



STOWMARKET AND DISTRICT
 LEARNING ACTIVITIES IN RETIREMENT
 (UNIVERSITY OF THE THIRD AGE)
 Registered Charity No. 1002987



Newsletter No 20

November 2008

Chairman's message

Thank you to all those who attended the AGM. I hope that you enjoyed the meeting and the business that transpired. Although not necessarily a popular part of the yearly calendar an AGM is required to conform to our constitution.

We have tried over the years, with some success, to follow the meeting with a range of subjects. I think this year we had a topic we all found very interesting and unusual.

Regarding health and safety, I shall, at future meetings be conforming to the required legislation. This means pointing out the exits of escape in case of the need for emergency evacuation, and also ensuring that every one is checked off in the attendance register.

We will also be endeavoring to train at least six members in first aid techniques. If you would like to sit the course, which will be done locally in Stowmarket, please let me know as soon as possible. To do this we shall call upon the Red Cross organization, who if you remember gave us a talk on the requirements of the qualified First Aider. The advantage of having these skills and knowledge, of course, is that you could save someone's life at any time, where ever you may be, not just in resuscitation but help in road accidents and falls. Learn now before it's too late – maybe we should start first aid group.....?

Do not forget that the aim of our organization is to learn in retirement

Harold

From the Secretary

I had the pleasure of attending my first AGM this September. So, I've completed a full year as Secretary and, as I've said before, I'm finding it a most interesting and rewarding job. I would like to say again that I'm indebted to Philip for all his help and assistance in easing me into the role.

Thanks to John Scott we have an excellent line up of speakers through to August 2009; Helen Freeman and Dee Payne, being the new joint Programme Secretaries, already have some interesting possibilities for 2009 - 2010. John's resignation from the Committee leaves a vacancy, unfortunately not filled at the AGM - if you would like to nominate anyone or would yourself be interested in standing, please let any of the Committee know.

One of the edicts of the USA is 'The teachers learn and the learners teach'. Well there's been plenty of that going on this last year! We now have some 20 or so groups on the go including the new ones of 'Bridge for Beginners' courtesy Barbara and Colin Robertson, and 'Wine Appreciation' courtesy Zoe Bystricky. We're also hoping to see John Chappell's Theatre Group get off the ground shortly. Thanks to Joyce and Joyce for their many years organizing the Shorter Strolls group but finding their successor is proving a little difficult. In the meantime Andrea Burton has kindly agreed to cover the administration of the group to lighten the load. Similarly, the Town & Village History group is still looking for a Convener since Ann Watsham stepped down. I am continuing to try to improve the distribution of information between members and to make sure that it is disseminated in the quickest possible time. To this end, and if you haven't already done so, I would urge you to have a look at our web site on www.u3astowmarket.wordpress.com. There is now much more detail about some of the groups but I would like to see many more represented on line. Just let me know either via email or the contact boxes on the site and I'll post your news as soon as possible.

Similarly I'd welcome copies of any photos you would like me to publish on your behalf. On this topic, you may have seen the slideshow at the AGM. These pictures covered activities I've been directly involved in but it would be nice if at the next AGM we could have a more comprehensive show of what's been going on in Stowmarket USA throughout the year.

As many members are moving to 'broadband' email addresses are changed. If so, please let the Member ship Secretary, Terry Potter, and me know so that important emails don't get lost in the ether!

Finally, I hope you all enjoyed receiving your copy of the USA News directly to your home. This issue also included a copy of the 'Sources' magazine which for many may have been the first opportunity of reading this most interesting supplement.

Peter

Treasurer's Report.

Summary of Jenny's report, read by Peter at the AGM.

A copy of the accounts Y/E 31 July 2008 was attached to the back of the Agenda.

The accounts were checked by Don Marper and were deemed OK. I would like to give a vote of thanks to Don for his work. I have an Independent Examiners report dated 25th August which is available to view if required.

The balance on the Bank account of £828.70 is large due to unrepresented cheques; also Perry's Coaches were extremely slow in sending us bills for two Art Group outings in April and July. I finally received the invoices in September for £280.

I am in the process of transferring £3,000 from Scottish Widows to COIF which is run essentially for Charities, not only do they pay a better rate of interest they are much more efficient. I know this as I am treasurer of two other Charities where we have funds with COIF.

'Miscellaneous' was mainly the new projector screen, and the postage & stationery was in large part due to my buying stamps in bulk before they went up in price.

Jenny

Lawler

Since the last Newsletter :-

July:-

Mr T Spalding gave a fascinating talk on 'Weather Forecasting' having been deeply involved in the whole development of the science over the past decades. The insight that he gave us of the behind the scenes work was quite amazing.

August:-

Once again we had a good turn-out and a nice sunny afternoon for our Garden Party at Abbott's Hall. It was nice to see some 65 of us enjoying a pleasant social afternoon being entertained by a local magician and a couple of Quizzes. Teas, coffees and refreshments were available. Thank you to all who turned up.

September:-

This, of course, was our AGM, which passed off in a well organized manner and held no great surprises. The outcomes were all agreed and so it went on for the Vice-Chairman to give a short illustrated talk on our assumed knowledge of the development of sailing in coracles to sailing vessels and the adventurers who were claimed to be the discoverers of parts of the world already mapped in great detail.

October:-

Mr B. D. Gayton, Radio Norfolk's Gardener gave a wonderfully interesting talk on the weird and wonderful of the plant kingdom. His talk stimulated a lot of interest and folk were talking about it long after the session.

And now for:-

November:-

'Canals & Rivers - Our Waterway Heritage' - is the subject for Mrs F. Hart this month. The contrast between here in Britain and the rest of the world over the centuries must tell a wonderful tale.

December:-

Once again we will be celebrating Christmas, with a special lunch as in the last few years. Alas, we need to limit the number taking part to about 70. As a mark of respect and gratitude to the Church, we will have Peter Peirce, the Minister and his wife, Pam as our guests. Also, the poetry group has volunteered to provide a little light entertainment for us.

January:-

'The History of Magical tricks' by Mr. C. Hopper will be the subject to start us off on this new year. He will undoubtedly surprise us and give plenty of occasions for amazement and mirth.

February:-

Mrs. J. Tyson comes to explain and to enlighten us on the work of the 'Woodland Trust'. Whilst this is, without question a very important function, do we really know what it is that they do for us?

March:-

We must all surely recognize the Suffolk Punch, but what do we really know about them. Mr. C. Miller is coming to enlighten us, as to their history and life, and their severe decline in numbers over the last half century.

Group News:-

Archive Film:-

We meet at 2.30pm on the fourth Monday of the month, by kind invitation of the Revd. Elizabeth Brown. With the imminent threat of Video Recorders (VCR) becoming redundant due to the non-manufacture of video tapes, we have recently obtained a DVD player. So hopefully the group will continue into the foreseeable future, for more information please contact-

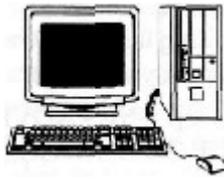
Pat Leon

01449615409



Computer Group:-

Due to personal problems this is my first report for a while. The group continues to flourish with or without me and the future looks set fair with new horizons opening at Stowupland High School. Thanks to Anne Scarff who talked to us last year, we had a fascinating morning at the school hearing about ICT projects and interacting with them. In addition we are now invited to use their Community Suite, equipped with numerous computers for our future meetings. This opens up both new opportunities and fresh challenges for the group. How will we make best use of this astounding offer?



At previous meetings the group enjoyed a *Word Play Fun Day*, Jim Cotton told us about computing in higher education while allowing us access to the insides of some computers. A quiz managed by Marian was followed by Keith Miram's advice on designing printed material and Roy took us on yet another photographic *Mystery Tour*. Sue Russell introduced us to numerous hand held gizmos, while encouraging us to download talking books. Richard told us about the trials and tribulations of his degree course in photography, and John Harris talked us through *Upgrading Your Computer*. Numerous *Photoshop* groups continue under Roy's expert tutelage in Stowmarket, two Hadleigh Computer Forums are operating again and *Wendy's Photoshop Group* as well as a straight photographic group is meeting in Hadleigh. The Computer Group is going from strength to strength, thanks to all our leaders and to Harold and Irene who host our meetings and provide our current venue and refreshments. Don't forget our blog at <http://wendywhitecat.wordpress.com/>
Wendy Morgan 01473 824 237

Country Strolls :-

Longer walks

The group continues to enjoy walks of about 5 miles followed by a pub lunch. The last one was from Coddenham to Shrublands and back - it was delightful with the autumn leaves and berries and rose hips. There were a couple of hills to ascend which afforded some lovely views of our surroundings.



We also saw the deer in Shrubland Park. Our November walks will be in Bacton and Tostock.

Our Christmas lunch will be after a walk in Dedham Vale.

Shorter walks.

This group is still meeting twice a month and negotiations are continuing with a prospective new leader. More information will be available in the next newsletter.

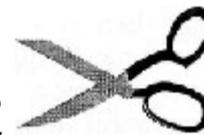
Andrea Burton 01449774869

Card Craft Group:-

After a delayed start we are working again and looking forward to Christmas with fresh ideas. We now have a good sized group and we enjoy working together. Our immediate challenge is to design and make a display for the UR Church's Christmas display illustrating the yuletide theme as from the U3A. We will welcome any new members to our group and to share what knowledge we all may have.

Liz Weir

01449676528



Discussion Group:-

This group is proving to be very popular. Indeed, a hard decision will soon have to be made as to how we will proceed as the present accommodation is becoming inadequate for our numbers. There are a whole series of possible solutions that will have to be discussed in the very near future. Yes, our programme for the year will be followed, though possibly at a different location or under different conditions.

Philip Weir

01449676528



Entertainment (Theatrical):-

Do you remember Hippodromes and Empires? There was one in every town.

Do you remember comics who knew how to clown? Do you remember melodies with words you understood?

There were ones who did clever tricks. Some to make you laugh. What about the lady sawn in half?

Do you remember foot lights where hidden just below, gentlemen of the orchestra, sat, rarely ever seen? When the show was over they all played 'God save the Queen'.

We are a small group - we meet each month on the 2nd Monday afternoon at 2.00pm to enjoy our memories over a nice 'cuppa'

Joan Varley

01449 612 966



Gardens and Things:-

G&T group visit Sept 18th 2008. On an autumn day in the middle of September the group ventured to the estate of an old Suffolk family of Rushbrook. Situated some 6 miles outside the Market town of Bury St Edmunds, this is an unspoilt, typical, Suffolk village untouched by time. Our venue was the Estate manager's wife's garden. The lady of the house is well known in the field of horticulture; the gardens complimented her knowledge and more than met our expectations with a diverse panorama of flora plus a magnificent urn at the entrance. Even the kitchen garden showed a colourful touch and vegetables were even used to add colour to the flower beds.

After the tour of the gardens we were served with coffee and cakes in the garden which overlooked the open country side. We concluded our visit with a look at the local church, which has a rich heritage of the Rushbrook family over the years and visibly supported by them.

The whole day was finally crowned with a visit to the 'The Manger' Hostelry, where a satisfying meal was presented by the landlord.

We did not meet in October but I would remind members of the group that the meeting on the 20th November will be held at the Woodfield Bowls Club at '10.15 am when we shall be putting our programme together for 2009.

Harold Turner

01449 676 882



Grub Club:

The Lunch Club is now in two groups, this is for several reasons firstly I was finding it hard to get some eating places to take such a large number, also having to get the orders in for meals a few weeks ahead of the date. I also have some personal commitments which mean I am more restricted with time.

I decided to split the group in two with 12 members in each. I am the coordinator for group one and Pauline Taylor has kindly offered to be the coordinator for group two.

By having 12 members in each group we are now taking it in turns to find the next eating establishment. Group one has decided to meet once a month, and have a list of the months with names of who is booking the next place to eat, this also means we are able to pick from the menu on the day. If you cannot



go you just ring the person for that month, then we would not be waiting for you.

I have spoken to other U3A Groups who have a Lunch Club and this is how they make it work.

I know some of you will be disappointed, but if anyone would like to start a third group I would be willing help. The trouble was the Lunch Club was too popular!

Group ONE - NOVEMBER 13th AT THE SWAN WOOLPIT

Jenny

01449-737847

Group TWO - FEBRUARY 12th TO BE ARRANGED.

Angela Bentley

01449-780274

Myths and Legends:-

Whilst we are but a very small group we do enjoy a very wide view and discussions about local, seasonal, popular and the less well known stories. Our meetings take a light hearted and often humorous look at the current topics as shown on our programme for the year.

Philip Weir

01449676528



Poetry:-

On our return from our summer break our first session was reading the work of the Victorian poets. We enjoyed the richness of their work, and the commentary on social conditions at the time that appeared in many of the writings.

Our next two sessions were on longer poems, we especially enjoyed a group reading of Goblin Market by Christina Rossetti.

We have also read poems of our choice and poems on autumn.

The group received an invitation from the East Suffolk Association for the blind to read at their monthly meeting on the 8th of October. We read a selection of humorous poems and monologs which seemed to be enjoyed by all. We, as a group, also got a lot of pleasure from doing this and sharing our love of poetry.

In our next sessions we shall be looking at the poetry and life of Thomas Hardy, and poems on winter.

Helen Freeman

01449613060



Scrabble Group:-

QATS, QUOKKAS, ZANJAS

Interested in words, common as white bread and/or the more exotic?

If so, just join the U3A Scrabblers

who play not only with the common or garden words



from the Collins Dictionary but also with the less familiar words listed in the official Collins Scrabble Dictionary. So why QATS, QUOKKAS AND ZANJAS? Come on you well travelled U3A folk, surely you have seen a QAT which is a shrub found in Africa and Arabia; or a QUOKKA which is a small Australian wallaby; or a ZANJA - an irrigation canal.

Our Scrabblers are more than mere boring stuck-in-the-mud seniors. We are enthusiastic USA members who like to meet in each others' houses, drink tea or coffee, play Scrabble, have fun, chat and yes, even gossip a little.

Once each year or so, we all join up for what one of our (now sadly deceased) members called a "Scrabblefest". This year a group of 10 of us met for a 3 hour session on Wednesday July 23. Our venue was the very reasonably priced and comfortable Church Rooms at Stowupland, kindly hosted by Nancy Baird.

We had three good games moving from table to table and catering both for those who like the Scrabble Dictionary range as well as those who prefer the ordinary Collins.

Sheila Dobey

01449 677 265.

Wine Tasting:-

We met in July bringing bottles of white wine from different countries at varying prices. After tasting and much discussion we concluded that it was such a subjective matter and no wine came out as a favourite. In

August we each brought a bottle of red and compared its qualities. Rose was the wine of October and we were surprised how much it varied. We do wander off the subject and enjoy each others company and we must point out that we do take home our half full or half empty bottles.

November 21st we will be sampling mulled wine from various shops and soaking it up with mince-pies and Christmas fare.

Zoe Bystricky.

01449 676 220



Town and Village History:-

To be arranged

Democracy and Election Systems:-

David Chapman

01449 73 6 223

Keep Fit :-

(temporarily suspended)

Pauline Taylor

01449 678 954

Music Appreciation (1):-

Music Appreciation (2):-

Both to be arranged

U3A Suffolk and District Network:-

The Suffolk and District Network of U3As was formed by U3As in the Suffolk area joining together in order to help each other further the development of the individual U3As by sharing experiences, information and ideas. The Network has also arranged study days open to all members of each U3A and meetings for group coordinators of member U3As to share ideas.

The Network has two meetings a year (May and November) at which members from the various U3As gather to discuss developments and current problems. Topics such as raising the profile of the U3A, Third Age Trust AGM motions, and finding ways of keeping in touch with local learning and skills councils are also discussed.

The Network is always open to suggestions as to how it can improve inter-U3A co-operation within the Suffolk area and/or provide activities that an individual U3A cannot. If you have any suggestions please channel them to the Network Secretary through your U3A Chairman or Network Representative.

USA Central Office News:-

A four page document of FAQ's concerning our Public & Products Liability Insurance has been received and is well worth reading.

We're told about a wealth of FREE study material available to all from the Open University - details at '<http://www.open.ac.uk/openlearn/home.php>'. This is quite exciting and should be of interest to many members.

There is a new photo competition open to U3A members run jointly by NIACE and the Mature Times entitled 'Growing Old Disgracefully' details at '<http://www.maturetimes.co.uk/node/6674>'; closing Date 6/01/09.

There will be information posted on the notice board about all three of these items at the next couple of meetings; further details can be obtained from the me if required.

It is understood that there are still a few copies of the official U3A 2009 diary available. Please let me know ASAP if you would like one.

Finally, if you enjoyed the 'Sources' magazine you may wish to know that back copies in pdf format are available on the members' area, 'U3A Publications' at www.u3a.org.uk.

Peter Dakeyne

01449 781 562

THE THIRD AGE
TRUST



Don't Chill Out - hypothermia and us !

One oldie will be sorely missed this winter. Professor Bill Keatinge, who died earlier this year, was a world expert on why people and, in particular, oldies, die in extreme weather. His survival tips are especially interesting in light of the panic about the rising cost of heating.

The professor showed that despite the fact that temperatures in Siberia are very much lower, Siberians are less likely to die of cold than the British. Their resilience is not down to genes, but strategy. Keatinge pointed out that they wear four or five layers of clothing in cold temperatures. They also wear hats - a vital weapon against the cold since it is thought we lose 25 per cent of our body heat through our heads. In extreme conditions they discard their anoraks in favour of fur and they stay indoors during blizzards.

In the UK most deaths from cold weather are caused by relatively modest exposures occurring during normal city life. Unlike Siberians, Britons take a more relaxed approach to the cold, and it is this relaxed attitude which is to blame for our higher death rate. Keatinge's research found that when the body makes its normal adjustment to even relatively mild cold, this adjustment can cause clots to form and block arteries of susceptible people, especially old people, leading to heart attacks and strokes.

In addition to dressing suitably, Keating suggested that we take shelter where possible when waiting for public transport and that we heat our rooms to 21°C (70°F) in living areas and 18C (64.4F)

The Computer's swallowed Grandma

The computer's swallowed Grandma
Yes, honestly, it's true
She pressed 'Control' and 'Enter'
And disappeared from view.

It's devoured her completely
The thought just makes me squirm
Maybe she's caught a virus
Or been eaten by a worm.

I've searched through the Recycled Bin
And files of every kind
I've even used the internet
But nothing could I find.

In desperation I asked Jeeves
My searches to refine
The reply from him negative Not a thing
was found 'Online'.

So, if inside your 'In Box'
My Grandma you should see
Please 'Scan', 'Copy' and 'Paste' her
In an e-mail back to me.



ART APPRECIATION

U3A - SUFFOLK ARTISTS STUDY GROUP

A number of people have expressed a wish to join the group looking at artists who were born in Suffolk or have worked in the county.

Unfortunately, the group is already large and only just fits into our house. It hasn't been possible to enlarge either the group or the house!

U3A is expected to be an inclusive organisation and we have felt some embarrassment in having to turn people away.

We have an idea. In 2009 we could organise a monthly session for 6 months only, January to June, to look at Suffolk artists. This would be open to anyone who is interested, but not members of the current group. The meeting time is likely to be the second Tuesday of the month 9.30 - 11.30am.

If you would like to be part of this additional group, would you please print your name, address (including postcode) & your telephone number below. We will contact you to confirm any arrangements we make.

Tony & Sally Taylor October 2008 (This notice was posted on the board at the October & November Meetings)

Quotations taken from Insurance Claim Forms

- 1 What gear were you in when the accident happened? Answer: Reeboks and Wranglers
- 2 To avoid hitting the bumper of the car in front I hit a pedestrian
- 3 An invisible car came out of nowhere, hit my car, then vanished
- 4 The pedestrian admitted it was his fault as he had been knocked down before
- 5 I was hit by a stationery car travelling in the opposite direction
- 6 The gentleman behind me struck me on the backside. He went to rest in the bushes with just his rear end showing
- 7 I thought my window was down but I found it wasn't when I put my head through it
- 8 I knew the dog was possessive about the car but I would not have asked her to drive it if I thought there was any risk
- 9 I was backing my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before
- 10 The accident happened because I had one eye on the lorry in front, one eye on the pedestrian and the other on the car behind
- 11 The guy was all over the road. I had to swerve a number of times before I hit him
- 12 Coming home I drove into the wrong house and hit a tree I don't have.

The Burning of the Leaves

Now is the time for the burning of the leaves,
They go to the fire; the nostrils prick with smoke
Wandering slowly into the weeping mist.
Brittle and blotched, ragged and rotten sheaves! A flame seizes
the smouldering ruin, and bites On stubborn stalks that crackle
as they resist. The last hollyhock's fallen tower is dust:

All the spices of June are a bitter reek,
All the extravagant riches spent and mean. All burns! the
reddest rose is a ghost.

Spark whirl up, to expire in the mist: the wild Fingers of fire
are making corruption clean. Now is the time for stripping the
spirit bare, Time for the burning of days ended and done, Idle
solace of things that have gone before, Rootless hope and
fruitless desire are there:

Let them go to the fire with never a look behind.

That world that was ours is a world that is ours no more.
They will come again, the leaf and the flower, to arise From squalor of
rotteness into the old splendour, And magical scents to a wondering
memory bring; The same glory, to shine upon different eyes.
Earth cares for her own ruins, naught for ours.

Nothing is certain, only the certain spring. **Laurence Binyon**



More Silly

Advertisements

ANTIQUÉ
tables made here
daily

For best results,
start with clean bath
tub before use.



Sign outside a furniture shop, USA

On a bottle of bath tub

An advert in a dentist's practice