



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No. 44

SPRING 2016

Annual Outing - BLETCHLEY PARK - Wednesday 17th August 2016

You've read about it, you've seen the film, now is your opportunity to see and experience the phenomenon that is Bletchley Park for yourself!

Bletchley Park is a place of exceptional historical importance. It remains highly



relevant to our lives today and for the future. It is the home of British code-breaking and a birthplace of modern information technology. It played a major role in World War Two, producing secret intelligence which had a direct and profound influence on the outcome of the conflict.

Going as a Group, we get a discount on the normal admission price, an annual season ticket and complimentary Multimedia Guides (subject to availability). If you have an iPhone, consider downloading the application from the App store. Also, feel free to bring in your

own headphones or earphones.

There's also a discount on the Official Guide Book, on the day of visit, £3.50 instead of £5.00 (*must be booked in advance*).

Lunch is not included but there are a number of outlets to meet all of your culinary needs. Hut 4, formerly a WW2 Naval Intelligence Codebreaking Hut, now houses the café, offering a full range of options with freshly cooked meals as well as sandwiches, pastries and snacks in the self-serve area.

Whilst in Bletchley you may also wish to visit the National Radio Centre - Operated by the Radio Society of Great Britain, (included in the price) and The National Museum of Computing - an independent museum that houses a rebuild of Colossus and traces the development of the computer from Colossus to modern-day versions (additional entrance of £5.00).



Itinerary

49 Seater Luxury Galloway coach with facilities.

Depart: Meadlands, 9.25am, and Stowmarket Station, 9.30am.

Journey time approx., 2 hours.

Return: 4.00pm app
Arrive Stowmarket: 6.00pm app.

Cost £26.00 pp (Coach/Entrance)

Preferably by cheque, please, payable to S.T.A.R.

Tickets available from the **May** meeting onwards.

Please book early as places are likely to sell out fast!

U3A Speaker Review – January 2016

In January, a very well attended meeting of over 86 members heard a most informative talk by **Horry Parsons**. Horry has previously given a talk “Tales from the Tower” and by “popular demand” this was his equally entertaining “**More Tales from the Tower**” sequel.



Horry shared some of his personal experiences when, as project manager of the building of the Millennium Tower on Bury St Edmunds Cathedral, he was influential in

the erection of the 150ft high gothic tower and its subsequent vaulted ceiling, signifying finally the completion of the Cathedral.

Singing the praises of the local trades people involved in its construction, Horry wittily shared with us stories of the stonemasons, glaziers, carpenters and bricklayers who were instrumental to its construction. From the story of the two

coloured pencils of the architects, to the technique of unfolding of the leaded glass windows to fit irregular stone frames, the visits by HRH Prince Charles, together with his impersonation of our future King, and how the 3000 piece “wooden jigsaw” fitted together to form the vaulted ceiling, Horry, with his illustrations, led us through the journey of its construction.

In his humble way, Horry showed us his Order of St Edmund, which he was awarded for his outstanding work in service to the Cathedral, only the tenth person to receive the award. There is no need to be embarrassed Horry – It was well deserved.

In my next visit to Bury St Edmunds I will ensure that I take in a visit to the Cathedral where I will see the Tower with a new, better informed pair of eyes and I will certainly be on the lookout for the vaulted ceiling, the bricks laid by HRH Prince Charles, the diocese plaque of the Isle of Man and the John Wastell trademark oak flowers.

Keith Shelton

U3A Speaker Review – March 2016

The March meeting talk was on the subject of “**Boudicca: The Iceni Rebellion 60-61 AD**” with **Dr Nick Sign** as our speaker. Most of us have heard of Boudicca and know the magnificent bronze statue of her with her two daughters, driving her chariot into battle on Westminster Bridge.



Dr Sign, a university lecturer, talked about the origin of the name and how misspelling in the past gave her name as Boadicea and which finally became Boudicca.

He provided a very detailed history of the time and events in which the Celtic tribes of Britannia were ruled by the occupying forces of Rome. Boudicca led the Iceni in revolt and destroyed Camulodinum (modern Colchester) which at that time was a Roman settlement and the site of a

temple to the former Roman Emperor Claudius.

Boudicca swept on, burning both St Albans and London (Londinium). 70,000 Romans and British were killed in the three cities. The Roman generals eventually regrouped their forces and despite being heavily outnumbered, defeated the



Britons in the Battle of Watling Street. It is believed Boudicca killed herself to avoid capture.

Dr Sign’s studies of the historical sources for the times, the best known being that of the Roman historian Tacitus, an eye-witness of the revolt, brought the period to life, and we were given an excellent overview of this episode of our past history.

Jenifer Adams

Coming Up!

May 18th: ‘Pretty Corsets in Suffolk’

A talk by Rodger Kennel, who is the local history recorder at Hadleigh, about the family and profession of William Pretty, the Suffolk manufacturer of Corsets.

June 15th: ‘Caribbean Talking’

Shirley Bignel. Shirley was born in Guyana, South America, but grew up in London and Surrey and now lives in Suffolk.

An experienced speaker, working with children and adults, she performs in dialect.

July 20th: ‘Shopping: Queen Elizabeth, I to II’

Barbara Faulkner

Singing Group—New!



A new singing group has just started up. The aim of the group is to simply enjoy singing together. There is no audition, you won't need to be able to read music, you don't need a great singing

voice - you just need to be ready to join in!

The variety and style of songs will be really wide, for example at our first meeting we sang a couple of well known rounds, a call and response song, songs from the musicals, an easy pop song and a traditional folk song.

The group will meet roughly every fortnight on a Thursday afternoon at Hillside Community Centre. The cost is £2.00 per session (to cover the cost of room hire). It will run from 2 til 3.30 pm and we will have a short refreshment break part way through.

The dates for the next few weeks are as follows:-

21st April, 5th May, 19th May, 26th May, 2nd June

Anyone interested in joining is welcome to simply turn up or phone **Hilary Foster** on 01359 241773 for further information.

Looking forward to seeing a few new faces at our next meeting.

Computer Group

The Group continues to meet on the Second Wednesday afternoon of the month at Bacton Village Hall. We have plenty of space, free WiFi and *new members are always welcome*. Have a look at our web page (follow Groups, Computer) to read more fully about our activities

There you can read about all the Q & As and topics we've covered since 2011. These are compiled from emails sent out following each monthly meeting when any questions not answered at the time are explored further.

So far this year, our programme has been:-

January: 'An introduction to researching your Family History on the Internet'.

February: 'iTunes'. What is it/are they all about, and what can I do with it?

March: 'Tablets and Smart Phones'— how do we individually

use them and how do we connect to other devices?

April: 'Windows 10', all the problems and issues that members have experienced and an attempt to explain/solve them.

Since we moved to Bacton, the sessions have become much more interactive and often we go 'off topic' to give one to one help with particular problems.

There was only a small response to the invitation made in the last Newsletter for members (who are inexperienced or entirely new to computing) to call up if they felt they could do with some individual help. Nevertheless, 2 or 3 people did follow up and have received some personal assistance on a variety of topics.

We will revisit this if the need arises in the future.

Peter Dakeyne

Discussion group

We are quite a small group at present and would welcome new members at our monthly meetings. At the next meeting or two we will be settling our ideas for next year's programme, so you could help.

Myths & Legends

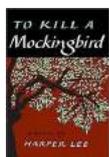
This small group has been developing and looking deeper into its subjects than heretofore. If you would like to join us you will be made very welcome.

For both, Philip Weir on 01449 676 528

French Groups

Unfortunately, French Conversation (2) and (3) have now closed down and in effect been consolidated into the original 'French Conversation' group. All enquiries to Andrea Burton, please, 01449 258 865

Book Club



In January, we revisited 'To Kill a Mockingbird' by Harper Lee. Written in the thirties, it is a tale of adolescence in small town America and loosely based on the author's observations of her family and neighbours, as well as on an

event that occurred near her hometown in 1936, when she was 10 years old.

Primary themes of To Kill a Mockingbird involve racial injustice and the destruction of innocence..

We thought that today, children's education is much broader than it was then.

Mary Bradley

Art Appreciation, SAAG, and Poetry

Both remain vibrant groups. SAAG is, unfortunately, still full but Poetry welcomes new members despite already having 12 attendees. Tony Taylor

Longer Strolls Walking Group



Our first walk of 2016 was on Friday 15th January, the day after we had had a small amount of snow and quite a hard frost and the wind was also quite strong and very cold.

The walk started from Alder Carr farm in Needham Market, which has a farm shop and a tea room where the food is very good, plenty of choice and well presented.

After we had ordered our lunch we gathered in the car park ready to set off on our walk.

As you can see from the photo we were all dressed in warm coats and hats of many colours and designs.

There were 18 people on the walk and we were eager to get some exercise and catch up on news of how we had enjoyed our Christmas break.

We started the walk along the river bank, the river was quite full with a lot of water rushing over the weir, and even though there was a frost there was plenty of mud to negotiate.

We left the river and crossed the rail-

way line went up Gypsy Lane, crossed the road and headed up the hill, at this stage the wind was bitterly cold.

The view at the top was of the hill was superb, we could see for miles. We could see Badley church, Creting St Peter, the A14 and Needham Market - this must be one of the highest points to stand and look over the whole valley.

Once we turned the corner and walked beside a small hedge it felt a lot warmer.

We headed back into Needham Market went round Needham Lake where we saw a Heron standing on the bank and there were several swans and ducks swimming on the lake.

We then went back along the river to the tea room to enjoy our lunch.

Thanks to Helen for organising this first walk of the year. We are looking forward to taking part in many more walks during the year.

If anyone else would like to join us on our walks, these take place on the first and third Fridays of the month, please contact Andrea Burton on 01449 258865 for details.

Heather Salmon.

Town & Village History

Our group do not meet over the winter months so we were looking forward to the first Thursday in March and the start of our 2016 programme of interesting visits and exciting outings.

To heal sometimes: to relieve often: to comfort always: was the St Audrey's hospital Mission.

David Phelan has spent many months researching the history of St Audrey's at Melton which opened as the Suffolk County Asylum in 1832 on the site of an old workhouse.

David is a National Trust speaker and gave us a very informative talk at the Salvation Army Hall, illustrated with lots of slides telling the stories of the patients who lived and staff who worked there.

Dr John Kirkman was one of the first Medical Superintendents at St Audrey's and was a pioneer in his enlightened ap-

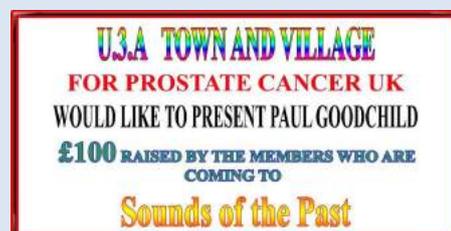
proach and forward thinking views to supporting mental health patients.

After his talk we enjoyed tea and cakes.

Our outings have been very well supported with some visits selling out very quickly, so please make sure to refer to the T&V section on the Stowmarket U3A website for the full 2016 programme or book with us at the monthly U3A meetings.

Angela Bentley 01449 780274

Linda Benbow 01449 673335



It is a while since I last reported on the activities of our group, when we were about to see a production of “Beryl” at The Wolsey Theatre. A play by Maxine Peake, this was a continuation of our season of modern female playwrights. We were all in agreement that “Beryl” was a very cleverly written play, witty, poignant and very enjoyable. We look forward to more works by this talented actor/playwright.

We then turned our attention to Caryl Churchill and her play “Serious Money” which looks at the rise of working class money-makers in London’s changing world of high finance. Researched in 1986, the playwright and her actors made daily observational forays to the



trading floor and dealing rooms of The City. The performers then re-enacted their experiences in an attempt to create a work study of a com-

munity. Actress Linda Bassett explained that they met people, most of whom were aged about 23, earning between £40,000 and £50,000 when the performers were, at that time, working for a wage of £130 per week. Caryl Churchill then crafted her play.

“Serious Money” proved to be our most challenging play to date. The



events take place within a 24 hour period, with flashbacks. There is much overlapping high-speed speech, as in everyday life, full of jargon and what our age group would describe as “bad language”, apparently common on the trading floor at that time. Written in rhyming couplets, with interspersed musical numbers, we all agreed that the play needs to be seen rather than

just read before an informed review can be written.



As 2016 is the 400th anniversary of the death of Shakespeare, we are making a short deviation from our study of female playwrights and looking once more at our most famous playwright. With 2 different productions of A Midsummer Night’s Dream taking place in our region, we are immersing ourselves in this play. We will see the RSC’s touring production at The Theatre Royal, Norwich in April and Trevor Nunn’s production at The Wolsey Theatre, Ipswich in the summer.

We will continue our study of modern female playwrights by focussing on Suzanne Hawkes, a local playwright.

More of this in the next newsletter.

Gardens and Things



Since the last Newsletter, the group has selected a programme for this season. With the help of some new members, we now have all the coming months covered except for October.

This gives us several continuous months of activity when we will be covering some old and new venues; the re-visits have had sufficient time lapse to ensure that there will be things of new interest, and the new ones give us something to look forward to.

Here are some brief details of our programme for the next few months (may be subject to change) -

May: Paugers Plants - Depden, Nr. Bury St Edmunds. They offer over 2000 different varieties of plants including firm favourites as well as “hard to find” and unusual varieties, many not found in garden centres.

June: Stackyard Nursery, Mendlesham . A specialist nursery growing trees and shrubs.

The visit will include a talk by the owner.

July: Beth Chato Gardens: The famous gardens near Colchester.

Aug: Bayes Farm. Gardens at a B&B in Forward Green.

Make sure to watch the notice board at the URC monthly meetings for updates and booking.

May I remind you again, please, that we still need a new co-ordinator for the future? Please talk to me if you would like to chat about the duties involved.

Harold 01449 676 882

CHAIRMAN'S REPORT TO THE FIRST ANNUAL GENERAL MEETING 18 SEPTEMBER 1991

INTRODUCTION. It was in the later part of 1989 that Pamela Pullen and I held our first discussions about the possibilities of starting a Stowmarket branch of the University of the Third Age. We attended the activities of and met with officers of other U3A's to help get our ideas into order. We made contact with New Horizons Trust and the Stowmarket Relief Trust. In the meantime Olive Thomas had joined our discussions and contributed to the idea.

It was early in 1990 that we made our first applications for financial assistance and were greatly encouraged to receive £1,000 from Stowmarket Relief Trust and also £1,500 from New Horizons. The cash from New Horizons has various strings attached and thus it was very helpful to receive the Stowmarket Relief Trust monies.

STARTING THE BALL ROLLING. *The Inaugural Meeting was held on 24 April 1990* and with an attendance of over 70 people, STAR – U3A was born for Stowmarket and district.

The first of the regular monthly meetings was held on 23 May and a series of meetings and study groups was set up. The first Study Groups were Art Appreciation, Study of Churches, Musical Appreciation, Literature Group, Green Economics, Local History and Archery. As was I suppose inevitable, not all the groups were successful, however there are at present six groups functioning from whom we shall later receive reports.

THE PRESENT SITUATION is a membership of almost 30 people with a wide range of interests. We were fortunate in being able to recruit Harry Miller to the post of Monthly Meetings Secretary, and Harry has been very busy in arranging the whole series of monthly meetings, the subjects covered ranging from 'A British Pilgrimage' to 'The Secret Life of the Honey Bee', and of course a full range of interesting subjects in between.

We have had some disappointments in that, as far as we can tell we are not promoted at all by local industry to their retiring personnel and also the interest shown by wardens of retirement communities is virtually nil. We believe that we have a great deal to offer to these groups. We have also made approaches in Needham Market with the idea of supporting the start of a U3A for the community there but our efforts fell on stony ground as it appears that the local needs are already being met.

Study Groups are meeting regularly and the conveners will be presenting their own reports.

TOWARDS THE FUTURE. With the present Steering Committee STAR will carry on very much as at present. However there is a great potential for developing the activities and opportunities for starting other groups in the villages around Stowmarket.

The strength of the organisation depends upon the commitment of the members and Committee; the present Committee work very hard for STAR but we are looking for one or two individuals who will dedicate themselves developing STAR into the areas mentioned with perhaps some new ideas. Such persons can rely upon the support of the present Committee.

CONCLUSION and THANKS. STAR is at present a small, friendly and interesting organisation steered by a small but keen group of people for whom STAR is just one of their interests.

There is great potential for developing STAR thus the Committee is seeking one or two interested persons, whom they will support, to take on the development of the organisation.

Finally I wish to express my thanks to those who support STAR, to those attending this AGM and especially to Pamela Pullen and Olive Thomas both of whom have been involved with me from the beginning. Mirium Cutts, our hardworking Secretary, and her husband Jim, Betty Gathercole, Publicity Officer, and Harry Miller who has organised such interesting and wide ranging topics for the monthly meetings. I convey my thanks to those members who have taken on the task of convening the Study Group meetings. I do not propose to name each one as you are soon to meet them as they present their reports.

Barry R. Renolds

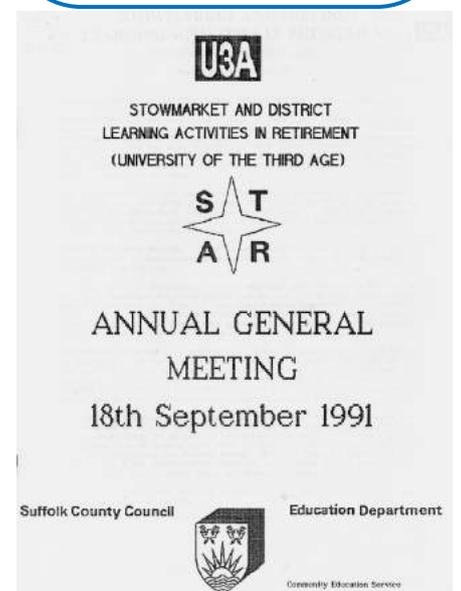
18 September 1991.



We celebrated the 25th Anniversary of Stowmarket U3A last year.

Current Life Member, Harold Turner, was involved in generating interest in the U3A early in 1989 (see notice above).

Reproduced here is an exact transcription of the minutes of the first ever AGM on the 18th September 1991. Reference is made to Study Group reports and as space allows I would hope to publish some of these in future issues of the Newsletter. Ed





Interesting facts about 'Groups' taken from a survey in 2013

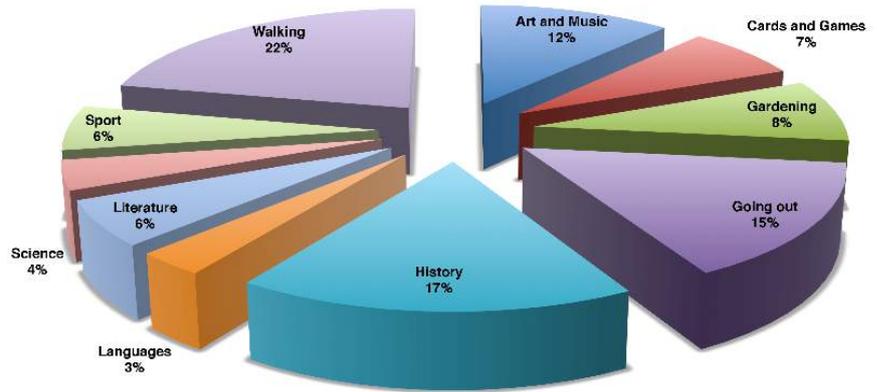
There are in excess of 36,000 U3A interest groups up and down the country.

On average, individual U3As run groups in 30 different subjects.

U3As run almost 1,500,000 hours' worth of interest groups every year...

...which is equivalent to over 162 years every year!

Most Popular Subjects



Ancient Wisdom
Arabic
Blacksmithing
Botanical Illustration
Bus Restoration
Dolls' Houses & Miniatures
Druidism
Encaustic Art

Exploring the Unexplained
Some of our more unusual groups...
Old Icelandic Literature

Quilling
Raspberry Pi
Russian / Skittles
Silverwork
Take One Day
Tall Stories and Cake Bake
Unsolved Murder Cases
Well Dressing

With acknowledgement to the U3A website where a slide show of these illustrations can be found

This month's Puzzle - Word Search - TV Programmes - Words can be read in any direction

F R A I N B O W R E W O L B N R O H A Q
 S D A O R S S O R C F D E H C T I W E B
 E Y P O I N T L E S S W C L H R U C M I
 K H R O W V M K W B M F M B E A G Z M R
 Y L O H R P J Y F G E K N D I A J M E L
 S L L W X R D G B D A N T T K J F S R O
 O E K M F X I L D L M A I A L O Z D D W
 S S T I Q L S D X Y O A E D E C Q N A E
 D A E R O E E O G E Y C S D O B Z Y L C
 G R N O B P I K O E Y C K H I R T K E R
 H H W N U K D O E B O E E B D H M R Y J
 B P Y S Q U A T E R M A S S U R W C A Q
 M H C I C R L R X I F U Z L V S O A W H
 M C L D C Q R Z D B I K L P L U T W R I
 I T I E Y U E S V C B D X O N U M E Y E
 B A F V B O N A N Z A K I T C K B I R L
 J C F M S S N J V R E L D O R A D O E S
 C H E E R S I M M B D O B A Q U I N C Y
 M I N D E R D Y R O W P T D R L D X P V
 T Q O Q Y J X W O N K A J O K T S Q I P

COUNTDOWN PORRIDGE
 BLOCKBUSTERS QUATERMASS
 POINTLESS WYCLIFFE
 BONANZA MINDER
 BULLSEYE KOJAK
 BEWITCHED HORNBLOWER
 COLUMBO CHEERS
 CROSSROADS CADFAEL
 CATCHPHRASE SYKES
 EMMERDALE RAWHIDE
 HARTBEAT BENIDORM
 IRONSIDE QUINCY
 MASH DINNERLADIES
 RAINBOW ELDORADO

Are you a Spring Chicken?

Whilst principally being a selling portal, this site has much more to it than that. Everything is geared to the needs of the

older generation, so as well as products being sensibly grouped there are many more free resources available. There are blog posts on such subjects as Mindfulness, Safety on the Internet,

Tips to keep your Brain Healthy and many more.

Check it out at www.springchicken.co.uk/

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS, as of April 2016. Please contact the Leader/Convenor for more information

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|-----------------------------------|-------------------------------------------------------------------|-----------------------------------|-------------------------------------------------------|
| ART APPRECIATION (SAAG) | 2/Month: 1 st , 3 rd Tuesdays | LUNCH CLUB (3) | Monthly: 4 th Thursday |
| Tony Taylor 01449 258 192 | 9.30am | Brian O'Shea 01449 614 129 | 12.30pm |
| ART APPRECIATION (SEAM) | Monthly: 3 rd Monday | MUSIC – Classical | Monthly: 4 th Tuesday |
| Anna Bradshaw 01449 745 829 | 2.00pm | Ian Hooper 01449 770 179 | 10.00am |
| ART APPRECIATION (STOWART) | Monthly: 4th Thursday | MYTHS, STORIES AND LEGENDS | Monthly: 1 st Monday |
| John Chappell 01449 777 969 | 2.00pm | Philip Weir 01449 676 528 | 2.30pm |
| BOOK CLUB | Monthly: 4th Monday | PAINTING FOR PLEASURE | 2/Month: 2 nd , 4 th Fridays |
| Mary Bradley 01449 775 628 | 2.00pm | Nina Rouse 01449 612 042 | 10.30am |
| BRIDGE BEGINNERS | Weekly: Monday | PATCHWORK | Monthly: 3 rd Monday |
| Michael Last 01359 241 703 | 2.00pm | Kate Riddleston 01449 612 871 | 2.00pm |
| CANASTA | 3/Month: 1 st , 3 rd , 5 th Wed. | PHOTOGRAPHY | Monthly: 3 rd Tuesday |
| Hazel Burl 01449 615 581 | 9.30am | Peter Dakeyne 01449 781 562 | 2.00pm |
| COMPUTER | Monthly: 2 nd Wednesday | PLAYWRIGHT STUDY | Monthly: Normally, 2 nd Monday |
| Peter Dakeyne 01449 781 562 | 1.30pm | Helen Barrett 01449 676 491 | 10.00am |
| COUNTRY STROLLS Longer | 2/Month: 1 st , 3 rd Fridays | POETRY | 2/Month: 2 nd , 4 th Thursdays |
| Andrea Burton 01449 258 865 | 9.30am (variable) | Tony Taylor 01449 258 192 | 2.00pm |
| COUNTRY STROLLS Shorter | Monthly: Last Friday | SCRABBLE PLAYING GROUPS | Several - By Arrangement |
| Elizabeth Gray 01449 678 853 | 1.00pm | Michael Last 01359 241 703 | |
| DISCUSSION | Monthly: 2 nd Tuesday | SINGING | Normally, fortnightly: Thursdays |
| Philip Weir 01449 676 528 | 10.00am | Hilary Foster 01359 241 773 | 2.00pm |
| FRENCH CONVERSATION | 2/Month: 2 nd , 4 th Tuesdays | SPANISH CONVERSATION | NB. Currently a 'non U3A' Group |
| Andrea Burton 01449 258 865 | 10.00am | Alicia Beaton 01449 616 172 | Please contact Alicia for more info. |
| GARDENS & THINGS | Monthly: 3 rd Thursday | TOWN & VILLAGE HISTORY | Monthly: 1 st Thursday |
| Harold Turner 01449 676 882 | 9.30am (variable) | Angela Bentley 01447 780274 | 9.30am (variable) |
| | | Linda Benbow 01449 673 335 | |
| LUNCH CLUB (1) | Monthly: 2 nd Thursday | WHIST | 2/Month: 2 nd , 4 th Wednesdays |
| Angela Bentley 01449 780 274 | 12.20pm | Hazel Burl 01449 615 581 | 9.30am |
| LUNCH CLUB (2) | Monthly: 4 th Thursday | | |
| Pauline Taylor 01449 678 954 | 12.30pm | | |

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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