



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



Newsletter No. 27

March 2011

From the Chairman:-

Having been your Chairman now for about a year and a half and being kept more and more involved in the U3A and its activities I realize so much more how important this organization is for each and everyone of us. Whilst it keeps us busy with others in our own particular interests, it also expands our view of all those other things that we could well be interested in. Not only that but we are kept in the middle of people of our own age and interests but our social circle is maintained at a very wide level. It never ceases to amaze me how much the friendship and social interest is promoted within the U3A and in our set in particular and it makes me very proud to be part of this structure and to be able to further its aims.

Elsewhere in this newsletter you will find news about :-

- A) The Spring Symposium in May (probably sold out by now)
- B) East Suffolk's Lecture day on 'Bones'
- C) Bury St. Edmund's Study Day
- D) An Outing in May

And we also have our regular outings in June and August which we hope you will support.

Again we have many interest groups, which we hope to increase in number and scope and it is to this end that we welcome Tony Taylor, who has agreed to do his best to improve and expand these aspects of our work. We have not had anyone doing this in the past and I firmly believe we shall all benefit from this. Indeed I wish him all the best and will do all I can to support this new service.

We are but half way through this year, but I can see we shall be very active this summer and indeed for the years to come.

And then again think of all the services available from Central Office and how we could make use of them. Their Summer schools have a good reputation I have been to one in the past and have booked a place in one for the end of August this year.

Philip Weir 01449 676 528

From the Secretary:-

After a few snowy, anxious days, most of those who had booked managed to make it to the hall for the annual Christmas Party.

As usual the catering was excellent and everyone enjoyed the traditional fare. Each table competed in a 'Pudding' quiz (thanks to Zena for organising this) – the winners (with 100% correct!!) were each awarded a Chocolate Orange as a prize. Continuously running was a slide show of the activities of U3A group members throughout 2010. Over coffee we were entertained first by Pauline Taylor, suitably attired in a night dress, mop hat and carrying a candle, with an amusing Victorian song, "My mother said, always look under the bed, to see if there's a man about" – much enjoyed by the audience! She was followed by Philip Weir, Pat Smith, and our guests Wendy Morgan and David Atkins with a variety of Christmas jollity. Overall, everybody agreed it was an excellent start to the Christmas festivities, 2010.

Our last Committee meeting was at the end of January and, as always, there were lively discussions on 'all things Stowmarket U3A'. We welcomed Tony Taylor to his first meeting as Groups Co-ordinator and you can read his up to date news elsewhere in this Newsletter. Helen Freeman said that she had almost completed the speaker programme for 2011/12 and announced that she would be retiring from the role of Programme Secretary at the AGM in September. Please let a member of the Committee know if you would be interested in taking over this position later in the year.

The June outing this year will be a visit to Thursford. Many of you may have visited for the Christmas events but may not be aware that there is much to see all year round. Our trip will include behind the scenes tours and an opportunity to see the Thursford collection. Please see the notice board for full details and make sure you reserve your place on the list provided. Tickets will be on sale during the April and May meetings.

Please keep watching our web site and don't forget to let me know if you change your email address.

You can now access the site by using our own web address, www.u3astowmarket.org.uk.

Peter Dakeyne

peter@dakeyne.com

[01449 781 562](tel:01449781562)

Since the last Newsletter :-

November :-

Mrs Daphne Savage gave us a wonderful insight to the workings of AGEUK, or Age Concern as it used to be known. Whilst we have only a Charity shop here in Stowmarket it was great to learn of all the other extensive work that they do for people like us.

December :-

Our Christmas Lunch this year was well attended and the food maintained it's very high standard of cuisine. After the meal there was some entertainment provided by our own members for which we thank them.

January :-

It was a bit of a change to have a gardening talk this month by the chairman, Mr Bob Bartram of the East Anglian Fuchsia Society. His talk was very down to earth and practical, especially for all of us who have or have had a garden and tried to grow decent plants.

February:-

The Work of the Fishermen's Mission was the subject of the talk given by Mr Andy Malcolm. In a humorous and light-hearted way he explained how important the work of this charity is and in truth is such a serious matter. Yes, he did move us and brought our emotions to bear on this very essential service.

And now for :-

March :-

The weather always is of great interest to us all and today Mr Steve Western, well known from Radio Suffolk will enlighten us on his job forecasting the weather for us

April :-

'Cakes, Ale and Partying - Fasting and fundraising in Late Medieval Suffolk' is the focus of Mrs Kate Jewell's talk this Lententide.

May :-

Following last year's success this meeting will be given over to making better known the work and activities of our many and varied groups. Hopefully this will encourage more of you to take part and to support these vital activities.

June :-

The outing this year will be to Thursford, where many of you may have been for their famous Christmas Concerts. However this time we have arranged for you to have two 40 minute tours behind the scenes and to see things that you almost certainly have had no opportunity of seeing before.

July :-

Mr Brian Heard returns to give us part two of his talk on his 'In Search of the Smoking Gun'.

Art Appreciation :-

The Group chose the overall topic of **WORLD ART** some time ago and, consequently, we have looked at art from many different continents and countries. We had an enforced pause from meeting last Autumn whilst a new venue was being established, but are now underway again with an exciting programme, chosen by members.



Cartoon Art proved an amusing topic to start the New Year. We found the incredible artistic skills and sharp insights of cartoonists a delightful surprise. Since then we have looked at **Dutch Art** with its history and range, and the very high level of skills of artists like *Rembrandt*, *Vermeer*, and *Mondrian*. We will move on with **Portraits** and **Scottish Art** in the pipeline of topics, and a look at **Architecture** through the works of *Gaudi*. We have also explored some of the ways images can be made where the artist is ensuring the viewer focuses from a certain, controlled viewpoint and how certain effects can be obtained in the two-dimensional mediums of painting and drawing.

Members of the group are sharing the task of preparing and introducing the topics much more now and this has given the group a further impetus.

The group is still very full and cannot take on more people at present. If anyone out there would have a go at starting another group, we now have lots of resources to share and would happily help to get a second group underway.

Tony Taylor :-

01449 258 192

Book Club :-

We are a new and small happy group of eight members and would like to welcome some more to join us in what we do.

In November 'Silas Marner' by George Elliot was the one discussed followed by 'Round the Bend' by Neville Shute in January and 'The Silent Boy' in February. In March it will be 'Boat Girls' by Margaret Mayhew.



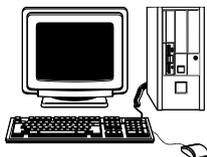
We meet on the last Monday of the month from 2.00 to 4.00 at Weston Court.

Mary Bradley
Alicia Beaton

01449 775 628 or
01449 616 172

Computer group :-

We are very fortunate to have the use of the Computer Suite at Stowupland High School which enables us to explore the world of computing in as much detail as we wish. Beginners and experts alike are encouraged to join. Each member has the use of a computer linked to the school network and the internet, so active participation is encouraged. We try to arrange that the less confident members are sat next to a more experienced person to help them along. We also have members from neighbouring U3As who are always welcome.



We meet on the second Monday of the month at 10.30am for introduction and coffee then we have the computer facility from 11.00am to 1pm if we so wish.

At our meeting in October last, we decided on the format for future meetings. We decide that we would start each meeting with an 'Agony Corner'. This is essentially a Q & A session where nobody should be afraid to raise any query because they think it may be too simple (or indeed too complex!) for the rest. This has proved to be a very popular and useful part of each session. We also, collectively, decided on the kind of topics we would like to discuss during the coming year....

In November, Marian Brown taught us about adding pictures, borders and frames in 'Word' documents; December, we were 'Starting out with PowerPoint with Ursula Scott from Stowmarket library; January, Peter Dakeyne demonstrated 'Windows Photo Story 3; and in February Pam Webb told us all about the wonders of Google Picasa. In the coming months we will cover photo manipulation (Photoshop Elements), Skype, on line banking and much more.

For all the latest news, please log on to www.u3astowmarket.org.uk, then click 'Groups' then 'Computer'.

Peter Dakeyne

peter@dakeyne.com

01449 781 562

produce a variety of walks in our lovely Suffolk World. We meet on 1st and 3rd Friday of the month, usually at about 10am.

Andrea Burton

01449 774 869

Shorter :-

Our year has started with the sad loss of one of our former members Merle King. She was quite a remarkable lady and still walking with us in her nineties. We shared some lovely memories of her over a cup of tea, now our thoughts are with Andrea and her family.

Judy lead a very enjoyable walk in Bury with sunshine and stunning views of the Cathedral. Thank you Judy. In February we had our belated Christmas luncheon at Alder Car Farm after a walk around the Needham Lakes. There were sixteen members who attended. I would like to thank Angela and Graham for leading the walk at Onehouse, which was followed by tea at Woolpit teashop.

Spring is around the corner so lets hope we have some lovely weather for our walks.

HAPPY WALKING

Helen Mead

01449 673 660

Discussion Group :-

Once again I am delighted to report that this group has had very lively and up-to-date discussions on our monthly chats. We are, also, very grateful to Pat for his generous hosting of our meetings. It is true to say that we would greatly miss his kind hospitality and patience with us on the very odd occasions when a little heat may perhaps enter - but NO we are a tolerant lot and accept that we all have differing views on whatever subject. Also we look forward to more of our U3A friends joining our group and they will be made very welcome.



Philip Weir

01449 676 528

Country Strolls :-

Longer :-

Snow stopped us from walking at the beginning of December but it did not stop us from meeting at the Maybush Inn on the banks of the River Deben for our Christmas Lunch. 22 of us managed to get there and we had a really good meal and social time together. In January the rain did not deter a small number of us completing a 6 mile walk from Great Finborough. Many thanks to Jenny Rogers for organising the group walks over the last year. I think we are working extremely well together to



Gardens and Things :-

We held our usual meeting in November, for the sole purpose of putting together the programme for 2011, we are continually trying to find new places of interest, and we seem to have achieved that this year. January.



Our first meeting is of course the "annual post Christmas lunch" which was held at the Lion Needham Market and attended by eighteen members, this is a popular way to start our monthly outings and there are not many interesting places to go in the cold. February

Still indoors, we are lucky that we can use the Woodfield Bowls Club for the occasional meeting. Maureen, one of the group acquired two DVDs from the U3A archives about "gardening in dry climate conditions", and having the use of a projector and Computer we are able to view any material that we can find, or even produce ourselves as we have on several occasions in the past, again we had a turn out of eighteen members with apologies from five more members so it would have been almost a full house if everyone had turned up, but I am sure that we all learnt something from the information packed DVD

March
As the weather will be getting a little warmer (we hope) our next venture will be to the Woods and we hope daffodils of Nowton Park near Bury St Edmunds, but you will have to wait for the post-mortum until the summer edition of news letter and by that time we will have been to Norwich and Jimmy's farm
If you are interested in joining the garden group, have a look at our web page to find out the full programme for the season
Harold Turner

01449 676 882

Memoirs Group :-

The group is continuing to progress with the writing of their memories of the past. We have now moved on from our earliest recollections to our teenage years and for some of us to our wartime experiences. All very interesting as all of us have different stories to tell.



You may have seen in the latest issue of the U3A NEWS an article about a project that several U3A's have undertaken. They have made a collection of member's reminiscences of their primary school days in the 1930s, 1940s and 1950s which they have gone on to publish in a small booklet. The memoirs group has given this some thought and wonder if we (Stowmarket U3A) could do something similar. If you have any thoughts or suggestions on this please let me know.

w.smith989@btinternet.com

Pat Smith

01449 675 568

Myths & Legends :-

Whilst this is unfortunately a very small group and have a sad tendency to wander from our published topics, yet we do succeed in exploring the world of our inherited stories. We do plan to try and extend our interest in these stories to the art of 'Story telling' itself.



So why not come and join us to find a whole new world of experience.

Philip Weir

01449 676 528

Play reading group:-

The group has read the first two plays of the Norman Conquest trilogy By Alan Akbourn, and two one act plays The Three Wise Fools by former Ringshall resident Margaret Franks, and the Last Bread Pudding. We are going to read The Importance of Being Earnest by Oscar Wilde next. The group are enjoying stepping into the skins of other people, even if at times their language surprises us.



Helen Freeman

01449 613 060

Playwriter Study Group:-

A few of us have met to get this idea up and running. We plan to choose a play that is to be performed locally (Ipswich or Bury or Colchester etc) and to meet up a couple of times prior to the performance to read up about the writer and his background. We may also have a look at the script and discuss any issues arising from it. For more information and to register your interest please contact Helen Whitehead



01449 676 491.

Poetry Group :-

The group has enjoyed reading, the work of the Brontes, Childrens poetry Poems on winter, Scottish poets and poems on Journeys and journeying. We often need to have a poem re read so that we can get the full meaning of what the poet is saying to us. The range of subjects and emotions continues to amaze us and many lively discussions have taken place. The group were invited to read at the Stowmarket Blind Associations Christmas meeting and our selection of Christmas poems seemed to be enjoyed by all.



Helen Freeman

01449 613 060

Town and Village History :-

We had our first meeting of the year in February when we arranged a number of interesting and varied visits for 2011.



March 3rd Burston Strike School near Diss lead by Tony & Sandy Braidley
April 7th Theatre Royal Bury St Edmunds with Judy Thomson

- May 5th Coggleshall Grange Barn organised by Angela Bentley
- June 2nd Wetheringsett Light Railway with Terry Potter
- July 7th Rattlesden Village lead by Mike Hitchcock
- Aug 4th No meeting
- Sept 1st Kersey and District with Harold Turner
- Oct 6th Felixstowe a return visit arranged by Zoe Bystricky

Full details of each visit will be given nearer the time at our regular U3A meetings.

Terry Potter 01449 770 256

Wine Appreciation Group :-

During the dark days of January we thought of Italy, Sicily and New Zealand and their white wines. Tasting the ripe peaches and honey with a hint of hazelnut flavours which the Greeks and then Romans drank from the vine of the ancient Fiano grape. All the labels used evocative words such as, fresh, zesty, tropical, passion fruit, citrus, melon and ripe apples....can't you just smell the aromas?



February was our Bordeaux month and we were not disappointed in any of the wines we brought. From the south west of France around the Gironde and Garonne rivers producing clarets and Graves-Sauernes and Medoc. The medieval English called Bordeaux red wine claret from "clairet" meaning light red wine and drank an average of six bottles a head a year. We bought the Pestic and Calvert red and its white counterpart around £8's but a claret purchased from the Co-op at £3-79 was very acceptable. Surprisingly and much appreciated by all, a sweet dessert wine or it could be drunk alone as an aperitif was Premieres Cotes de Bordeaux at £6-50 from Tesco. You may see a bevy of ladies buying up the last bottles from the supermarket because we loved it. Next month we are tasting English wines, now that's a challenge!

Zoe Bystricky 01449 676 220

Luncheon Club :-

Angela Bentley 01449 780 274
Pauline Taylor 01449 678 954



Keep Fit :-

Pauline Taylor 01449 678 954



Scrabble Groups :-

Sheila Dobey 01449 677 265



Suffolk and District Network of U3As:-

At the last meeting on 4th November, 2010, Mrs. Frances Lewis was elected as Chairman. Frances has been a driving force in the S&D since its inception. As well as serving a term as Secretary, she's lead the Autumn Academy working party, now planning AA6, from the beginning.

Autumn Academy, AA6, will be held as usual at Combs Middle School and information leaflets are included with this Newsletter. (You can also access this and application forms via our web site www.u3astowmarket.org.uk on the 'Meetings' page then following the AA6 link). As mentioned in the last Newsletter, the 2011 Spring Symposium, 'Celebrating Suffolk' will be held at Stowupland High School. This has proved to be a popular event and now, unfortunately, is sold out. For those who have already purchased tickets it promises to be a most interesting day with four prestigious speakers looking at a multitude of Suffolk related topics.

Two of our partner U3A members, Bury St Edmunds and East Suffolk, will be holding their own sponsored study days (both unfortunately on the same date, Saturday 2nd April). At the time of writing, there are still places available on both. Please see the separate programs elsewhere in the Newsletter.

The next S&D Network meeting will be hosted by Lowestoft U3A and will be held on the 12th May 2011. Peter Dakeyne 01449 781 562

U3A Central Office :-

A lot of information is received from U3A Central Office each month – far too much to be reproduced here. Included recently is news that there are still some places left on this year's summer schools. At Harper Adams University, Shropshire, available courses include Cinema History, Drama, History, Maths for Fun, Music, Philosophy, Poetry and Story Telling. At the Royal Agricultural College are Dancing, History Music, Philosophy, Science and Technology, and Writing. Contact the National Office on 020 8466 6193 or national.office@u3a.org.uk.

Latest information is always posted on the notice board; however members are encouraged to keep up to date by using the U3A website at www.u3a.org.uk. On the RHS, logon or register as a member and this will give you access to the 'U3A Member Menu'. A good starting point is the 'National Office Mailings' tab which shows everything sent out month by month. Whilst, elsewhere in the members area you will find much of interest and may be surprised how much is freely available to members. Happy surfing!

Peter Dakeyne peter@dakeyne.com 01449 781 562

A GENERAL NOTICE TO CURRENT GROUP LEADERS & POTENTIAL GROUP LEADERS:

Hullo Everyone.

My name is Tony Taylor. I convene a local U3A study group at home and attend another, both of which I enjoy a great deal. I am a member of the Stowmarket U3A Committee and I have recently taken on the role of Groups Coordinator. This role is about being available to talk with group leaders about how their group is going. It could also be a means of finding ways to help anyone who is keen to be involved in a new group and needs some support to start it up. Overall, the Groups Coordinator role is intended to help strengthen the Stowmarket U3A.

I would very much like to begin by inviting current group leaders and potential leaders to a discussion session where we might share thoughts and ideas. **Tuesday, April 12th at 10.11.30am at 30, Danescourt Avenue** would be a good date for me to host the session. I plan to write to all Group Leaders individually with a personal invitation, asking for your help. Hopefully, the coordinator's role might be a supportive, if challenging, activity to support the good work going on in the Stowmarket U3A.

Tony Taylor

01449 258 192

BURY ST EDMUNDS U3A - STUDY DAY

Bones: Unearthing the Facts

Subject : A Place in History

A day long study of the rich history of the town

Date: Saturday 2nd April, 2011

Place: County Upper School

Beetons Way

Bury St Edmunds IP32 6RF

Programme:

10.00-10.30 Welcome, registration & Coffee

10.30-11.30 Dr Tom Licence, Lecturer, University of East Anglia.

St Edmund: His cult and his community

11.30-11.45 Break

11.45-12.45 Dr Abby Antrobus, Suffolk CC, Archaeological Service Streets Ahead: the origins and growth of Medieval Bury St Edmunds

12.45-13.30 Lunch Break

13.30-14.30 Dr David Dougan

Bury St Edmunds: A rebellious town

14.30-14.45 Break

14.45 Gwyn Thomas, Curator, Suffolk

Regiment Museum - The Suffolk Regiment at Home and Abroad

16.00 Close

Cost The cost for the day is £10.00

Please bring your own Packed lunch

Parking free in the school grounds

The event is open to members of other local U3As

Tickets Please apply to:

Bury U3A Office

The Risbygate Centre

Bury St Edmunds IP33 3AA

Tel: 01284 717196

How do our bones function?

What can go wrong?

How do archaeologists and forensic scientists use bones as evidence

Saturday 2nd April 2011 9.30am – 4.00pm
At the

Community Hall,
Twelve Acre Approach
Kesgrave,
Ipswich IP5 1JF

A Study Day hosted jointly by
EAST SUFFOLK U3A & National
Osteoporosis Society Ipswich and
District Group

See notice board for programme details.
Application forms available from Peter
Dakeyne

T & V HISTORY OUTING all welcome

MAY 5th

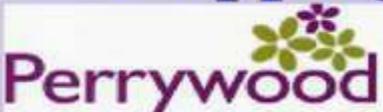


CRESSING TEMPLE,

Two vast barns, built in the early 1200s, are masterpieces of carpentry. A Tudor Walled Garden, Elizabeth knot garden, forecourt, nosegay garden and medicinal border.

There will be a guided tour.

Stopping for LUNCH at

**Perrywood**
Garden Centre & Nurseries

Exceptional Quality and Value
for Home and Garden

Home Plants Products Coffee Shop Garden Tips



After LUNCH a visit to

COGGESHALL GRANGE BARN



One of Europe's oldest timber-framed buildings, the barn has an astonishing cathedral-like interior.

Exhibition of local woodcarving and tools.

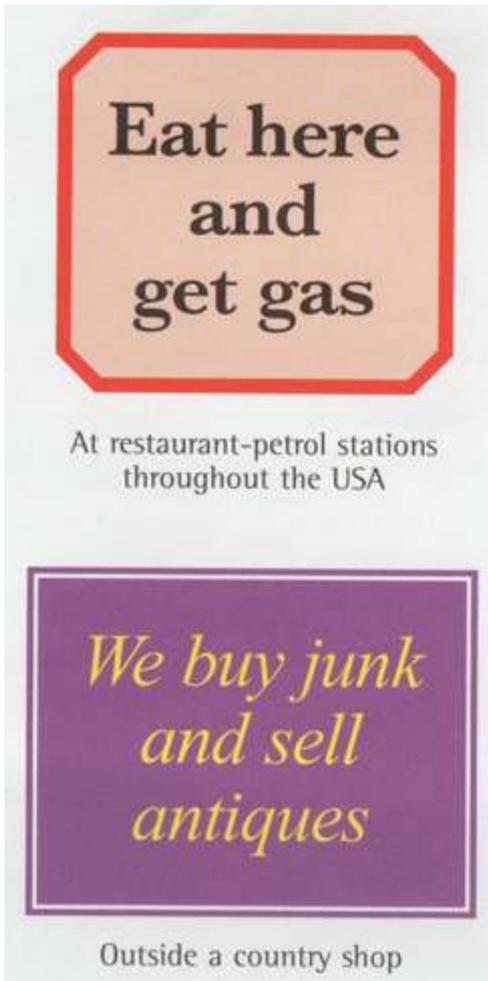
We will leave Solar at 9a.m arriving at Cressing at approx 10.15
Leave Cressing at 12p.m. for Lunch at Perrywoods. Leave Perrywoods at 2.30p.m onto Coggeshall Barn. Leaving at about 3.45 arriving home at about 4.45

Coach. Entrance to Cressing Temple & Coggeshall Barn

The total cost will be **£15** if a N/T member it will be **£12.10**

Angela Bentley: 01449-780274 Collecting Money March April

NO REFUND IF YOU CANCEL



J'ai peur
Du Flu!
Toute á l'heure
J'ai bu
Un peu trop
D'whisky chaud,
Et j'ai vu
Trois faces
Dans la glace:
Trois 'moi'
Á la fois;
Et - ma foi,
Tous les trois
Étaient moi!
J'ai peur
Du Flu!

What's the Use ? By Ogden Nash

*Sure, deck your lower limbs in pants;
Yours are the limbs, my sweeting.
You look divine as you advance -
Have you seen yourself retreating ?*

Wendy Morgan writes....

As you know I will soon be marrying the Revd. Canon David Atkins and we very much hope that many of you will join us on this joyous occasion. The date is Saturday 2nd. April, the time is 12.00 midday and the place is Hadleigh. The service will be in the United Reformed Church (Great Meeting) in the Market Place. It continues after a procession accompanied by brass band, at St.Mary's Parish Church where Holy Communion and a blessing on the marriage will follow. The reception will be in a heated marquee, a few steps away, in the Deanery garden (behind the famous tower) by kind permission of the Dean and his wife. We are planning a hog roast! The whole event will finish at 5.00pm. If you would like to come (and there are no formal invitations) please let me know on 01473 822535.

Tea & Coffee rota for **March 2011 - J. Nial J. Roche**
 April 2011 - S. Orde J. Jordan M. Potter
 May 2011 - TBA
 July 2011 - R. Burton J. Lawler H. Mead

Deadlines for the next issues :-

30th June for July copy and 30th September for the October copy.