



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



No. 32

October 2012

From the Chairman: -

This is my first Newsletter contribution following my election at the AGM and I'd like to start by thanking everyone for allowing me to take on this responsible role; I'll endeavour to live up to the standards set by my predecessors. I joined Stowmarket U3A in 2007 whilst Harold Turner was Chairman and was catapulted into the job of Secretary at that year's AGM. Harold was a well respected Chairman and it was quite obvious that he always had the interests of our U3A in everything he did. He was succeeded by Philip Weir and, as I did at the AGM, I'd like to pay tribute to his tireless contribution to the ongoing success of Stowmarket U3A over the years. He took over as Secretary in 2002 and continued for 5 years until handing over to me in 2007. He was elected Chairman in 2009 and at the 2012 AGM completed his 3 year term. During this 10 year period and in addition to taking over the editorship of the Newsletter, leading two groups and preparing the yearly programme for print, he has been involved in most of the outings and events arranged each year. He has also been a leading light in the development of the Suffolk and District Network of U3As. Truly the actions of someone who cares! On behalf of the rest of the Committee and membership at large, it was my pleasure to present him with a copy of 'The Lore of the land, a Guide to England's Legends'. Although he's retired from any official role, I'm sure that we will continue to enjoy the benefit of his contributions!

Your Committee made the decision early this year to try to bring some variety and interest into the AGM which heretofore had been perceived, quite rightly by some, as a rather dull event. To this end we held a combined AGM and 'Groups' day on 19th September which was structured so to provide the maximum social content for the members and visitors alike. As a consequence, we had our highest ever attendance at the AGM, about 80 which over lunch swelled to nearly 90. I'm pleased to say that 13 new members signed up on the day. Please see our Groups Co-ordinator's (Tony Taylor's) report elsewhere in the newsletter for much more detail.

An important part of the AGM was the voting in of the new Committee. For the first time in many years we needed several new members to bring us up to the required number including someone to take over my role as Secretary. Many thanks to all five for putting themselves forward for election. It's no secret that the post of Secretary can be the most demanding of the Officer roles but it is also the most rewarding so I'm very pleased that Joyce Kay has agreed to take on the job, albeit on the condition that it's for one year only. With this in mind, we need to begin searching now for an 'Assistant Secretary' who would be prepared to take on the job at the 2013 AGM. He/she would, ideally, be recently retired, have a background in business, be computer literate and, most of all, be happy to become involved in almost every aspect of the U3A activities. Please find below the names and contact details of the whole Committee any of whom will be happy to hear from you with whatever queries you may have.

STOWMARKET U3A COMMITTEE, 2012/2013

Chairman	Peter Dakeyne	01449 781562	peter@dakeyne.com
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Since the last Newsletter :-

July :-

Linda Scoles regaled us with a fascinating insight of what was involved for an American citizen to become a British one, and her humour is infectious.

August :-

Our summer outing to the Bure Valley in Norfolk was very well supported and was a great success. The day was planned by Peter & Zena Dakeyne and therefore many thanks to them. There are some photographs on the back page.

September :-

This wholly new approach to our AGM was a huge success. Combining with the 'Groups' after lunch made it a great social day with a turn out of some ninety members !

And now for :-

October :-

“17,000 miles Cycling Solo”
Mrs Jean Smith

November :-

“Composers & Songs of the 30s & 40s”
Mr Terry Mackley

December :-

Annual Christmas Lunch
See the menu in this issue

January :-

“Hatch, Match and Dispatch”
Mrs Jane Parker

February :-

“Traditional Brick Making
& its Involvement in Abbot's hall”

March :-

“Frock Horror,
Confessions of a Costume Designer”

From the Group Coordinator :-

Our Annual General Meeting and Groups Day seemed to go particularly well. The venue was just right for the activities in my opinion; the lunch was certainly sufficient, and the group tables offered a good overview of the wealth of activities that Stowmarket U3A provides. It was lovely to see so many people there, talking and getting involved. Many thanks indeed to all the Group Hosts who worked hard

to promote their particular study topics in such bright and welcoming ways.

Many thanks, also, to all those who helped with the administration, membership, welcoming, finance, lunch-setting, tea-making and clearing up. Without your help, it just wouldn't be possible to organise such a positive event. A warm welcome too, to the new members of the Committee.

We had very good responses regarding the setting up of new groups, and for 'second' groups of some that are already in existence. Please let me know if I can help in some way. The new groups will gradually make themselves known so watch out for information at meetings and in this newsletter. There may be something you want to join. Also, we are keen to encourage a new MUSIC GROUP and a second ART APPRECIATION GROUP. There is lots of help to be had with equipment and lots of people who can support with ideas and practicalities. There are also a number of reasonably priced venues around Stowmarket if meeting in someone's home is difficult. So, over to you- if you have an interest and want to further it, let's give it a whirl.

Hooray for U3A! You can tell I belong to the Poetry Group, can't you?

Tony Taylor saltony@talktalk.net 01449 258 192

Art Appreciation :-

The group started its autumn study programme with a look at the work of Leonardo da Vinci, in a very good session led by Irene Hart.



Next will be a round up of British Art through the ages. Later on we will be looking at trees in Art, the work of Book Illustrators, artists Anne Redpath and Mary Fedden and an Illuminated Book of Hours. An innovation for the group this session is the compiling of an “exhibition” of works by members of the Art Appreciation Group. This promises to be interesting - especially when we come to the criticism session.

Our membership is still at a maximum. We simply cannot take on any more members. We would however love to encourage a second group. We have lots of resources and ideas and present members would be very happy to help in setting up of Stowmarket U3A Art Appreciation Group 2. Any takers ?

Tony Taylor :-

01449 771 168

Book Club :-

Our meetings are held on the 4th Monday of the month at Town Green from 2.00 to 4.00 pm and parking is available.



We have been running now for two years and have gradually increased our membership and are now almost at our maximum. We call ourselves 'The Happy Book Club' to distinguish us from others in the area.

At the AGM it was said to me that some of the books read were sad. Well sitting down to read a book is a happy experience. Most of the best books have a big dollop of 'happy' and we enjoy reading them as human. It is the triumph over tragedy and adversity that makes a happy ending.

M. Bradley

01449 775 628

Computer group :-

Since the last Newsletter we have had a varied series of discussions and presentations. In June our topic for the day was 'The Right Click and the Windows Context Menu'. This is something to which we make a lot of reference at our meetings. But what exactly is it? Using a PowerPoint presentation we looked at many of the uses and the versatile nature of the right click. For future reference, members were given a Dropbox link to the full presentation.



Due to the school holidays the August meeting was held at our old venue, the Woodfield Bowls Club. Very many thanks to Les Selby who travelled from Hadleigh to give us this audio/visual presentation. In his talk he covered a wide range of topics including the equipment that can be used, the connections necessary and the different sources of the original be they LPs, CDs or tape. It is important to note that whilst music tracks can be manipulated and edited to a degree, it is not possible to completely transform, say, an early 20th century recording in to current CD quality.

For September we looked at some more 'Computer and internet - hints and tips'. This fully interactive session was devoted to exploring a UK based help site, <http://pcprop.com/w/hints-and-tips/>. There are six sections, Keyboard, Pointer, Internet Browsing, Downloads, Windows 7 and General. We collectively explored every one and, each having their own workstation, we were able to try many of the tips out ourselves. If you missed the meeting, I think that you will be pleasantly surprised with what this site has to offer and the clarity with which everything is explained.

There was a lot of interest in the Computer Group at the AGM/Groups day and we look forward to seeing some new members at future meetings.

In October some of our members will be showing us one of their favourite websites and will be explaining why they find it so useful or interesting.

As always, we want to encourage beginners and the more experienced alike and to help this along all

meetings start with 'Agony Corner' when members can raise any computer related issues or problems for discussion. There's usually somebody around the table who's had the same problem and solved it or, if not, some research is done later and the answers passed to everyone. If you go onto the Computer Group page on the website (please log on to www.u3astowmarket.org.uk, then click 'Groups' then 'Computer') you will find links to notes for all meetings back to November 2010.

Peter Dakeyne peter@dakeyne.com 01449 781 562

Country Strolls :-

Longer :-

Walks during the last few months have taken us to Occold, Thornham, Holywells and Landseer Park in Ipswich, Woolverstone and Rougham.

We have been lucky with the weather and each walk has provided good exercise, beautiful scenery and interesting conversation. Many thanks to those who led the different walks.

Andrea Burton

01449 774 869

Shorter :-

Rain was the problem. We had to postpone the walk in June at Bacton, but Barbara kindly lead it in July. I understand that Mike was the hero of the day, as a large tree had fallen across a footpath and near the bridge, which had to be crossed as it was nearly at the end of the walk. It was do you turn back or press on? That is where the Boy Scout came out in Mike. All nine passed safely through - Thank you Mike.

There were no walks in August. Tea and cakes were much enjoyed after the September walk around Onehouse and Harleston.

Helen Mead

01449 673 660



Did these Strollers solve the problem ?

Discussion Group :-

This lively group has been functioning for a long time and the friendly and lively discussions on current aspects of life and its affect



on us are enjoyed by all. We must thank Pat Smith for his hospitality and patience for and with us at all times. Whilst we have welcome many new faces in the past year, we would welcome more for their participation and views.

Philip Weir

01449 676 528

French Conversation :-

We are slowly progressing in our revision of the language and our self confidence to speak in front of the group. Each session focuses on a different aspect and uses pictures and games to stimulate conversation. Many thanks to our inspiring and patient teacher.



Andrea Burton

01449 774 869

Gardens and Things :-

March - Irene and Harold started the season with our first visit of the year to Otley college. It is some seven years since our last visit, and the college has made considerable changes to both its lay out and the methods of teaching the pupils. The curriculum is open to all ages and is in the three stages of beginners (1st year) intermediates and qualification year.



April - The group followed Tony&Sandie Braidley on a trip to the Blakenham Woods near Claydon. On the way down a stop was made for a morning coffee at the water park situated on the old Bramford Road before moving onto the Woodland scene. The Wood is a private reserve on Lord Blakenham's land just behind Little Blakenham and carries a stock of both deciduous and evergreen trees along with all the wild plants such as Bluebells, Daffodils, Fritillary and many others.

May - The group gathered at Jenny Beeston's bungalow on the outskirts of Woolpit for a plant swap, and what an amazing day it turned out to be. Some twenty plus members of the group brought their surplus stock, which must have produced at least a hundred and fifty plants, vegetables, useful pots and other garden ornaments. The bonus of the day was the lovely setting of the bungalow with its ample grounds and parking and seating supported by the inevitable cup of tea. People were asked to donate for the plants that were taken and with the tea and plants contributions a sum of £48.50 was collected on the day. The

whole crowd set off and had lunch at the Bunbury Arms near Great Barton, and afterwards we made the way to the Antiques farm at Risby, a delightful building some 450 years old full of antiques and memorabilia; the group browsed there for at least an hour. Well done Jenny a great day out for us all.

June - We travelled beyond Woodbridge to visit Wantisham Farm. No need for our wellies because we were transported around the fields and through the woods seated in an enclosed trailer, pulled by a tractor, whilst the farm manager gave a running commentary and answered our questions. Our party was particularly enthralled as we spotted a deer with her fawn amongst the ancient oaks. We then viewed a large reservoir in the course of construction, necessary for irrigation of the light, sandy soil. Proceeding to Orford, we enjoyed a pub lunch and viewed the harbour and the castle. A great day out!

July - After lunch at the Norton "Dog" we travelled a further 3 miles north to Langham Hall, where we were escorted around the extensive gardens by one of the two gardeners who work there. Many questions were asked and answered and we were shown the gold medal they had recently been awarded by the Royal Horticultural Society at the Hampton Court Flower Show 2012. Whilst it was a showery day, it proved to be an enjoyable afternoon visit during a period free from rain

Harold Turner

01449 676 882

Memoirs Group :-

I am pleased to say that as a result of the "Groups Exhibition" which followed the AGM in September there are now six new eager members who can't wait to start writing down their early memories. I am hoping to organize an introductory meeting in November. It was encouraging to encounter so much enthusiasm.



Pat Smith

01449 675 568

Myths & Legends :-

This is a very small group and have been running for several years. We enjoy talking about many different aspects of myths, legends and the various stories and their impact on us today.



We would give a warm welcome to new members who would like to join us.

Philip Weir

01449 676 528

Play Reading Group:-

To get into someone else's skin come and join our group. We meet on the 2nd Monday of the month from 2.00 to 4.00 pm at 18 Edinburgh Close, in Stowmarket.



We begin our new session by reading 'She stoops to conquer' by Oliver Goldsmith.

Helen Freeman

01449 613 060

Poetry Group :-

The group started our new session by studying the poetry of Thomas Hardy. We found his poems a great pleasure to read. For our next session we read poems on Ships and Sailing - we found a good selection and enjoyed the huge range within the subject.



In the coming weeks we hope to study the work of Byron, Laurie Lee, and Chaucer and the subjects Colour and Mists and Fog.

A Sailor's Song

by Paul Laurence Dunbar (from *Lyrics of the Hearth-side*, 1899)

Oh for the breath of the briny deep,
And the tug of a bellying sail,
With the sea-gull's cry across the sky
And a passing boatman's hail.
For, be she fierce or be she gay,
The sea is a famous friend alway.

Ho! For the plains where the dolphins play,
And the bend of the mast and spars,
And a fight at night with the wild sea-sprite
When the foam has drowned the stars.
And, pray, what joy can the landsman feel
Like the rise and fall of a sliding keel?

Fair is the mead; the lawn is fair
And the birds sing sweet on the lea;
But echo soft of a song aloft
Is the strain that pleases me;
And swish of rope and ring of chain
Are music to men who sail the main.

Then, if you love me, let me sail
While a vessel dares the deep;
For the ship's wife, and the breath of life
Are the raging gales that sweep;
And when I'm done with the calm and blast,
A slide o'er the side, and rest at last

Helen Freeman

01449 613 060

Town and Village History :-

Terry Potter 01449 770 256



Luncheon Club :-

Angela Bentley 01449 780 274



Pauline Taylor
Keep Fit :-

01449 678 954



Music Appreciation :-

Ian Hooper is hoping to get this group going again, so please look at the notice board for further information.



Scrabble Groups :-

At present there are three groups, who meet in 2's, 3's, or 4's.



We meet once per month at various venues. There are vacancies in group 1, which meets on 1st Wed. of each month 2.00 - 4.00

At 38 Semer Close (off Lavenham Way)

Contact; Connie Ruegg at 01449 674 673

For new Groups please contact me

Sheila Dobey

01449 677 265

New groups in the offing :-

- 1) Beginners French
- 2) Architecture
- 3) Geology
- 4) Bridge
- 5) Music - see above
- 6) Art Appreciation 2



U3A Suffolk & District Network: :-

On the 6th of October the Network held its seventh Autumn Academy (AA7) at Stowupland High School. A full report will be given in the next Newsletter.

The next S&D Network meeting will be hosted by East Suffolk U3A on Friday 23rd November 2012. As reported in the last Newsletter, there are still no volunteers for the roles of Secretary and Treasurer when the present incumbents retire at that meeting. *If it is forced to close down due to a lack of Officers then, for example there could be no further Autumn Academies or Spring Symposia to look forward to. If you or anyone you know would like to take on either of these two roles, please let me know as a matter of urgency.*

Peter Dakeyne peter@dakeyne.com 01449 781 562

Sally Taylor 01449 771 168 or

Philip Weir 01449 676 528

U3A Central Office :-

You should all by now have received the September issue of 'Third Age Matters' and 'Sources' supplement. If you haven't, it may be that you joined Stowmarket U3A too late to be included in the data base for this issue. If this is the case and you would like a copy, please check with Andrea Burton who has

a few spares. The distribution data base will be updated shortly so, if you joined at the AGM or in the preceding couple of months, you will receive a direct delivery of the next issue in November.

Recent correspondence from Central Office includes Advice Sheet 14 for Group Leaders/Coordinators/Facilitators, Advice Sheet 15 on Shared Learning Projects, contact details for new French Subject Advisor and information about U3A National Chess by email.

You can find more about these items and learn more about The Third Age Trust (the Central Office of the U3A) by logging on to www.u3a.org.uk.

Make sure to register as a member so you can access all the documents and other information available.

Peter Dakeyne peter@dakeyne.com 01449 781 562



A zoo sign

Factoids A few irrelevant snippets, factoids and oddments, provided for your amusement.

To lose weight, move to the equator: Gravity is about 0.5% stronger at the North and South poles than at the equator - so, if you weigh 80kg (about 176 pounds) at the pole, you would lose 0.4kg (about 14 oz) by moving to the equator.

Nostalgia isn't nearly as good now as it used to be.

Flies: "Nothing seems to please a fly so much as to be taken for a currant, and if it can be baked in a cake and palmed off on the unwary, it dies happy" - Mark Twain

The word "Vodka" comes from the Slavic for "water": "Vodka" is the diminutive form of voda (water) so, literally means "little water"; early uses of the word related to medicinal drinks.

More trees than humans have visited the moon: Stuart Roosa, an astronaut on Apollo 14, carried about 500 seeds of pine, sycamore, sweetgum, redwood and Douglas fir to the moon (or at least to lunar orbit) in 1971. These were then germinated, and given as gifts to many countries and US states.

A kangaroo is just a mouse seen up close.

2nd July, American Declaration of Independence: 2nd July (not the 4th) marks the date on which the American Congress first (unanimously, but secretly) voted for independence from Great Britain. The declaration was reworded and the same twelve colonies voted for adoption of the final text on 4th July. New York State abstained from both votes.

Good health is simply the slowest possible form of death

Famous last words:

"Go away, I'm alright" - H.G. Wells

"Either that wallpaper goes - or I do!" - Oscar Wilde

"Die, my dear doctor? That is the last thing I shall do!" - Henry John Temple, Viscount Palmerston.

Albinoni's Adagio: Probably the best known work by Tomaso Albinoni (1671-1751), the Adagio in G minor was actually written by Remo Giazotto (1910 - 1988).

Mnemonics:

Stalagmites and stalactites: 'g' from the ground, 'c' from the ceiling.

A litre of water's a pint and three quarters (1.76, actually)

How to spell separate correctly: Separate is a rat of a word to spell

Strawberries aren't berries, but bananas are: A "berry" is any fleshy fruit which develops from a single ovary. So bananas are, and strawberries aren't. And gooseberries are, but raspberries aren't.

You are (mostly) not human: Your body contains about 100 trillion human cells - but it contains 10 to 20 times as many bacterial cells. Most of these are beneficial, and are essential to your health, but they are still not human. You are probably less than 10% human.

Stowmarket U3A Christmas Lunch 2012

Date: Wednesday 19th December
Venue: URC Hall, 12.00pm for 12.30pm
Ticket Price: **£17.00** per person (held from last year!)

Menu

Prawn Cocktail

or

Cream of Spicy Parsnip soup

or

Fan of seasonal Melon with raspberry coulis

~ ~ ~ ~ ~

Traditional Roast Turkey

Chipolata sausage

Stuffing

Cranberry sauce

or

Chestnut & sweet potato nut roast

Both the above served with roast potatoes & a selection of vegetables

~ ~ ~ ~ ~

Homemade Christmas pudding with Brandy butter & cream

or

Trio of mini desserts

or

Cheese selection & biscuits

~ ~ ~ ~ ~

Coffee & Mints

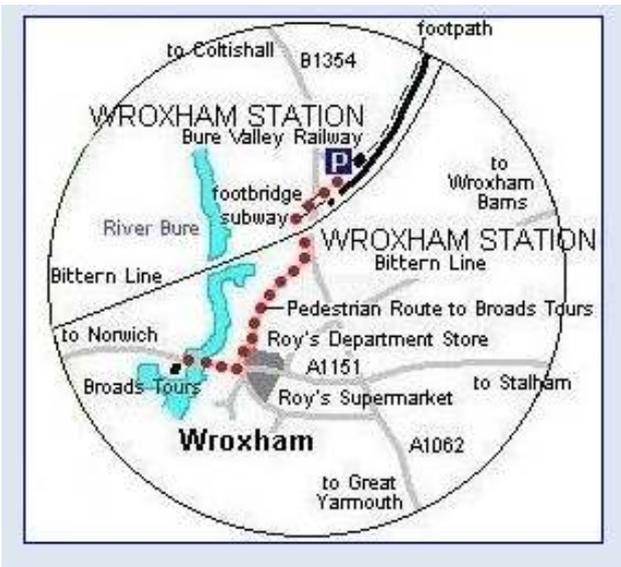
Homemade Mince pies

~ ~ ~ ~ ~

Fruit Juice will be available

Places are limited so please book early.....

Reservations can be made at the October meeting or by email to peter@dakeyne.com. Tickets will be available at the November meeting.



Some photographs of our day out in August to the Bure Valley including the narrow gauge railway from Aylsham to Wroxham and a trip on the Norfolk Broads. Enjoyed by all - with the bonus of a very nice sunny day!

Deadline for the next issue :-

28th February for the March copy.

Edited by Philip Weir
Suffolk IP14 1EG Tel. & Fax 01449 775 166

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