



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



Waldringfield & The Maybush

NEWSLETTER

No.49

SUMMER 2017

In May our **Showcasing Event** was held to show existing members the wide range of activities we have available and to encourage new members to join us.



Members attending the event either representing their group or just stopping by for a chat and coffee with friends. We

Evelyn and Andrea are now in the process of gathering information about your skills and strengths and your needs so that we can hopefully offer new activities if there is a demand. Please com-



attracted a number of visitors, enrolled a few new members and reinvigorated existing members by making them aware of all the group activities available to them.



You all did a fabulous job in showcasing your groups and the feedback received shows the event was regarded as a great success. The hall was filled with interesting and attractive stalls and there was an excited buzz all afternoon as you chatted about your groups' activities. It was great to see so many mem-



plete the questionnaires circulating by hand at the monthly meetings and by email so that we can assess where developments need to be made. Just ask if you need a questionnaire we have plenty! **Many thanks, Lorraine & Keith**

Monthly Meeting Review

In April we listened to a talk by Joyce Kimber entitled "Britain's Finest Hour". This was both a very informative and entertaining talk – a blend of slides, sound clips, music and live singing which told the story of an important era in World War II.

There was a mixed reaction to the talk, probably because some members found it difficult to hear the speaker at times and the microphone was a "bit noisy". Despite this, one member commented that "it gave the afternoon a real sense of love, joy and laughter in very hard times". Another member mentioned that she wished that the speaker had given us an encouragement to "sing up", especially with the well-known songs and where possible "leave the seats". I wonder if they felt the urge to get up and dance!!!

Our June monthly meeting welcomed Anne May who gave a talk on the Burston School Strike. Anne shared the events leading up to the strike which, lasting for 25 years, 1914-

1939, is, as far as we know to date, the longest strike in the History of Britain. Describing the class struggles and the conflict of new attitudes against entrenched Victorian views, Anne recounted how the people of Burston saw that they need not be downtrodden and that education could give them the chance to better their lot. Anne's family, in particular her Aunt Violet, were some of the key villagers in the strike and, protesting against lies and injustice, these

ordinary village folk decided that enough was enough. Members rated the talk as excellent. Feedback applauded how well Anne knew her subject and delivered such an interesting story. One member summed up her views by sharing "All positive, no negatives, One of the best speakers we have had. I heard every word. More like this please".

Lorraine & Keith



Discussion Group



Our last 3 meetings provoked a lot of interest.

April's subject was 'Taboos', all those things we're not supposed to talk about in our 'so polite' British society, how refreshing it was to talk about them too. In June we discussed 'The Benefits of Old Age' which some people found easier to talk about than others. It was inevitable that people also

mentioned disadvantages too. Was this a reflection of the stage that individuals are currently at or an indication of their general approach to life, i.e. their positivity or negativity? I will leave you to reflect on that.

June provided a new opportunity for three members to lead the discussion about a topic of their choice with the following topics. i) A memorable holiday experience, ii) The origins of education, iii) Adverts that get under your skin. A lively debate ensued which en-

couraged us to include this again in next year's programme with new topics to be decided. The new 2017/18 programme can be found on the website at <https://tinyurl.com/yd2pujqc>

We are now having a summer break and meet next on Tuesday 12 September, 10am – 12 noon. If interested please let David know as soon as possible as numbers have risen recently and we are close to being full.

David Warner

01449 612730

Computing & Technology Group

I've been informed by Harold Turner (a founder member) that the Computer Group has been active in one form or another since the start of Stowmarket U3A in 1990.

I took over as leader from Wendy Mor-

gan in late 2010. Since then we have covered many and varied topics, and recently expanding into the wider areas of technology.

However, at the July meeting and after a lot of soul searching, it was decided that it was time for the group to reassess its objectives and methods of communication. A small working party has been convened to work out the details which will be presented to the group at an extraordinary meeting in September, after the summer break.

Peter Dakeyne

01449 781 562

Town & Village Group

Deben River Cruise, June 1st

Many thanks to Angela Bentley for organising this trip. Some 40 or so members took to the river on this glorious early June day. We set sail from Waldringfield on the MV Jahan, an all weather cruiser which can carry up to 54 passengers.



As well as being a pleasant experience itself, the cruise was very educational in that we were given a running commentary about the river and surrounding area. We learnt, for example, that Waldringfield had an industrial heyday from about 1860 to 1907. First, until about 1895, coprolite was dug up locally, washed and sifted on the beach and shipped by barge to be processed in factories in Ipswich, as part of the early fertiliser industry. Then, at the end of the nineteenth century, a cement making industry used mud from the river mixed with chalk brought in by barge from the Medway. Served by one hundred barges a month and employing twelve 'bottleneck' kilns, the industry survived until 1907. The kilns were demolished in 1912.

The Deben is famous for its 'bar', a ridge of shifting sand and shingle which forms across the mouth. This discourages large commercial traffic and the river has become the haven of choice for traditional wooden boats. There's insufficient space here to recount all the tales we were told about the river—suffice to say, we are much more informed than we were before!

After about 1¼ hr we retired to the Maybush for lunch and Angela was given a well deserved vote of thanks. PD



You can see more photos from the trip on the T&V tab of the web site

Book Club

Mary Bradley Myths and Legends



At the Showcase meeting in May, we had at least three new interested visitors, two of whom were men, to the book club. All liked the books we have read.

Although we are pretty full, we decided that we could manage two more. We have decided to run a waiting list and can discuss things further with anyone interested at the monthly meetings, or give me a call on 01449 775 628



For the new academic year starting in September (see the web site for details), we are changing the format of our meetings from casual discussion of various geographical areas of myth to a more formal inquiry into the history of myths and their social impact in so many different ways.

Whilst we are but a small group we welcome new members and as we meet in a public room and are charged a very

small fee there has to be a small nominal charge of £1.00 per session.

Philip Weir 01449 676 528

French Conversation



I have been asked to start another Waiting List for French Conversation.

Anyone interested can contact me and I will try and set up a meeting for those on the list later in the year.

Andrea Burton 01449 258 865

Photography Group

We meet once a month to look at and, collectively, critically appraise a selection of pictures on a topic chosen at the previous meeting.

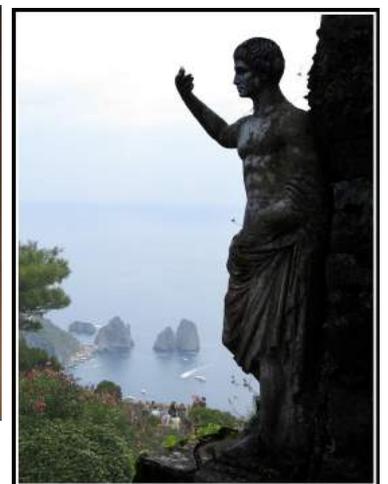
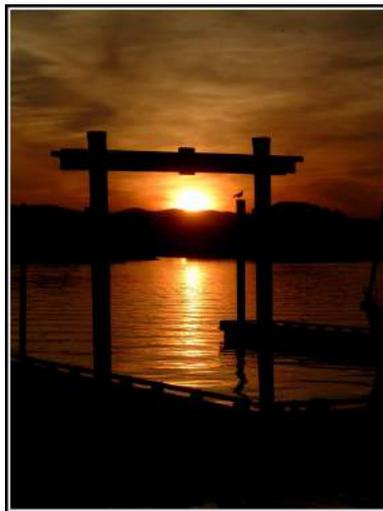
Each member submits up to six pictures which are sent, if possible in advance by email, to Roy Fidler our resident 'guru'. We use a lap top and projector so that every one can see. If it's though that a picture could be improved by some simple manipulation, Roy will show how it can be done using Photoshop. This usually amounts to simple tweaking such as crops, cloning and adjusting shadows/highlights.

We've been meeting now for four years and over that time have viewed a vast range of member's pictures. I regularly update the selection of these on the Photography page of the web site.

This year our topics have been 'Table Top', 'Interiors', 'Winter Landscape', 'Industrial Landscape' and, most recently, 'Silhouette'. One from each set of the latter is printed here.

Due to space and time restrictions we are limited in numbers but at the moment we could accommodate one more. If you're interested, please let me know.

Peter Dakeyne



Gardens & Things visits



In **April** we had a nice exploration of Blakenham Woods then in **May**, courtesy of Jenny Rogers, we visited Green Island Gardens, near Colchester.

The gardens are a series of self contained beds, each one presenting a different theme of the gardening world, ranging from dry beds to water features with a quiet ambiance throughout. As



we had our required tea and cakes, we watched a nest of blue tits on the closed circuit television set up in the cafe.

June. Lost in the darkest parts of Suffolk dwells a small private park known as Drinkstone Park. Built up over a number of years by a dedicated couple, the area features all aspects of plants and vegetables set in a mood of tranquillity. The park is listed in the National Garden Scheme.

Harold Turner

I would like to thank Janet on behalf of all the members that visited Drinkstone for a most pleasant and relaxing afternoon and for arranging the refreshments. The garden was a joy to look round, and here are some pictures from the day

Angela Bentley





Muntons
Passionate about malt

Gardens and Things

Visit to Muntons

- 3.00 pm Thursday 21 September 2017
- Meet at Solar 2.30pm or 2.40pm at [Muntons](#)
- Tour lasts approximately 2 hours
- Tea and coffee on arrival
- No cost
- Contact Lorraine 01449 768744 or email lorraineshelton@sky.com

Singing Group - Summer 2017

The singing group continues to meet on a roughly twice monthly basis and has now passed its first anniversary. Our numbers have remained steady at around a dozen singers most weeks, although we have a membership of nearly twenty now, which is very pleasing.

We have expanded our repertoire considerably during the year and enjoy singing songs from many different genres. We usually start with simple 'warm up' activities then continue with rounds and other familiar songs. Most sessions

we begin to learn new songs which frequently become favourites.

Although we don't plan to perform or give concerts, we have sung with a group of disabled adults who meet in the same building as us. They have become quite familiar with hearing us sing as we are often in the adjoining room.

We had a lovely time singing several of our most popular songs for them and joining in with some of their favourites too. We will certainly be delighted to repeat the experience.

We will take a break from meeting dur-

ing August and will meet on the 7th and 14th of September. After that we will meet on the first and third Thursday of the month.

Anyone interested in joining would be advised to call me on **07842189794** just to check that we are meeting.

We are always delighted to welcome new members. Experience or ability to read music is not required – pleasure in singing with others is all that is required! We hope a few more folks will be tempted to come along.

Hilary Foster

'The Newsletter', 15 Years ago

Prior to **2002** there had been a few Newsletters produced (copies of which are, hopefully, still in the Secretary's archive), but in the **July** of that year a new series was started with '**Newsletter No. 1**' which has continued unabated since then.

Philip Weir, the Secretary at that time, was the editor and continued to be so until issue 37 in 2014 before handing over the reins to me for No. 38.

When I became Secretary in 2007 Philip kindly passed his historic files over to me, so I have plenty of copy to remind you of how things were in days past!

That first issue was an 8 page A5 booklet and started off with a statement 'From the Chairman'. This was followed by one from the Secretary, a practice that continued for the next 12 years.

Printed by the 'Copy Centre' in Stowmarket at minimal cost, all were in monochrome with just a couple of photos, usually at the end of the Newsletter.

Here are a few random extracts from **Newsletter No. 1**.....

This Issue's WORDOKU

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S	V	E	H	R	L	A	T	I
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Just the same rules as SUDOKU but with letters instead of numbers.

Each letter has to appear once in each row, column and large square.

When completed, one of the diagonals contains an anagram of a Suffolk market town. (Solution on last page)

From the Chairman - Don Marper

In keeping with other U3A's in East Anglia, your committee has decided to produce a newsletter every four months. The idea is to keep all members fully informed of the various activities of the Club, and the person to contact for further information.

It is also hoped that members will contribute to the paper with helpful comment and ideas. I feel sure that you will all find something stimulating and of interest, and look forward to receiving your feed-back on the content and any suggested improvements.

Words from the Secretary - Philip Weir

This is my first effort in keeping you informed of all that is going on and what we are trying to achieve in the days and months to come. Therefore your help and advice for future editions will be very welcome, after all, this is for your benefit !!

Some of the Meeting Speakers listed:

March - Miss Jean Kent, the famous actress gave a 'Fireside Chat' which turned out to be, for many, a very happy nostalgic trip back to the memories of our more youthful days.

April - Mrs Cherry Fisher in 'Do's and Don'ts of Family History' told us of many of her experiences, - strange, humorous and enlightening thus revealing some of the excitement to be got from this pastime.

May - Miss Sue Doe described the workings and the atmosphere being achieved at the Sue Rider foundation and in particular at the Ipswich site and Home, by showing slides of the residents pursuing many and various activities.

Country Strolls - Joyce Markwell and Joyce Walden

One would think that after 7 years of leading this group, that we would have exhausted all the available foot-paths around these parts, but no, the group is still thriving with a steady number of 12-16 ladies (where are all the men ?) stepping out into the beautiful countryside every other Friday afternoon for this popular leisure activity. Do join us if you like fresh air - away from the town and traffic noises.

Inevitably, a few early members have had to retire gracefully due to ailments peculiar to this 3rd Age, but this newsletter gives us the opportunity to say that we miss you, and hope you will keep in touch and perhaps come back when you can.

Walks are on 2nd & 4th Friday's of the month from 2.00 to 4.00 and cover some 3 to 4 miles only. Usually there is a friendly 'cuppa' afterwards at somewhere convenient.

Membership Survey

Your Committee would like to get some more information on members opinions about talks and activities etc., so we have devised a short questionnaire that we ask you to complete. We have already given out some copies of the questionnaire at the June monthly meeting and will also make them available at July's meeting. An e-copy will be attached to the email with your copy of this newsletter so that

those of you who have not already received a copy will still be able to contribute.

Please complete the form on line or print it and return it to the membership secretary by hand or by post (address detailed on the form).

If you would prefer a copy to be posted to you please let the Membership Secretary or one of the committee members know.

Thank you, **Evelyn Russell**

Glemham Hall & Gardens

Wed 16th Aug 2017

At the time of writing, there are still a few places left for the summer outing. We leave Solar by coach at 9am, and will travel to Glemham for a tour of the House, tea/coffee and cake in the Conservatory with time to explore the Gardens.

We will then travel onto Woodbridge where there will be 'free time' to spend a couple of hours in the town before heading back home.

We plan to arrive back at Solar at 5pm.

Please contact the Treasurer, **Jean Roche**, to check availability and tickets, 01449 675 984,

treasurer@u3astowmarket.org.uk

Date for your Diary, 13/12/2017

Following requests for a change in venue for the Christmas meal, here in advance notice that we have managed to book **The Mill Bar and Grill** which is near the station and does have parking.



U3A CHRISTMAS MEAL

Wednesday 13th December, 2017

12.30pm

£25

Further details to follow



STOWMARKET U3A, ACTIVITY & INTEREST GROUPS - July 2017. Please contact the Leader/Convenor for more information

ART APPRECIATION (SAAG) Tony Taylor 01449 258 192	Monthly: 1 st Tuesday 9.30am	LUNCH CLUB (1) Angela Bentley 01449 780 274	Monthly: 2 nd Thursday 12.20pm
ART APPRECIATION (SEAM) Devam Hendry 01449 615 966	Monthly: 3 rd Monday 2.00pm	LUNCH CLUB (2) Bryan Hilton 01449 258 152	Monthly: 4 th Thursday 12.30pm
BOOK CLUB Mary Bradley 01449 775 628	Monthly: 4th Monday 2.00pm	LUNCH CLUB (3) tba	Monthly: 4 th Thursday 12.30pm
BRIDGE INTERMEDIATE Michael Last 01359 241 703	Weekly: Friday 1.30pm	MUSIC – Classical Ian Hooper 01449 770 179	Monthly:- 4 th Tuesday 10.00am
CANASTA (1) Hazel Burl 01449 615 581	Weekly: Wednesday. 9.30am (Stowupland)	MYTHS, STORIES AND LEGENDS Philip Weir 01449 676 528	Monthly: 1 st Monday 2.30pm
CANASTA (2) Marian Wilcox 01449 672 304	Weekly: Wednesday. 10.00am (Stowmarket)	PAINTING FOR PLEASURE Nina Rouse 01449 612 042	2/Month: 2 nd , 4 th Fridays 10.00am - 12noon
COMPUTING & TECHNOLOGY Peter Dakeyne 01449 781 562	Monthly: 2 nd Wednesday 2.00pm	PATCHWORK Kate Riddleston 01449 612 871	Monthly: 3 rd Monday 2.00pm
COUNTRY STROLLS Longer Phil Webb 01449 781 872 Anna Bradshaw 01449 745 829	2/Month: 1 st , 3 rd Fridays 9.30am (variable)	PHOTOGRAPHY Peter Dakeyne 01449 781 562	Monthly: 3 rd Tuesday 2.00pm
COUNTRY STROLLS Shorter Elizabeth Gray 01449 678 853	Monthly: Last Friday 1.00pm	PLAY READING Maureen Wingham-Eaton 01449 771 200	Monthly: 2 nd Monday 10.00am
DAY WALKS BY WATER Helen Barrett 01449 676 491	Monthly: 4 th Saturday 10.30 am	POETRY Tony Taylor 01449 258 192	2/Month: 2 nd , 4 th Thursdays 2.00pm
DISCUSSION David Warner 01449 612 730	Monthly: 2 nd Tuesday 10.00am	SCRABBLE PLAYING GROUPS Michael Last 01359 241 703	Several - By Arrangement
ELECTORAL SYSTEMS AND REFORM David Chapman 01449 736 223	Monthly: 4 th Monday 2.00pm	SINGING Hilary Foster 01359 241 773	2/Month: 1 st , 3 rd Thursdays 2.00pm
FRENCH CONVERSATION Andrea Burton 01449 258 865	2/Month: 2 nd , 4 th Tuesdays 10.00am	TOWN & VILLAGE HISTORY Convenor(s) required!	Monthly: 1 st Thursday 9.30am (variable)
GARDENS & THINGS Harold Turner 01449 676 882	Monthly: 3 rd Thursday 9.30am (variable)		

Notice of:

Annual General Meeting

Wednesday 20 September 2017

Cedars Hotel, Needham Road, Stowmarket. IP14 2AJ

- 2.00pm – 2.30pm AGM
- 2.30pm – 3.00pm Singing along with the singing group
- 3.00pm – 4.00pm Complementary Afternoon Tea while renewing annual membership.

The Agenda will be distributed on the day alongside the 2016 AGM minutes which will also be available at the July meeting. Nominations for the executive committee were on display at the June monthly meeting and will be on display again in July.

Please note: The annual subscription of £15 pp becomes due at this meeting (cheques payable to STAR, please)

If you have friends who may be interested in joining us please bring them along.

Please note the start time and programme format which are different to those of recent years. There will be no group displays as this event was well covered in May.

Committee Members for 2017/2018

At the AGM on 20th September 2017 we need to appoint new members to the committee. We are desperately short of volunteers to take on this work, and after September may not have a committee to support a Stowmarket branch of the U3A.

A nomination sheet appeared on the notice board at the URC in June and will appear again in July. We are very grateful to the two candidates who have already agreed to stand for nomination but we desperately need more people to join us. Please consider joining us, we are a very friendly group, who meet about four times a year. You are always welcome to join us at a committee meeting or shadow an existing member to see what we do.

If you think you might like to join us but don't attend monthly meetings please let one of the committee members know, they will be really pleased to hear from you.

Please note the last day for nominations is 1st September, 2017, to be sent to the Secretary, Connie Harford, contact details below.

Wordoku Solution

HTIHRILL

L	E	H	V	T	S	I	R	S	A
S	I	R	H	E	A	V	L	T	A
V	A	T	S	R	L	H	E	I	E
T	L	I	S	I	E	A	H	R	A
R	S	I	V	A	H	L	V	T	E
H	A	T	R	L	T	R	E	S	A
E	S	I	T	L	S	A	E	V	A
E	V	A	L	S	A	I	H	R	A
I	A	T	V	E	H	R	L	S	A

STOWMARKET U3A, COMMITTEE MEMBERS 2016/2017



Bryan Hilton Connie Harford Jean Roche Andrea Burton Keith Shelton Lorraine Shelton Ian Hooper Joyce Kay Evelyn Russell

Chairman	Mr Bryan Hilton	01449 258 152	chair@u3astowmarket.org.uk
Secretary	Mrs Connie Harford	01449 774 557	secretary@u3astowmarket.org.uk
Treasurer	Mrs Jean Roche	01449 675 984	treasurer@u3astowmarket.org.uk
Membership Secretary	Ms Andrea Burton	01449 258 865	membership@u3astowmarket.org.uk
Programme Organisers	Mr Keith Shelton	01449 768 744	programme@u3astowmarket.org.uk
	Mrs Lorraine Shelton	01449 768 744	programme@u3astowmarket.org.uk
Committee Members	Rev Ian Hooper	01449 770 179	
	Mrs Joyce Kay	01449 676 852	
	Mrs Evelyn Russell	01473 833 034	

EDITOR / WEBMASTER	Peter Dakeyne	01449 781 562	newseditor@u3astowmarket.org.uk
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