Phil Webb & Keith Shelton



Discussion Group

The Discussion Group continues to meet at a members' house every 2nd Tuesday of the month from 10.00 – 12.00pm.

Recent topics have been 'Green and climate change', 'Prisons and the Penal system', the 'Refugee crisis', 'Lifestyle and the choices we make'.

There is always something in current events we can discuss or we'll look further afield. Our next discussion centers around how retirement has changed in our lifetime. All topics are open for discussion except for politics and religion.

If there's something you would like to discuss feel free to come along or to contact me if you have any questions. It's all very informal, not too serious and there's always a cup of tea/coffee with a biscuit.

Liz Power

elisabethz252@gmail.com
07799 761336

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 "Sweet Bird of Youth" by Tennessee Williams, we read "Separate Tables" by Terrance Rattigan and have just completed "Suddenly Last Summer" by Tennessee Williams. Our next play will be "This Happy Breed" by Noel Coward.

I anticipate that the Play Reading Group will continue as a Virtual Group for the foreseeable future. If anyone is interested in joining the Virtual Group, please contact me.

Anyone who is interested in joining the Group should 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

The Sunday Lunch Club

The Lunch Group continues to meet the 3rd Sunday of every month.

We had lunch at the **Rampant Horse** in **Needham Market**, then in May the **Railway Inn** in **Westerfield** which has a slightly more varied menu. Nice food and atmosphere in both.

June was a visit to the **Norton Dog**, a pub we hadn't yet been to. That was also very good, despite there being just the 3 of us. The pub has a great outdoor seating area which we may visit later this summer.

We are trying to explore different venues, rather than repeat visits. This sometimes entails traveling a bit further afield, although we try to keep it within a reasonable radius, but we always have rides available for those who don't want to drive distances. *And we welcome any recommendations!* Feel free to get in touch if you'd like to join us or just come along and try it out.

Liz Power

elisabethz252@gmail.com
07799 761336

Val Fazzari

vafazzari@yahoo.com
07720 391443

Table Tennis

Our attendance has been rather low over the last couple of months or so. A combination of holidays, grandparental duties, golf, bowls, and Covid (still) have all contributed, giving us 8-10 rather our norm of 16-18 per session.

This does mean that we can play many more singles games than normal!

We can accommodate a few more members. Get all the details from our information sheet on the web site [HERE](#)

Qualification to join—be a Stowmarket u3a member! You will be made very welcome *irrespective of past experience*

Peter Dakeyne

01449 781 562

Computing & Technology

Just to remind you, we are keeping the WhatsApp C&T helpline going so you can post questions at any time and be sure that one or more of us will respond. *This is for all Stowmarket u3a members* — for those who have not yet joined, here is the [invite link](#).

Peter Dakeyne

CAKE WALK EVENTS

The Cake Walk group has continued to meet on the last Friday of each month although we have been badly interrupted by the weather.

In February we had planned to walk from **Gallowsfield Woods** but heavy rain during the preceding week had turned

the paths into streams and the tracks into rivers so we had to postpone that walk until March. Then in May, a planned walk from the fascinating craft museum at **Buxhall** had to be called off for similar reasons.

Nevertheless, we have had some great walks including a bracing stroll along the sea front at **Felixstowe** in January

(brrrr), exploring the **Thornham Walks** in **April** and in the **Rougham Estate** in June.

As ever, cake and coffee have played an important part in our entertainment – and even wine when we will visit the Shotley vineyard later in the year.

Robert & Anna Bradshaw





Photography.

We continue to meet on line every month. In March through June we went through the alphabet, A-Z, the pictures chosen by each initial letter.

Easy at the beginning, it became difficult towards the end as we had to use a lot of imagination, particularly for X, Y, and Z!

Space just for one this time, Roy's offering for 'X'

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

I'm sorry, due to time restraints, we can't take on more members at the moment. If you would like to go on our waiting list for a vacancy, please let me know...

Peter Dakeyne 01449 781 562



Singing Group News

We have welcomed several new members this year and have started to get used to using a new projector. It should make preparation for the sessions a little quicker.

We continue to meet on the first and third Monday of every month at the new time of 1.30 pm until 3.00 pm at the United Reformed Church in Stowmarket. It's an attractive venue with great acoustics and certainly adds to the pleasure of singing.

We usually take a break during August, but will resume our meetings in September.

New members are always made really welcome by this friendly group - we are keen to attract folk who enjoy singing a wide variety of songs in good company.

We enjoy a broad range of songs as everyone has their own preferred style and genre. We usually learn a few new songs each term but continue with 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 and /or rounds. In addition, if I'm unavailable, the group is lead by Susan with the additional support of other members. It's great to know the group can keep going whether or not I'm there.

Members of the group also meet up occasionally for a meal or afternoon tea. It's an opportunity to chat and has helped to forge stronger friendships between everyone.

Anyone interested in joining the group should contact **Hilary** on **07842189794**

History Group Round-up

April

Our April gathering was a visit which took us to the charming village of **Mendlesham**. Members met at the picturesque Mendlesham Church for a tour given by Father Phillip. The tour



highlighted the history of the church, and other items of historical interest including the Mendlesham Chair, and a manorial brass. The tour was followed



by refreshments before embarking on an historical trail of the village.



This was a delightful experience, offering insights into the rich history of Mendlesham including the numerous

listed buildings. We walked along the old 'high street' with what used to be



numerous shop fronts. We passed the old Fire Station, the old Police House and numerous old pubs. We also looked at the village sign depicting, the church, a sheaf of wheat relating to the agricultural roots of the village, the armoury which is housed in the church and the burning of the Mendlesham Martyrs, who lost their lives because of their religious beliefs.

We concluded our day with a lunch at **The White Horse in Stoke Ash**. Members enjoyed a pleasant meal and discussions, making the day a wonderful blend of history and camaraderie.

May

In May we had a talk at our usual venue at Red Gables, Stowmarket. Our guest speaker was **Miriam Stead** on the history of "**The Walpole Chapel**" near Halesworth.

The presentation took us through the historical turbulent forces at play during the this period which allowed the chapel to be developed and sustained for numerous years. The chapel itself was once a farm house that was converted by members of the congregation and is very basic and rustic in design. The chapel reveals the social history of the time with believers walking many miles to pray and worship. This engaging presentation set the stage for our next visit which was to the chapel itself.

June

In the follow up to our May meeting, we visited the Walpole Chapel. Miriam Stead guided us through the small plain building that was full of

history and character. It was easy to imagine forceful speakers addressing the congregation as they listened intently while sitting on hard wooden benches.

Halesworth is a delightful town with a pedestrianised main street with plenty of independent quirky shops. There are



numerous eating places to choose from and we all gathered for lunch in a deli café before walking down to the museum which is housed in the old railway station. Here we listened to a wonderful talk about two hoards of **Bronze Age axe heads and spears** discovered in **Wisett** by **Chris Frost** and **Marilyn Throssell**, two responsible metal detectorists. Expert examination



of the objects showed them to be over three thousand years old, dating to the **Middle Bronze Age (c.1500-1150BC)**. It was an exceptional find and raised lots of questions about our understanding of the Bronze Age.

Finally we wandered through the small local museum looking at all the artefacts on display and learned even more about the history of Halesworth. Another successful trip. If you have never been to Halesworth it is well worth a visit.

Lorraine & Keith

AVIATION Don Mobley 07398 300 952	Monthly: 3 rd Thursday 2.00pm	ITALIAN CONVERSATION Dennis Morley 07976 925 016	Alternate Wednesdays 2.00pm
BOOK CLUB Sylvia Downs 01449 612 661	Monthly: Last Monday 2.00pm - 4.00pm	LUNCH CLUB (Sunday) Liz Power 07799 761 336 Val Fazzari 07720 391 443	Monthly: 3 rd Sunday By arrangement
BRIDGE INTERMEDIATE/IMPROVERS Carol Gibson 07918 743 154	Weekly: Friday 2.00pm – 5.00pm	MUSIC – various (not official u3a group) Ian Hooper 01449 770 179	2/Month: 2 nd , 4 th Tuesdays 10.00am – 12.30pm
CAKE WALK (Short walk) Robert & Anna Bradshaw 01449 745 829	Monthly: Last Friday	PATCHWORK Jean Roche 01449 675 984	Monthly: 4 th Wednesday 2.00pm
CANASTA (1) Hazel Burl 01449 615 581	Weekly: Wednesday. 10.00am – 12.00 noon	PHOTOGRAPHY (Video Conference) Peter Dakeyne 01449 781 562	Monthly: 3 rd Tuesday 2.00pm
CANASTA (2) Carol Gibson 07918 743 154	Weekly: Tuesday 2.00pm – 5.00pm	PLAY READING (Video Conference) Maureen Wingham-Eaton 01449 771 200	2/Month: 2 nd , 4 th Mondays 11.00am – 12 noon
COMPUTING & TECHNOLOGY Peter Dakeyne 01449 781 562	WhatsApp Q&A Group only	POETRY Jenifer Adams 01449 615 581	Monthly: 4 th Thursday 2.00pm
DISCUSSION Liz Power 07799 761 336	Monthly: 2 nd Tuesday 10.00am	SCRABBLE (Bacton) Zena Dakeyne 01449 781 562	2/Month: 2 nd , 4 th Wednesday 2.00pm
FRENCH CONVERSATION (1) Helen Mead 07827 814 819	2/Month: 2 nd , 4 th Tuesdays 10.00am	SINGING Hilary Foster 07842 189 794	2/Month: 1 st , 3 rd Mondays 1.30pm – 3.00pm
FRENCH CONVERSATION (2) Dennis Morley 07976 925 016	Alternate Tuesdays 2.00pm	SPANISH CONVERSATION Dennis Morley 07976 925 016 Nancy Dickson 07856 584 176	Alternate Tuesdays 2.00pm
GARDENS & THINGS Liz Power 07799 761 336 Val Fazzari 07720 391 443	Monthly: 3 rd Thursday 9.30am (variable)	TABLE TENNIS Peter Dakeyne 01449 781 562	Alternate Mondays 2.00pm – 3.30pm
GEOLOGY Linda Reynolds 07880 516 926 Roger Crouch 07925 262 742	Monthly: 3 rd Tuesday 2.00pm	WALK and TALK (Longer walks) Phil Webb 01449 614 616 Keith Shelton 01449 768 744	2/Month: 1 st , 3 rd Fridays 9.30am (variable)
HISTORY Keith & Lorraine Shelton 01449 768 744	Monthly: 1 st Wednesday 2.00pm – 4.00pm		

The u3a Friends 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 2024 so far.

u3a 'Friends Extra Offers'

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...

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 3 years) comes out on the 17th of each month. It showcases the amazing things happening across the u3a movement. Fascinating stuff!

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

See page 9 for more from the u3a.....

2024 – 2025 Monthly Meeting Programme, advance information

16 Oct 2024	"Overlanding through the Americas" Glenda Taylor
20 Nov 2024	"Witches Ghosts and Demons of the Fens" Eleonora Gardner
11 Dec 2024	Christmas Meal
15 Jan 2025	"The Real Basil Brown: From Rickinghall to Sutton Hoo and back" Sarah Doig
19 Feb 2025	"Stories behind the Photographs....." Barbara Meyer (Wildlife Photographer)
19 Mar 2025	"Over Paid, Over Sexed Over Here" The friendly invasion of Suffolk by American Servicemen during WWII Geoffrey Kay
16 Apr 2025	"Talespinners- East Anglian Storytelling Festival" Carl Merry and Chris Richardson
21 May 2025	"Music Hall Memories" A pocket history of Music Hall with songs and monologues. Bryan Thurlow
18 June 2025	Annual Event 2025 TBA
16 July 2025	"Constable – the Artist who could not get arrested" Kim Smith
20 Aug 2025	"Overlanding through the Americas" Part 2 Glenda Taylor
17 Sept 2025	"How to become a Roman Emperor" 10 steps you would need to take....but dare you take them? Ralph Jackman

Appeal from the editor...

I've been looking after the Newsletter in its present form since 2014 (37 issues and counting!) and been webmaster since inception in 2008.

Whilst I'm not planning to relinquish either at the moment, I'm now getting rather long in the tooth and it's time to start some succession planning.

I prepare the Newsletter in Microsoft Publisher before converting into separate PDFs for print and email. If there is anyone out there who has experience of 'Publisher' or who would like to learn, I would like to hear from you!

The website, www.u3astowmarket.org.uk is built on wordpress.com (not wordpress.org which is different in many ways) and it's designed to be a historical record of Stowmarket u3a's activities since 2008 as well as an up to date information source for present and upcoming events.

The Newsletter and web site come together, [HERE](#) with the record of all newsletters back to 1990! Again, if what you see on the website inspires you to have a go or have ideas how it can be improved, please let me know.

Peter Dakeyne, newseditor@u3astowmarket.org.uk or on 01449 781 562.

A reminder! The **Third Age Trust** provides a lot of 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', 'Numbers with Shapes', 'Laughter Yoga', 'Modern Britain: A story through stamps', 'Cryptic Crosswords in Context', plus Don Mobley's talk 'The Bloody Hundredth' Bomb Group.

Check them all out [HERE](#)

Stop Press!

Bury St Edmunds u3a are hoping to start a **Walking Football/Cricket Group**, but are struggling with potential members as they really need a minimum number. If anybody is interested in joining with either Football or Cricket, please contact the **Interest Group Leader** at interestgroups@u3aburystedmunds.co.uk.

Stowmarket u3a

34th Annual General Meeting

NOTICE

Notice is given that the Thirty Fourth Annual General Meeting of Stowmarket u3a will be held at The United Reformed Church, Ipswich Street, Stowmarket, on Wednesday 18 September 2024 at 1.30pm.

AGENDA

1. Welcome and Introduction
2. Apologies
3. Approval of the Minutes of the Thirty Third Annual General Meeting
4. Chair's Report on behalf of the Committee
5. Treasurer's Report and Financial Statement 2023 - 2024
6. Appointment of a suitably qualified examiner of the Financial Statement for the year 2024 - 2025
7. Election of Officers of the Stowmarket u3a (until the conclusion of the 35th 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



AGM. The following will be posted on the board at the **August** meeting: AGM Agenda, Chair's report and the Minutes of the 33rd AGM. Personal copies will be available on request.

Nomination forms will be sent out via Beacon in due course, and are available [on our website](#) now. Printed ones will also be available at the July and August meetings.

Please note: Both the Chair (Chris Meara) and Membership Secretary (Steve Barber) are standing down at this AGM.

Coming up....

August 21st. "Living well with Dementia"

Deb Bunt & Peter Berry

Sept 18th. "Walking to Wheelchair"

Freya Levy (after AGM)

October 16th. "Overlanding through the Americas"

Glenda Taylor

Editor/Webmaster: **Peter Dakeyne** 01449 781 562
newseditor@u3astowmarket.org.uk

Next Issue: Autumn 2024 Last date for Copy 31/10/2024
www.u3astowmarket.org.uk