

### From the Chair.

As Chris steps down as Chairman I have been asked to fill the breach; I am sure you would all like to join me in expressing thanks to Chris for the excellent job he did while navigating the choppy waters as Chair.

I would like to welcome the new committee that has been formed of new and past members voted in at the last AGM. I feel that we have a great mix of experienced and new members that I am sure will move the u3a from strength to strength.

As the days draw in and the bite of winter nips at our heels lets keep in mind those who may be alone at this time of year when the dark cold nights can seem long and lonely. The support of the u3a and the very welcome monthly meetings can become a much needed

source of company and companionship. We should be very proud to have the opportunity to enrich lives of so many.

Over the year Keith and Lorraine have organised for our monthly meetings a multitude of enlightening, heart-warming and informative talks which were very well attended, we thank them for this and look forward to what is in store next year.

I would like also to thank the committee as a whole without whose efforts and hard work there would be no u3a. We also mustn't forget all of the group organisers who run the multitude of activities we all enjoy and who make up the backbone of the u3a, our mantra "Learn, Laugh, Live" has never been stronger.

I am relatively new to Stowupland and the u3a but I have been made to feel so welcome, it is an unexpected privilege to serve as the new incoming Chair and I promise to do my best to stabilise and grow Stowmarket u3a.

Please be assured that I am always available for any member to contact and I look forward to meeting many in the future.

**John Dickson**

### Stowmarket u3a Committee Members 2024/2025



John Dickson

Neil Instrall

Robert Bradshaw

Barbara Cutting

Nancy Dickson

Glenda Taylor

Jackie Durrant

Anne Weedon

Keith Shelton

Stew Dorward

Barbara Gort

Mike Taylor

<b>Chair</b>	John Dickson	07976 541 021	<a href="mailto:chair@u3astowmarket.org.uk">chair@u3astowmarket.org.uk</a>
<b>Vice Chair</b>	Jackie Durrant	01449 672 690	<a href="mailto:vicechair@u3astowmarket.org.uk">vicechair@u3astowmarket.org.uk</a>
<b>Secretary</b>	Neil Instrall	01359 352 104	<a href="mailto:secretary@u3astowmarket.org.uk">secretary@u3astowmarket.org.uk</a>
<b>Treasurer (+ Beacon Admin)</b>	Ann Weedon	01449 771 947	<a href="mailto:treasurer@u3astowmarket.org.uk">treasurer@u3astowmarket.org.uk</a>
<b>Membership Secretary</b>	Robert Bradshaw	01449 745 829	<a href="mailto:membership@u3astowmarket.org.uk">membership@u3astowmarket.org.uk</a>
<b>Programme Organiser</b>	Keith Shelton	01449 768 744	<a href="mailto:programme@u3astowmarket.org.uk">programme@u3astowmarket.org.uk</a>
<b>Groups Coordinator</b>	Barbara Cutting	01449 615 346	<a href="mailto:groupscoord@u3astowmarket.org.uk">groupscoord@u3astowmarket.org.uk</a>
<b>Committee Members</b>	Stew Dorward	01449 774 213	
	Nancy Dickson	07856 584 176	
	Barbara Gort	01473 834 027	
	Glenda Taylor	07549 167 313	
	Mike Taylor	01449 678 638	

**July:**

This month, a special event; we welcomed the renowned early music ensemble, **Hexachordia**.

Instead of a traditional speaker, we were treated to a captivating performance entitled '**Is that a Crumhorn...?**', by **Jane, Tony, and Sarah**, who specialise in music from the **Renaissance** and early **Baroque** periods.

Hexachordia's presentation was a journey through the 16th and 17th centuries, offering a fascinating glimpse into the music and instruments of the time. Their dedication to historical authenticity was evident in both their performance and their insightful discussions. Using period instruments and singing, the trio brought the rich musical heritage of these eras to life,

creating an immersive experience for all in attendance.

The ensemble performed a selection of pieces, each introduced with explanations that provided context about the historical background and performance practices. These thoughtful insights added depth and understanding, enriching the audience's appreciation of the music.

The event was well-attended, and the audience was highly engaged throughout. Members responded enthusiastically, offering several rounds of applause during the session. After the performance, many were eager to learn more, approaching the trio to ask questions and admire the instruments up close.

Feedback from members has been overwhelmingly positive, with praise for

both the expertise of the musicians and the quality of their singing.

**Hexachordia's** ability to make historical music engaging and accessible left a lasting impression, and we are truly grateful to them for sharing their talents with us.

If you missed it, **click the picture** to see a short video compilation (the Crumhorn is the curved double reed instrument)



Check out the Hexachordia web site [HERE](#) and several video [PERFORMANCES](#)

Well worth a look....!

**August:**

In August, **Peter Berry** and **Deb Bunt** shared their personal journey of living with dementia, offering practical insights and wisdom.

**Peter** recounted his father's struggle with dementia, particularly his frequent requests for the time during daily car rides. Instead of becoming frustrated, Peter adapted by placing a clock on the dashboard, easing his father's anxiety. This simple act illustrated the broader message of their talk: the importance of meeting people with dementia in *their* reality rather than expecting them to conform.

One of Peter's favourite mantras is that 'life isn't over with dementia, it's just a little different' and he takes this positive approach with him wherever he goes. At the same time, he tries to leave his dementia monster (an ugly, Humpty Dumpty man with a pointy nose and a grumpy expression) on the settee at

home.

Peter and Deb emphasized patience, compassion, and adapting to the needs of those with dementia, advocating for these values through their book '[Slow Puncture](#)' and their awareness work. Their talk, filled with hope and resilience, deeply moved the audience, showcasing how dignity, joy, and connection can be maintained despite a dementia diagnosis. Our members were encouraged to read the book and get more insight into their inspiring message.

**Deb Bunt** blog on [peter-berry.com](http://peter-berry.com)

Yesterday we spoke to over 60 people from the Stowmarket branch of the u3a. Peter pulls no punches when it comes to explaining his condition, when it comes to telling his story and when it comes to saying what changes he would like to see around the diagnosis process. His honesty has always been a pivotal point in his talks

and the talk in Stowmarket was no exception.

For me, although I know much of what Peter is going to say, the trajectory of our talks is fascinating and unexpected and I always hear something fresh. I am forced to adapt my own responses and questions to accommodate his words. This is a good demonstration of how those around people living with dementia must adapt to suit their changes, and not the other way around. It also gives me pause for thought: as his journey changes, his emotions and views change and it's a real - and privileged - insight into his world.

Thanks to Keith from the u3a for organising our day, for his kind words and to all those who took the trouble to come and chat to us after the talk and, of course, to all those who bought our book and for persevering with the vagaries of my 'sum up' machine. Technology, eh!

## September:

Our u3a members gathered for the September Monthly Meeting at the URC, Stowmarket, which began with our **Annual General Meeting (AGM)**. The AGM is a vital part of our organisation, where members can actively contribute to the running and decision-making of our u3a. We're pleased to report that this year's AGM had a strong turnout and successfully elected a new Committee (page 1) ensuring we remain buoyant for the coming year.

Following the AGM, we were treated to an outstanding talk by **Freya Levy**, a

para-athlete and advocate whose journey from **"Walking to Wheelchair"** (follow the link) left a lasting impact on everyone in attendance.

Freya spoke candidly about her diagnosis with muscular dystrophy at the age of 14 and the challenges that followed as she transitioned from playing non-disabled sports to finding her place in the world of wheelchair athletics. Her passion and determination led her to represent Great Britain and England in several sports, including wheelchair basketball, rugby league, and para ice hockey.

Freya's talk focused not only on her remarkable sporting achievements but also on the importance of mental resilience, diversity, and the role that sport plays in empowering individuals. Members were moved by her reflections on how sport gave her confidence and a renewed sense of purpose after her diagnosis. Freya's story of overcoming adversity and finding new strengths deeply resonated with the audience, leaving everyone inspired to face their own challenges with the same determination.

**It was a fantastic start to the new u3a year.**

## October:

In October, we were treated to a captivating talk by one of our own members, **Glenda Taylor**, who took us on an unforgettable journey as she shared "Overlanding through the Americas - Part One." Glenda's tales of adventure, challenges, and stunning landscapes captured the audience's interest from start to finish.

During her talk, Glenda brought to life the vibrant cultures, beautiful wilderness, and unexpected encounters along the way. Her vivid storytelling and photos transported us across salt flats,

jungles, and mountains, showing us the true spirit of overland travel. From navigating rough terrain to meeting local communities, her journey was not without its challenges, but Glenda's humour and determination shone through.

Glenda left us all in suspense with the cliff-hanger ending, making us eager for Part Two, which we'll hear in March next year.

We thank Glenda for sharing her experiences with us, and we look forward to hearing the next chapter of her journey. Some of us might be just inspired enough, like Glenda, to seek

new horizons—whether that's exploring distant lands or simply embracing the spirit of adventure in our everyday lives!



## Group News



### From the Groups' Coordinator

Our groups continue to run well. There are a few without leaders, but members are keeping the groups going between themselves. Even without a leader, it is better to keep the group going, to be enjoyed by everyone. Please note, **Pam Lore** is now the convenor for the **Italian Conversation group**, [pamelalore04@gmail.com](mailto:pamelalore04@gmail.com). There are 2 groups that are mentioned in the Groups List, but are not supported by Stowmarket u3a.

'Music' and 'Walking Tennis' - whilst open to u3a members, others can join so these are not authorised u3a groups and carry no u3a benefits

It is worth reminding leaders to ensure that all the members of their Group have paid their Membership for this year. Anybody who is not a paid up member, should not be able to take advantages of a u3a membership.

If there are still any Group Leaders who would like to learn how to use Beacon, can they contact the Treasurer, Anne Weedon -

[treasurer@u3astowmarket.org.uk](mailto:treasurer@u3astowmarket.org.uk).

There are many advantages to using Beacon, including keeping Group Accounts and of course to ensure GDPR regulations are adhered to.

As always, a huge **Thank You** to all the Group Leaders, for their continuing commitment to keeping the groups running. Without you - there would be no Stowmarket u3a! **So - Many thanks.**

**Barbara Cutting**

[groupscoord@u3astowmarket.org.uk](mailto:groupscoord@u3astowmarket.org.uk)





## From the Aviation Group

### D-Day Plus One, A Tragic Day for 34th Bomb Group

On June 7, 1944, just a day after the historic D-Day invasion, the **34th Bomb Group at RAF Mendlesham** experienced a tragic and unexpected loss that left an indelible mark on its history. Known for never losing a single aircraft to enemy fighters over enemy territory, this day broke their streak in the most heart-breaking way. After a successful bombing mission over Tours, France, the formation of **B-24s** was shadowed by enemy aircraft on their return to base. As they neared RAF Mendlesham, they were ambushed by German **JU-88** and **Me-410** fighters from the Kampfgeschwader 51 'Edelweiss' Wing.

Four of the returning B-24 bombers were attacked and shot down as they prepared to land. The losses were staggering:

- **Cookie's Wailing Wall** from the 391st Bomb Squadron (BS) crash-landed at Eye Airfield, fortunately, without loss of life.
- **Sweet Sioux** from the 4th BS tragically crashed at Wetheringsett,

claiming the lives of three crew members. The navigator 2 Lt Grabowski and ball turret gunner, SSgt Johnson are buried at the American Cemetery in Cambridge.

- **Wilson** from the 391st BS crashed into the Personal Equipment Building at RAF Mendlesham killing seven of the crew with only one member managing to bail out. Four of the fallen were later laid to rest at the American Cemetery in Cambridge.
- **Scotty** from the 18th BS crashed in the vicinity of Nedging Tye near the 4th Strategic Air Depot. Witnesses Leonard and Clara Pryke, who lived nearby, saw the heart-breaking event unfold. The aircraft suffered fires in the No. 3 engine, on the flight deck and in the bomb bay, leaving the crew in a desperate situation. The pilot, unable to communicate with his team, set the plane into a climb giving himself and the crew a chance to bail out. Tragically the ball gunner Sgt. Tipton and the tail gunner Sgt. Nowakowski bailed out too low and did not survive. The radio operator SSgt. Stygall was killed by enemy fire and went down with the aircraft. Sgts Nowakowski and Stygall are also buried at the American Cemetery in Cambridge.

Of all the aircraft in the formation, only one B-24 bomber safely landed at RAF Mendlesham that night. The remaining aircraft were diverted to other airfields as the attack unfolded.

Decades later, the memory of this tragic event continues to resonate with families and communities on both sides of the Atlantic. Mrs. Maggie Aggis, granddaughter of the Prykes carries the story of Scotty's loss as a family legacy. She hosted Adam Stensby, the grandson of Scotty's bombardier Lt. Donald McCarthy during his visit to the [34th Bomb Group Exhibition](#) at the 'Middy' Railway Museum on October 9th. They then met Mr. Barry Lacey of Park Hall Farm to view the land on which RAF Mendlesham was located. After lunch they made their way to the crash site of Scotty, preserving the memory of those who sacrificed so much.

As more Americans visit the UK to honour the service of their fathers and grandfathers, the courage and valour of the 34th Bomb Group remain an enduring testament to the bravery of the men who served. Their stories will not be forgotten

**Don Mobley**

## Gardens & Things (G&T)

We had some good outings but the highlight was definitely the visit to [Sizewell Power station](#). More than 30 members signed up. Lots of information had to be provided beforehand as security is key before a visit. Upon arrival we were provided with hard hats, vis vests and goggles

and given a safety and security briefing. We were split into groups, each led by a tour guide. The tour was about 2 hours, a lot of walking, lots of technical information.

Our last visit was to [Gainsborough House](#) in Sudbury, a fascinating place which houses Gainsborough paintings as well as hosting visiting exhibits. We

were given a tour of the house and silk lined gallery. Sudbury is still considered the silk capital of the UK, as evidenced in the gallery.

Next year we hope to visit Bletchley Park.

**Val Fazzari** vafazzari@yahoo.com

**Liz Power** elisabethz252@gmail.com

## Spanish Conversation

Our new group is well underway! We meet every other **Tuesday, 10am – 12 noon**

Now we've settled down we no longer

have a waiting list and can take a few more members...

If you would like to join or just get further information, please contact

**Nancy Dickson** 07856 584 176  
nanceroo2@gmail.com



## Play Reading – Virtual

The group continues to meet twice a month on the 2nd and 4th Monday, 11.00 am – 12.00 noon.

Following reading “This Happy Breed” by Noel Coward, we read “The Birthday Party” by Harold Pinter and are currently reading “An Inspector Calls” by J. B. Priestley. Our next play will be Peter Mercer’s One Act “The Governor’s Lady”.

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 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](mailto:Maureen.wingham@mwmedia.uk.com)

## Table Tennis

Over the summer, we’ve lost a few and gained a few members, now stabilised at 25. We play every other week at the St Peter’s Church Hall in Stowmarket.

We were recently pleased to entertain two guests from Southport u3a TT Club.

We can always accommodate more players. 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

## Sunday Lunch Club

We continue to enjoy our monthly outings. We have lost a few members but also gained several new ones. If you'd like to trial a lunch with us please get in touch. We revisited the

Kings Arms in Haughley this month, very reliable and tasty food in a cozy setting. Our first outings to both The Victoria in Earl Soham and the Cretingham Bell were also excellent. Come along for some good food and a natter.

**Val Fazzari** vafazzari@yahoo.com

**Liz Power** elisabethz252@gmail.com

## Discussion Group

We met throughout the summer and had some interesting discussions. Most recently the topic was vegetarianism. One of our members has been a vegetarian for 40 years and she talked about the challenges early on as it was not a common dietary choice then compared to currently.

We discussed retirement, how it has changed over the years, including the age at which people retire now, and what it means to the individual.

Another subject was Herd Mentality and the pressures of society on us to conform, or not. This is especially true for the younger generation.

We always welcome new members. Please send me an email of you'd like to give it a go.

**Liz Power** elisabethz252@gmail.com

## Computing & Technology.

As mentioned before, after more than 25 years of normal meetings then after Covid on-line meetings, we now communicate solely via a **Q&A** on **WhatsApp** where members can raise any problems as they occur.

This group is also open to *any u3a member* who wishes to join. Just follow [HERE](#) to get the invite link (please do not pass this link to anyone outside the u3a).

In the mean time, you may be interested in a free u3a on-line **Learning Event...**

Wednesday, **December 18**, 10am-12

**AI News:** The highs and lows of AI in 2024 and a look forward to the future'

For information and booking, click [HERE](#)

**Peter Dakeyne**

01449 781 562

## Singing Group

Our Singing Group has welcomed several new members recently as well as welcoming back one or two previous members. Our numbers are creeping up to around twenty, which is very pleasing.

We continue to meet on the first and third Monday of every month at the new time of 2.00 pm til 3.30 pm.

We are now meeting at the **Salvation Army Hall on Violet Hill Road in Stowmarket**. It's an attractive venue and has the advantage of a large enough carpark to accommodate everyone.

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 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. Most recently we enjoyed afternoon tea at the British Legion Club. It's an opportunity to chat and has helped to forge stronger friendships between everyone.

Anyone interested in joining the group please contact.....

**Hilary Foster**

07842 189 794

## History Group

**W**e've enjoyed an eventful few months, with a series of fascinating talks and visits that have deepened our understanding of local and wartime history. Here's a summary of our recent activities and upcoming events:

In **July**, we were treated to an insightful talk by **Don Mobley** on the **34th Bomb Group** (see p4), who served from the RAF Mendlesham airfield during World War II. Don's talk offered a vivid picture of the American servicemen stationed in Suffolk during this time, and it set the stage for a memorable outing to the **Thorpe Abbotts Museum, in August**.

This museum, dedicated to the **100th Bomb Group**, provided a deeper exploration of the wartime experiences of US servicemen in the region. Members enjoyed a lovely picnic lunch together, which added a social element to our historical discovery.

Our next meeting featured a visit to the **Great War Huts** in Bury St Edmunds, a highly recommended site that brings the era of the First World War to life. Members were given a guided tour, which included an introduction talk, visits to war huts, and a walk through the trenches, offering a unique and immersive experience.



It was a beautiful day and the group enjoyed a picnic on the grassy area beside the trenches in the shade. A great way to finish off our visit.

Unfortunately, due to booking difficulties, our **October** meeting, initially planned as a visit to Rougham House, had to be postponed. However, we were delighted to welcome **Barbara Cutting**, who delivered an excellent talk on the **history of Ipswich**, covering the period from **1880 to 1925** through the photographs of her grandfather. This talk allowed members to appreciate how Ipswich has evolved over time, offering a glimpse into the social and architectural changes of the era.

Our group continues to grow, and we are always happy to welcome new members to join us for these enriching events. We are in the process of planning our 2025 Programme of talks and visits, and we look forward to sharing history together in the months to come.

**Keith and Lorraine**

## Poetry Reading

**W**e meet in **Red Gables**, and we'd love some new members! The curious, the dubious, the fearful, the aficionados, the refuseniks, all are welcome.

There is a poet or a theme to consider each month - easy to Google! Then come with two poems to share, to read

yourself or ask someone else to do it if you're shy, and then watch as the random and lively discussion on life develops! That's what poems can do for you, and to read aloud and share is a bonus.

In **October** we looked at the poems of **Charles Causley**. Who? Well, we didn't know much either! But just google Timothy Winters, and I defy you not to

feel such empathy for the poor deprived young lad.

This month, **28th Nov**, it's 'Friendship', so here's your chance to explore. Come for a taster session, and join in or just listen, as you wish. You will be warmly welcomed. And there is tea and biscuits too!

**Hilary Plummer**

07506 761 199

## Photography.

**W**e continue to meet on line every month. Recent topics explored are 'Blue and/or Yellow', 'Technology', 'Bright and Shiny' and in October, 'Twilight & Beyond (2)'.

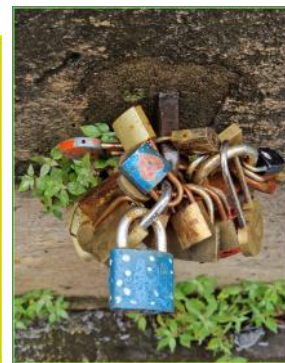
Here are some of our 'Blue/Yellow' pictures.

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

**Peter Dakeyne**







## Walk and Talk, Summer Exploits

The Group continues to embark on interesting walks around the Suffolk countryside and although the weather has been a little unpredictable this summer, it has not impacted on our enjoyment.

We have welcomed a number of new walkers, some of whom are new to the area and keen to learn more about the county they have moved to.

**July** saw a walk around **Shotley**, including a visit to St Mary's church which has associations with HMS Ganges. **Cotton** was the second walk of the month at the end of which we had a very enjoyable lunch at the newly refurbished Trowel and Hammer PH.

**Playford** was the first outing of August when Roger and Linda took us across

some very undulating countryside and passed some very expensive looking holiday lets.

Although we have walked around **Crettingham** many times this walk in August took us along some untrodden paths which were new to the group. It was sad to see the once pristine golf course had closed and generally looked rather tatty.

Following the very wet walk last year from Coombs to Badley during Storm Babett, a new attempt was made to travel the same route during more favourable conditions. This time the weather was kind. Lunch was at the community run pub at Battsford.

**Norton** was our next adventure following a route, which was new to the group. We visited the church and crossed the runway of a private airstrip

before walking through Suffolk Wildlife Trusts's nature reserve after which we had lunch at The Dog PH.

**Stowmarket** was the starting point for October's first walk traveling along the river Gipping to Badley and Coombs and then back to Stowmarket.

Finally in October we walked from The Highwayman on the A140, to **Creting St Mary** and back again. After 15 years of walking this was a completely new walk to us all.

A big thank you to Glenda Taylor for all of the wonderful photographs she has taken recording our adventures.

We are now putting together our walks programme for the first half of 2025.

## Phil and Keith

(More pictures in the 'e' Supplement)



Shotley Gate



Norton, St Andrews Church



Crettingham

## Obituaries

### Melanie Westenra-Hartley:

**Melanie** first joined Stowmarket u3a in 2012 and passed away suddenly last month, although in recent times she had suffered from numerous medical problems.

Over the years she was well known for her **'Quiz'** and **'History'** groups. For a while, she also organised the **'Sunday Lunch Club'** on a first come, first served basis.

She was well liked and will be sorely missed.

Our condolences go **Melanie's** family and close friends....

### Paul Rivers:

**Paul** and his wife, **Sue**, joined only recently so he might not be well known to many, but you may have met him on the recent Sizewell Power Station visit which he enjoyed greatly.

A relatively young man, he died very suddenly at the John Peel Centre in September whilst enjoying his favourite pastime, playing the drums with his group, **Red Sky High**. Quote from them, "It was a pleasure to know him and a privilege to play alongside this much-loved man".

Our condolences go to **Sue** and their wider family.....

<b>AVIATION</b> Don Mobley 07398 300 952	Monthly: 3 <sup>rd</sup> Thursday 2.00pm	<b>LUNCH CLUB (Sunday)</b> Liz Power 07799 761 336 Val Fazzari 07720 391 443	Monthly: 3 <sup>rd</sup> Sunday By arrangement
<b>BOOK CLUB</b> Sylvia Downs 01449 612 661	Monthly: 4 <sup>th</sup> Thursday 2.30pm	<b>## MUSIC – various</b> Ian Hooper 01449 770 179	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays 10.00am – 12.30pm
<b>BRIDGE INTERMEDIATE/IMPROVERS</b> John Hunter 0783 2063 550	Weekly: Friday 2.00pm – 5.00pm	<b>PATCHWORK</b> Jean Roche 01449 675 984	Monthly: 4 <sup>th</sup> Wednesday 2.00pm
<b>CAKE WALK (Short walk)</b> Robert & Anna Bradshaw 01449 745 829	Monthly: Last Friday	<b>PHOTOGRAPHY (Video Conference)</b> Peter Dakeyne 01449 781 562	Monthly: 3 <sup>rd</sup> Tuesday 2.00pm
<b>CANASTA (1)</b> Hazel Burl 01449 615 581	Weekly: Wednesday. 10.00am – 12.00 noon	<b>PLAY READING (Video Conference)</b> Maureen Wingham-Eaton 01449 771 200	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Mondays 11.00am – 12 noon
<b>CANASTA (2)</b> Carol Gibson 07918 743 154	Weekly: Tuesday 2.00pm – 5.00pm	<b>POETRY READING</b> Hilary Plummer 07506 761 199	Monthly: 4 <sup>th</sup> Thursday 2.00pm
<b>COMPUTING &amp; TECHNOLOGY</b> Peter Dakeyne 01449 781 562	WhatsApp Q&A Group only	<b>SCRABBLE (Bacton)</b> Zena Dakeyne 07542 945 725	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesday 2.00pm
<b>DISCUSSION</b> Liz Power 07799 761 336	Monthly: 2 <sup>nd</sup> Tuesday 10.00am	<b>SINGING</b> Hilary Foster 07842 189 794	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Mondays 2.00pm – 3.30pm
<b>FRENCH CONVERSATION (1)</b> Helen Mead 07827 814 819	2/Month: 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays 10.00am	<b>SPANISH CONVERSATION</b> Nancy Dickson 07856 584 176	Alternate Tuesdays 10am – 12.00pm
<b>FRENCH CONVERSATION (2)</b> Contact Groups Coordinator as above...	Alternate Tuesdays 2.00pm	<b>TABLE TENNIS</b> Peter Dakeyne 01449 781 562	Alternate Mondays 2.00pm – 3.30pm
<b>GARDENS &amp; THINGS</b> Liz Power 07799 761 336 Val Fazzari 07720 391 443	Monthly: 3 <sup>rd</sup> Thursday 9.30am (variable)	<b>WALK AND TALK (Longer walks)</b> Phil Webb 01449 614 616 Keith Shelton 01449 768 744	2/Month: 1 <sup>st</sup> , 3 <sup>rd</sup> Fridays 9.30am (variable)
<b>GEOLOGY</b> Linda Reynolds 07880 516 926 Roger Crouch 07925 262 742	Monthly: 3 <sup>rd</sup> Tuesday 2.00pm	<b>## WALKING TENNIS</b> Robin Loxley 07896 543 642	Mondays 1.30 pm
<b>HISTORY</b> Keith & Lorraine Shelton 01449 768 744	Monthly: 1 <sup>st</sup> Wednesday 2.00pm – 4.00pm		
<b>ITALIAN CONVERSATION</b> Pam Lore 07784 540 419	Alternate Wednesdays 2.00pm – 4.00pm	<b>## For information only. Whilst open to u3a members others can join so these are not authorised u3a groups and carry no u3a benefits.</b>	

## Stowmarket u3a

### Christmas Get Together, 11<sup>th</sup> December 2024

As you may remember, because of work being done at the URC Church, we are unable to have our usual Christmas Lunch this year, however we do have an alternative!

**You are welcome to join us for a Christmas Get Together on 11<sup>th</sup> December 2024, between 2pm and 4pm**

Your Committee will serve you tea and Festive Cakes – so no need to even leave your seat! If you have any particular dietary requirement, you are welcome to bring your own Seasonal Cake to have with your tea.

We will also supply soft drinks, although you are welcome to bring your own drinks if you wish – remembering to bring a glass!

We will set the room with tables of 6, so you can either sit with your friends, or maybe use the opportunity to make new friends and sit with somebody you haven't met before

There will be a Quiz and a Free Raffle. If you have any unwanted gifts that would be suitable as a Raffle Prize, please bring them along.

**There will be no charge for this event!**

We look forward to seeing you there.

**T**here are many links in this Newsletter which provide more information on the topics discussed.

If you are reading the print version and would to know more, please go to our web site 'Newsletter' tab at <https://u3astowmarket.org.uk/newsletters/> where you will find this digital issue (plus many more) and where all the links are live.

Alternately, scan here for the whole site.



### Coming up....2025

**Jan 15th.** "The Real Basil Brown: From Rickinghall to Sutton Hoo and back" Sarah Doig

**Feb 19th.** "Stories behind the Photographs....." Barbara Meyer (Wildlife Photographer)

**Mar 19th.** "Overlanding through the Americas" Part 2 Glenda Taylor

**Editor/Webmaster** Peter Dakeyne

01449 781 562

[newseditor@u3astowmarket.org.uk](mailto:newseditor@u3astowmarket.org.uk)

**Next Issue** March 2025

**Last date for copy** 28/02/2025

[www.u3astowmarket.org.uk](http://www.u3astowmarket.org.uk)



### Learning Events

**D**id you know that u3a members can join a wide range of online talks, workshops and courses for free with their membership!?

Most of these opportunities are presented by members themselves; sharing their knowledge or skills with others across the movement. There is also a wide range of talks on offer from well-known speakers and organisations, plus in-person events at venues like the Royal Institution.

All of these events can be booked below via Eventbrite. At the time of booking, please ensure that you can attend and if you later find that you're unable to, please cancel your place through Eventbrite to avoid others missing out unnecessarily.

The full list of courses for November and into December can be found by following this [LINK](#). Just click on any of the pictures for information and reserve a spot via Eventbrite.

While you are there, look out for **Don Mobley's** talk on **December 10th**. "Flight Inspirations: Electric Powered Aircraft". Here's the [LINK](#) to find out more and book the event.

Also, of interest to our Geology Group, a presentation on "The Paradigm of Plate Technology — a [Lesson in Geology](#)" on **December 13th**.

If you are considering offering a talk or workshop please get in touch at [events@u3a.org.uk](mailto:events@u3a.org.uk) - the u3a would love to hear from you.

The online events are hosted on Zoom. There are some '[How to Guides](#)' for using Zoom (and many other platforms) if you are unfamiliar with video conferencing. Don't forget u3a also runs many [projects, initiatives and competitions](#) available for all members to get involved in too.

*From the editor. If you decide to take part in one or more of these events, it would be most interesting for everyone to hear about the experience—which can be published in the next (March) newsletter. Please let me know [newseditor@u3astowmarket.org.uk](mailto:newseditor@u3astowmarket.org.uk)*

### Interest Groups On Line

**I**nterest Groups Online offers a variety of peer led, online learning opportunities for its subscribers.

As part of the u3a movement, members generously volunteer their time and share their knowledge, skills and experience with the members in their groups. Some groups are more interactive than others, with an expectation that all members take it in turns to present their knowledge. If in doubt, give it a go. The more groups you try, the more likely you'll find the one you love.

To join a group you must already be a paid up member of Interest Groups Online. **It costs £12 to join for the year**, which runs from 1st April 2024 to 31st March 2025.

Follow this [LINK](#) to find out more

### "Third Age Matters" Screen Reader Editions

**J**ust a reminder that you can access all editions of the 'Third Age Matters' magazine on line. *Unlike the printed versions this is at no cost to Stowmarket u3a nor yourself!*

You can browse all recent editions (no pictures, though) and find any particular topic that interests you from the menu at the beginning.

Find it all [HERE](#).

### The u3a Friends Newsletter

**H**ave 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'

**Y**ou 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...

### u3a Radio Podcast...

**I**s 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 [East of England Bulletin](#)...

**u3a**  
learn, laugh, live

### Three more of Glenda's pictures taken for 'Walk and Talk'

