



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No.42

AUTUMN 2015

2015 AGM, GROUPS' DAY and 25th ANNIVERSARY CELEBRATIONS

From the Chairman

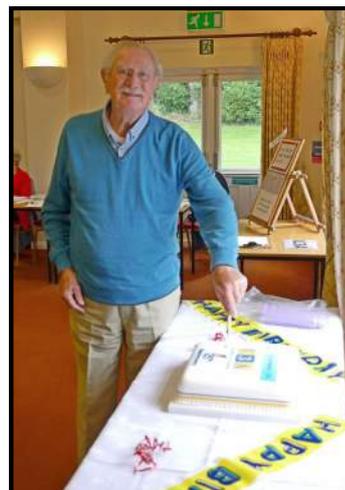
Those with experience of these things will know that AGM's can be a bit dry or tedious. However, as a registered charity, there are formalities which have to be carefully covered, if we are to conform to the requirements of the Charity Commission, and retain our charitable status.

It is also quite difficult to get many of our busy Members together at one place at one time. So again, we put together a programme which we felt would make good use of the

opportunity to promote our many Activity and Interest Groups which cover such a wide field.

On the day, we had a very encouraging attendance and, from comments made to me, people seemed to enjoy the venue and the arrangements. The "business" was done, but there also a bit of the "learning, laughing and living" which make up the U3A motto.

Bryan Hilton





From Tony Taylor Ex Groups Coordinator

GROUPS DAY WEDNESDAY 16th SEPTEMBER 2015

Congratulations to everyone who supported the Groups Day activities with displays and their presence. I thought it was a very good Stowmarket U3A event with its many bright 'stalls' (I just loved the French berets and moustaches!) and the chance to talk over what people have been doing and plan to do. Many, many thanks for all your efforts.

POETRY GROUP: The group has revamped itself now that Sheila Dobey has given up hosting the group after leading it for 14 years plus. Sheila's work for poetry, Scrabble and our U3A in general has been remarkable and she deserves every accolade.

The POETRY Group plans now to meet at The Community Centre in Combs every second Thursday, 2pm until 4pm. Additional members will be welcome. Please contact Tony Taylor 01449 258192 if you wish to be included.

BRIDGE: Mr. Mike Last has launched a BEGINNER'S BRIDGE GROUP. Please contact Mike directly on 01359 241703 for further information.

At the meeting a notice was posted asking for suggestions for new Groups and there were 8 ideas put forward.

ward. Thanks to those who added their names and contact telephone numbers. Proposals were:-

Philosophy, Comparative Religion, German Conversation, Mah-jong, Singing for pleasure, Portuguese Language, Theatre, Opera and Latin.

If you are interested in any of these, please let the Chairman, Bryan Hilton, know and he will endeavour to put all interested parties in contact. 01449 7222 290 or email to chair@u3astowmarket.org.uk

CAR LIFTS FOR MEMBERS: Members travelling in other peoples' cars are reminded that they should offer £2 contribution to fuel costs for short journeys and £3 for longer trips. Would kindly drivers please NOT waive the contribution? It could go to charity or into U3A funds if the driver doesn't want it. Refusal simply confuses the issue and leads to non-compliance with carefully considered Stowmarket U3A agreements.

As I have relinquished the role of Groups Coordinator, may I also say another thank you to all those people with whom I have worked to start new groups? U3A groups surely provide a major beneficial source of learning and social interaction for people in the Stowmarket area. Long may they continue and go from strength to strength.

EACH ONE OF US HAS A STORY TO TELL

What about writing down your early memories? You can perhaps begin by recalling your life at home and the things you got up to at school. Your family can then see how your time was so different to theirs today?

Beginning is not as difficult as you may imagine. You will be surprised how once you start your mind seems to open up and memories come flooding back.

I started by writing down odd bits quite a few years ago and carried on as and when I felt like it. Believe it or not but I

ended up last year by getting them all printed. The result is a book entitled "From Hemel Hempstead to Stowmarket - The long way round, via India and Africa". All this happened helped by encouragement from my fellow members of the U3A Memoirs Group.

If you would like to read "My Story" it is now on line at www.u3astowmarket.org.uk/memoirs-2/ and follow the link.

PAT SMITH

Town and Village History Group

The market town of **Hadleigh** with its wealth of old buildings was our destination on July 2nd with a guided tour of the Guildhall kindly organised by Pat Griffiths. Our large group assembled in the sunshine on the green surrounded by the three of the most important buildings central to the history of Hadleigh, The Church, The Deanery and The Guildhall.

We sat for a while inside the Church of St Mary's which dates from the 13th century and is one of the largest parish churches in East Anglia and were given a brief history of the town and its development from Saxon times to the present day by one of the knowledgeable guides.

Our guide then showed us around the Guildhall, a three storey timber framed building constructed in the mid-15th century which accommodated shops on the ground floor with the Guildhall used as a meeting place for the town's religious guilds. Many of the rooms are still in use today.



A simply scrumptious cream tea awaited us as we finished our tour and we were able to sit outside in the atmospheric setting and delightful Guildhall gardens.



As residents of Suffolk we are used to witnessing aircraft flying in and out of **Wattisham** but it was an extra special outing on September 3rd when Janet Stanley arranged a visit to the airfield for U3A members.

After collecting our special security passes we drove in convoy around the perimeter of the airfield to the workshop housed in one of the Hardened Aircraft Shelters where Phantom, Hunter and Lightning aircraft are undergoing restoration.

This particular Phantom aircraft flew with 74 squadron was one of the last to fly out before the station was stood down in 1992. RAF Wattisham was the last station to operate the Phantom in the UK.



The Hawker Hunter was one of the Black Arrows display team which arrived at Wattisham in 1958. In September of that year the team per-



formed a 22 aircraft loop and barrel roll at the Farnborough airshow, a record which remains unbeaten to this day..

After completing our visit with a look around the Wattisham museum packed with fascinating displays and memorabilia we enjoyed lunch at The Lion at Needham Market. Many thanks to Janet for organising this outing.

By the time you read this in October we will have had our guided walking tour of Claire which you can read about in the next Newsletter.

The Town and Village History group leaders are Angela Bentley 01449 780274 and Linda Benbow 01449 673335 and for us to ensure a varied and interesting 2016 programme we do need all **YOUR** ideas and input so please put your name on the list and the date in your diary and come along with your suggestions on November 5th. Details below.

Please note, any member of Stowmarket U3A can come on any of the advertised trips.....

TOWN AND VILLAGE

A G M

COME AND SING TO THE MUSIC THAT WE ALL KNOW

NOVEMBER 5th

NAME THAT TUNE *YOU CAN DANCE' ROUND YOUR WHEELS & BANG!*

NO CD'S JUST VINYL

LEARN ABOUT SOME OF THE ARTISTS

BILL HALEY **CONNIE FRANCIS**

MUSIC FROM THE 50s 60s

WE NEED YOUR IDEAS FOR THE 2016 PROGRAM

PLEASE BRING THEM WITH YOU

THE MEETING WILL BE AT THE SALVATION ARMY HALL

TEA/COFFEE AND CAKES

THIS WILL BE COLLECTED AT THE SEPT/OCT MEETINGS

£3 **2 p.m**

If you put your name down please could you pay in advance.

Lin Benbow 01449-673335 email lindabenbow@btinternet.com
Angela Bentley 01449-780274 email angela.bentley@mypostoffice.co.uk

Playwright Study Group

AS we start our 5th year, we have a full group and a waiting list, so we must be getting something right!

We brought our fascinating study of Arthur Miller to a close with a spine tingling production of *The Crucible* at the New Wolsey Theatre. This very powerful production was performed by The New Wolsey Young Company with sensitivity and maturity. Members of



our group had the opportunity to talk to the cast after the play. It was lovely to see the joy of theatre spanning 60 decades.

Autumn 2015 sees the start of our study of Contemporary Female Playwrights. We are discovering **Shelagh Delaney** and reading "A Taste of Honey", first performed in 1958 and regarded as one of the defining plays of the 1950's working class and feminist cultural movements. We probably all remember Dora Bryan and a very young Rita Tushingham in the 1961 film adapted for the screen by Delaney.

We plan to see a production of "Beryl" at the Wolsey Theatre in November. The play, about the cyclist Beryl Burton, was written by Maxine Peake, originally for Radio in 2012. With Yorkshire about to host the opening of the



Tour de France in 2014, the West Yorkshire Playhouse asked Maxine to adapt her script for the stage. It is this production that now comes to Suffolk.

What better way to celebrate women playwrights than through a play by a woman about a woman.

Read our reactions to the play in the next newsletter.

Helen Barrett

01449 676491

News from the French Conversation groups: **Andrea Burton**

After a short summer break the French conversation groups are preparing to re-convene. What we lack in expertise we make up for with enthusiasm, and now there are three groups in all!

We find smaller groups more effective - everyone gets a chance to speak and join in the learning activity.

News from the Walking Group:

What wonderful Suffolk countryside we have to explore. Its amazing how far we can go without crossing or using a road or without seeing another person. Our group has walked near Norton, also Ixworth, Framsdon and Stutton. Recently we celebrated one couple's 44th wedding anniversary with bubbly, apple juice and snacks at the half way point outside a church!! That was well organised and most enjoyable.

Happy Book Club **Mary Bradley**

We had a very successful year, I feel, reading novels about history, romance, social issues, the law and the diplomatic service to name but a few.

After our summer break we started in September with 'The Cookoo's Calling' by Rogert Galbraith aka Jk Rowling.

Two new members signed up at the AGM so our group is, for the moment, complete.

Member Participation

At the Regional seminar in Thetford, three of the committee were inspired to encourage members of our U3A (Stowmarket) to realise that participation in this co-operative, democratic organisation is the best and only way forward for a healthy group. This may mean setting up a new interest group or putting out the chairs at a general meeting. Our success is up to us members. The motto - Live, Learn, Laugh is very apt.

There are many ways of learning - some people may learn visually, others in an auditory way and even others may prefer a more active form of learning - kinaesthetically. Whichever way suits you - the great variety of groups and talks

available to us mean there is no excuse to be bored or lonely at home. We all have skills and knowledge to share - and we could go further and start a research or shared learning project.

Our generations have been so lucky - to survive WW2 and have opportunities for education and life experiences previously almost impossible. There are about 125 U3As in the Eastern Region - thousands of members and hundreds of interest groups. We look forward to greater participation from all our members whether it is starting a new interest group or helping to put out the chairs at a general meeting or being a guest at a committee meeting. All are welcome.

Andrea Burton. Membership Secretary.

Gardens & Things

In July, some 20 members accepted the invitation to visit the **Great Blakenham Incinerator**, this new and important plant.

We set off and were told that we had to negotiate 300 steps on 23 levels. We were kitted out suitably dressed in high vis jackets, goggles, hard hats, ear defenders, stout shoes, no bare arms (!) and supplied with intercommunication ear pieces and handsets.

The first room was a hands on information area, all very interesting which was a good build up for the experience we were about to have. Carrying on up the flights of stairs we saw each having its own function - although you had to use your imagination as it was just a mass of pipes and pumps. Half way round we saw the electricity plant which is driven by steam from heat produced by the incinerator. This generates enough electricity for some 20,000 homes. Eventually the hot water will be used to heat green houses which will produce tomatoes all year round. Even the ash from the fire is used to make building blocks

The tour was finished off by a walk round the rest of the plant and, by the time we'd done this we were all ready for our lunch at the Hungry Horse in Claydon.

Suffolk Punch Trust, 14th September: £9.00 including lunch bought 16 of us a memorable day at the Trust. After our arrival and obligatory coffee break there was an introductory talk by Katie who gave us the planned programme for the day's adventure. Our main guide for the day was Mr Chaplin from Bury St Edmunds, who took us back a 1000 years and described the development of the horse to the present day.



We toured the estate on a wagon pulled by a tractor, finishing up at the stables and tack room where we learned about the working day and the use of the different collars and traces. We were introduced to two of the horses in the stables and had a good look around before lunch.



Left to our own devices we went round the museum which is very comprehensive before having a trip around the heritage garden. By this time we were rather tired and started to make our way home. I think we can say that we all had a great day out and felt better for the experience and that the heritage of the Suffolk Punch is in safe hands.



GOOD NEWS! At the AGM I was successful in getting members to fill all the months for visits in 2016, so the group has once again staved off the prospect of going out of existence. Five new members came forward and volunteered to organize a day, coupled with two stalwarts giving us seven prospective visits for the coming year.

Harold Turner

(Photos by Angela Bentley)

"Have your say"

A big thank you to Harold for organising the outing to The Suffolk Punch Trust Hollesley.

Speaking for myself and I think for all the members that came, we really enjoyed the day. A trailer ride taking us round the fields, a guide telling us the history of the Suffolk Punch, a well thought out museum plus a walk round the garden. And, for those that did not come, you really missed out on a most interesting and informative day.

Well done again Harold!

Angela Bentley

You can see many more of the photographs taken on both the G & T and T&V trips on our web site.....

www.u3astowmarket.org.uk/groups

Then follow the blue links to 'Gardens and Things', and 'Town & Village History'. As well as pictures from recent trips, there is a lot of archive material

Here at the **Museum of East Anglian Life** we're looking to expand our team of volunteers and involve more of the community in the important work that we do.

Currently we're on the lookout for more 'Meeters and Greeters' to help support the Visitor Services team. 'Meeters and Greeters' are vital in helping people to really enjoy their visits to our site, they help to bring the Museum to life, informing and inspiring our visitors and helping them to learn more about what is available for them and to raise their enjoyment of the day.

What do I need to know?

You don't need expert knowledge; all you need is a warm, friendly smile to greet our visitors. You'll get to be part of a great team who will assist you with visitor questions and provide you with anything you need to know.

How much time do I have to give?

That's up to you. 'Meeter and Greeter' shifts are typically three hours long (10am-1pm or 1pm-4pm), whether you can make a regular commitment or can only sign up for one or two shifts a month, all contributions are welcome.

What training opportunities are available?

As a volunteer of the Museum of East Anglian Life, you'll be given an induction. Further to the basic training, volunteers also have access to the SHARE calendar of training and will be informed of any training opportunities within the Museum.

Want to know more? Get in contact with Patsy Cane on 01449 612229 or email enquiries@eastanglianlife.org.uk

Submitted on behalf of MEAL by Linda Benbow

In July we had an interesting and at times humorous talk by Rosalind Teague entitled 'Teaching in Prisons – And After'. She said that she had been a teacher, but after retirement did not wish to return to the present teaching system. A neighbour suggested being a volunteer prison visitor.

She applied and was made very welcome because of her teaching credentials. So she went to work teaching reading and maths to offenders in prison. Of course, she encountered people with differing levels of literacy - some had had bad experiences in school and were unable to read or write whilst others were mentally ill so could not read at all. She also taught her specialist subject of handicrafts. Befriending was also something she enjoyed and found very worthwhile

as some prisoners had had a bad start in life and were without family support. They needed guidance and to gain confidence in their abilities. With Rosalind's help some of the prisoners came out with a good education, but even some of these found it difficult adapting to the outside world, and kept on offending to get back in prison.

Apparently volunteering as a prison visitor is not age restricted. It is more a question of the skills and life experiences you have to offer, as the object of the exercise is to equip the prisoners with the ability to cope once released and hopefully not to re-offend.

Hazel Field

Coming Up

Two exciting Speakers coming up for October and November before our December Christmas Lunch in the very pleasant and completely private suite at the Cedars.

Sean Hedges-Quinn is one of Britain's leading Sculptors. A film Animator, Modeller and Prop maker. His talk on "The Makings Of" offers something for everyone among us: the creative, the capable and the practical.

Phil Hadwen, noted local Historian, is an authority on events with a particular East Anglian setting. "Suffolk Suffragettes and The Bath Hotel Fire in Felixstowe in 1914" will outline local struggles for equality in an attempt to gain votes for women.

In the New Year, our January speaker will be Horry Parsons with 'More Tales from the Tower

Dee Payne

SUMMER CREAM TEA



Many thanks to our Treasurer, Jean Roche for organising this event at the URC Hall on 19th August. About 50 of our members enjoyed a convivial afternoon whilst enjoying the traditional fayre of strawberries on buttered scones with lashings of cream and endless cups of tea.



We had interesting talks from two of our members about our U3A plus a fun game in lieu of a raffle. Everyone agreed that it was a very pleasant afternoon.

Stowmarket U3A, CHRISTMAS LUNCH

CEDARS HOTEL, Stowmarket

Wed 9th December 2015, 12.00 for 12.30pm

Ample **FREE** parking. Bar available throughout day for tea, coffee, alcoholic refreshments from 11.30am

Menu

Homemade Winter Vegetable Soup

or

Prawn & Champagne Smoked Salmon Roulade

or

Rosemary & Garlic Crusted Brie

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*Roast Turkey, Chipolata, Stuffing, and Bacon Roll*

or

*Fillet of Salmon topped with Spinach and Cream Cheese en Crouete*

or

*Persian Vegetable Casserole with Couscous, Cranberries and (optional) flaked Almonds*

*All served with seasonal vegetables*

~~~~~

Christmas Pudding with Brandy Cream

or

Salted Caramel Meringue Roll topped with Dark Chocolate Sauce

or

Cheese and Biscuits

~~~~~

*Coffee and Mince Pie*

*Cracker*

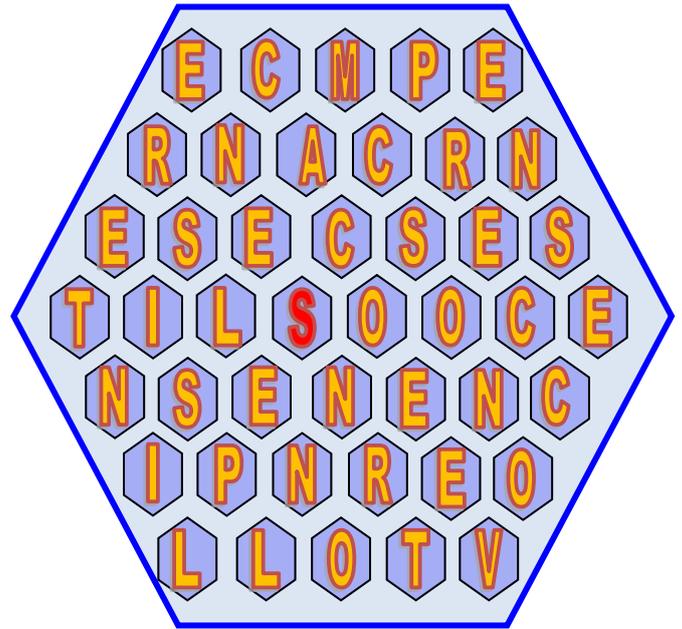
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COMPLETE £18 per head

Tickets on sale at the October & November Meetings

This Issue's Puzzle

Inspired by the BBC4 Quiz, The Hive



In the grid are the single word answers to the clues below.

Every letter is used once. Words can be in any direction but letters must be adjacent.

One of the words starts with the highlighted letter. The clues are not cryptic.

Clues (in no particular order)...

- Not hidden
- No sound
- Break into fragments
- Run about hurriedly
- Settle firmly in
- Small plain cake
- Solitary

Answers on last page.....

Last Issue Scrabble Puzzle.



There was only one solution submitted. Congratulations to Mike Last - with the answer.....

LUXURIOUS, 9 letter word on G8 and triple.

17x3+50, 101 points

ART APPRECIATION (SAAG)	2/Month: 1 st , 3 rd Tuesdays	LUNCH CLUB (1)	Monthly: 2 nd Thursday
Tony Taylor 01449 258 192	9.30am	Angela Bentley 01449 780 274	12.20pm
ART APPRECIATION (SEAM)	Monthly: 3 rd Monday	LUNCH CLUB (2)	Monthly: 4 th Thursday
Anna Bradshaw 01449 745 829	2.00pm	Pauline Taylor 01449 678 954	12.30pm
ART APPRECIATION (STOWART)	Monthly: 4 th Thursday	LUNCH CLUB (3)	Monthly: 4 th Thursday
John Chappell 01449 777 969	2.00pm	Brian O'Shea 01449 614 129	12.30pm
BOOK CLUB	Monthly: Last Monday	MUSIC – Classical	Monthly: - 4 th Tuesday
Mary Bradley 01449 775 628	2.00pm	Ian Hooper 01449 770 179	10.00am
BRIDGE BEGINNERS	Weekly: Monday	MYTHS, STORIES AND LEGENDS	Monthly: 1 st Monday
Michael Last 01359 241 703	2.00pm	Philip Weir 01449 676 528	2.30pm
CANASTA	3/Month: 1 st , 3 rd , 5 th Wed.	PAINTING FOR PLEASURE	2/Month: 2 nd , 4 th Fridays
Hazel Burl 01449 615 581	9.30am	Nina Rouse 01449 612 042	10.30am
COMPUTER	Monthly: 2 nd Wednesday	PATCHWORK	Monthly: 3 rd Monday
Peter Dakeyne 01449 781 562	1.30pm	Kate Riddleston 01449 612 871	2.00pm
COUNTRY STROLLS Longer	2/Month: 1 st , 3 rd Fridays	PHOTOGRAPHY	Monthly: 3 rd Tuesday
Andrea Burton 01449 774 869	10.30am (variable)	Peter Dakeyne 01449 781 562	2.00pm
COUNTRY STROLLS Shorter	Monthly: Last Friday	PLAYWRIGHT STUDY	By Arrangement
Elizabeth Gray 01449 678 853	1.00pm	Helen Barrett 01449 676 491	
DISCUSSION	Monthly: 2 nd Tuesday	POETRY	2/Month: 2 nd , 4 th Thursdays
Philip Weir 01449 676 528	10.00am	Tony Taylor 01449 258 192	2.00pm
FRENCH CONVERSATION (1)	2/Month: 2 nd , 4 th Tuesdays	SCRABBLE PLAYING GROUPS	Several - By Arrangement
Andrea Burton 01449 774 869	10.00am	Michael Last 01359 241 703	
FRENCH CONVERSATION (2)	2/Month: 1 st , 3 rd Tues	SPANISH CONVERSATION	NB. Currently a 'non U3A' Group Please contact Alicia for more info.
Ann Williams 01473 830 316	10.00am	Alicia Beaton 01449 616 172	
FRENCH CONVERSATION (3)	2/Month: 1 st , 3 rd Tues	TOWN & VILLAGE HISTORY	Monthly: 1 st Thursday
Michael Last 01359 241 703	10.30am	Angela Bentley 01447 780274 Linda Benbow 01449 673 335	9.30am (variable)
GARDENS & THINGS	Monthly: 3 rd Thursday	WHIST	2/Month: 2 nd , 4 th Wednesdays
Harold Turner 01449 676 882	9.30am (variable)	Hazel Burl 01449 615 581	9.30am

STOWMARKET U3A, COMMITTEE MEMBERS 2015/2016



Bryan Hilton



Connie Harford



Jean Roche



Andrea Burton



Dee Payne



Joyce Kay



Ian Hooper



Jenny Lawler

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