



**STOWMARKET AND DISTRICT
LEARNING ACTIVITIES IN RETIREMENT**



(UNIVERSITY OF THE THIRD AGE)

Registered Charity No.1002987

Newsletter No 1

July 2002

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 some thing stimulating and of interest, and look forward to receiving your feed-back on the content and any suggested improvements.

Words from the Secretary :

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 !!

This year so far :-

January - Mr. Rodney Tibbs gave a talk on 'A Fresh Look at the Fens' Having travelled extensively over the fens I regretted not being able to attend this lecture due to being abroad at the time. However I believe it was a very informative and interesting view of the Fens.

February - Mr Derek Thornberry spoke about 'Preserving the Past for the Future'. He used his experience of Pompeii to illustrate his ideas and so enthused many that several thought that a visit there would be a wonderful follow-up to his talk. With that in mind the possibilities are being investigated - perhaps next year ?

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, humourous 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.

June - Eric Adamson organised our summer outing to the recently opened Sutton Hoo exhibition followed by time at both Aldborough and Snape. We will comment on the success of this in our next edition.

Future Events

July - Mr. William Tyler is going to speak to us, using the amusing title of 'With my little stick of rock'

August - Mr. Rolls, the Bury Street photographer is coming to speak on some aspect of photography.

September - Our monthly meeting will include our AGM, which we hope will be covered pretty quickly and is to be followed by a Report by some of our members of their adventurous activities they have experienced over the past year. This will include a visit to the Brazilian and Namibian countryside and maybe a visit to some Cornish Gardens !

October - 'I'm a Toast-Master, and I'm alright'. A talk by Basil Abbot

November - 'The A - Z of Christmas Traditions' A talk by Mrs Helen Scott Davies

December - This year the 'Computer Group' will entertain us with a visual Quiz on Suffolk using photographs and computer techniques

learned during the year. After this will be the usual 'Christmas Bun-fight' which we hope will be enjoyed by everyone.

I would also like to remind you that the annual subscription due in September, will, as Sheila Dobey has already explained, be increased to £8 for the year. I think you will agree even if saddened by this that it is remarkably good value and that very few clubs are so economic with their annual subscriptions.

Groups :-

Archive Film - Eric Adamson (01449 676 446)

On the 4th. Monday of the month our group delves into the past and spends a pleasant afternoon watching Videos - such as :- The Life and travels of John Betjeman ; A working year on a farm with horses ; The trams of Blackpool ; London in the Blitz and indeed many more. To find out more please ring me, Eric as above.

Birds - This group has stood down and is in need of a willing volunteer leader to re-vitalise what was a very active group.

Computer - Wendy Morgan (01473 824 237)

The group was dealt a severe blow with the death of Brian Killett who had provided expert leadership. Determined to continue we decided to meet fortnightly, to invite speakers monthly and to meet in small groups around member's computers. The Woodfield Bowls Club provides an excellent meeting place for the full group, now 19 strong.

Initially members contributed suggestions for the program, outlined personal targets and arranged themselves into small groups. These include 'Beginners', 'Word Processing' (2 groups) and 'Desk Top Publishing'

Large Group meetings begin with reports of individual progress. Talks provided by members have covered the use of jargon, safe practices, cameras and computers. Alan Simpson from Blackbourne U3A spoke about Word Processing and offered a return visit. Patrick Halpin, also from Blackbourne has shown slides of Cambodian temples prepared in Photoshop. Other visitors invited include Keith Paterson of

Silverhairs website fame and Joan Seaborn, who provides Desktop Publishing expertise.

The group is flourishing and would welcome new members experienced or otherwise. Enquirers would be particularly welcome on July 8th when Keith Paterson speaks on 'The Benefits of Computing for Older People'.

Country Strolls - Joyce Markwell (01449 613 702) or Joyce Walden (01449615 591)

One would think that after 7 years of leading this group, that we would have exhausted all the available footpaths 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.

Creative writing - Pat Smith (01449 675 568)

The group has been going now for almost four years. At the beginning and for the first two and a half years we had a small but very enthusiastic membership meeting twice a month. We published an anthology of our work, "Writings from No 18", which was well received. Since then, for various reasons, the number of members has declined and it has not been possible to maintain the momentum we had established. Despite appeals for others to join, we are now left with just three of us. As a result the group has been temporarily discontinued, which is a great pity. We are looking for new members so that, if possible we can resume our meetings in the early autumn.

None of us are experts, but we do have one thing in common - we all enjoy writing and have lots of fun in sharing the results, which are at times hilarious and revealing. A word of warning though - you

have to be prepared to do a little homework. If you would like to join and help us get going again please get in touch with me, Pat Smith as above, for more information.

Crochet - Enid Monseair (01449 678 058)

At the moment this group is resting but Enid is hopeful of getting it going again this autumn.

3D Decoupage - Liz Weir (01449 676 528)

Unfortunately the size of this group is restricted due to lack of space, but we have lots of fun producing cards etc for all sorts of occasions. That said we are always interested in welcoming new members. However a break until September is being taken, due to members summer holiday commitments etc..

Local history group - Audrey Burns (01449 720 919)

We are a small, select group who meet on the first Wednesday of the month to visit places of interest in the local area.

Our first visit to Bury St Edmunds was on 3rd Oct. '01. It was a lovely day and we went round the Abbey and gardens in the morning, followed by lunch at the Fox Inn. In the afternoon a tour guide showed us some of the hidden corners of the town.

Our next planned visit to Lakenheath USAF base had to be abandoned in view of the events of the 11th Sept. So an investigation to explore Needham Market was substituted. We were privileged to explore Hogarth Hall the home of Wendy Marchant, which is the oldest private dwelling in town. The visit to Norwich Cathedral and the Forum was rained off. In February we visited Gainsborough House, Sudbury and had a very interesting talk by a guide.

March saw twelve members set off to the Flixton Aviation Museum. This proved to be a nostalgic visit for most of us. We had lunch at the Buck Inn.

We went to Woodbridge in May and were the first visitors of the season at the Tide Mill. The day was bright and sunny and the tide was low so the warden set the machinery working and we were able to appreciate the wonderful efficiency of this method of grinding corn. Un-

fortunately, after lunch at the Anchor, we did not have time to visit the Suffolk Punch Heavy Horse museum - maybe next time !

In June, as it is half-term, an invitation was given to members to bring grandchildren to a picnic at Nacton shore (with games) followed by a visit to Landguard Fort, Felixstowe. Again heavy rain curtailed this outing. July plans are to visit two redundant churches - Darmsden and Badly. This concludes my year as coordinator.

French Revision - Mavis Healey (01449 711 515)

We meet each fourth Friday in the month. Our membership has stayed static over the three years we have been meeting, but there have been occasions when we have welcomed new members. We are on the last book of a series run by the BBC, called 'Repondez s'il vous plait'. It is a light detective story and has given us much enjoyment, and it is also quite humorous. We enjoy each other's company and look forward to our meetings.

Music Appreciation (1) - Eric Adamson (01449 676 446)

Meeting on the second Tuesday of each month we explore and listen to all kinds of music, from the very unusual to the more popular and well known favourites : an eleven piece orchestra consisting entirely of ukuleles : the best of a piece of Irish dance music : the choir of King's College, Cambridge singing 'Zadok, the Priest' : the band of the Royal Marines playing 'Colonel Bogey' : Kathleen Ferrier singing 'Blow the wind southerly'. These are just a few of the pieces that have been played recently.

At the moment we have as many members in the group as we can manage, but if you would like more information please contact me as above and I will do my best to be helpful.

Music Appreciation (2) - Connie Ruegg (01449 674 673)

This new group started slowly with only two members at the beginning of the year, but we are gradually adding to them. There is still plenty of room, and should you need transport, please contact me as above and I hope I can arrange a lift. This has not worked out quite as I planned, and we have decided to stick mostly to well-known composers, and we do sneak back to the second half of the nineteenth century. We

meet on the third Monday of the month from 2.30 to 4.30pm. I am wondering whether there would be enough members who would like to add a jazz and folk club meeting at the same time and venue on the first Monday. Let me know and once again we could start with just two or three of us.

Poetry - Sheila Dobey (01449 677 265)

The Poetry Group has been meeting under the guidance of Sheila for nearly two years now (2nd & 4th Thursday afternoons). This has been full of learning, fun and enjoyment. A wide variety of poems, Victorian, American, Irish, amongst many others, and of love and war have been covered. This has increased greatly our appreciation of what we read. Meetings recommence in September.

Bury St. Edmunds U3A

On Saturday the 9th of November they will be holding a study day on 'Climate Change' at the West Suffolk College. This will be from 10.00 am to 4.00 pm and includes lunch. Those interested should contact Sylvia Law on 01284 717 196 or 01284 756 408.

2003 Diaries

These are again available for ordering. The price has been held at £1.70 each including postage. Please see Mavis Healey if you would like to order.

2003 Engagement Calendar

The U3A is to produce its second calendar : this time a 6 X 16 ins. Engagement calendar with member's competition photographs - one for each month and one for the cover. The price will be £4.00 inc. of post and packing. Order forms will be available soon. Again Mavis Healey will probably take this under her wing along side the diaries.

The U3A is in discussion with the BBC to produce a programme to tell everyone about us and to encourage folks to join us in our learning activities !!

Did you read the article on page 14 of the U3A NEWS ? I was

trying to encourage you to have a group of your own and I said that it is not only fun but a great way of making new and stronger friends !!!
So why not give it a go ? I think you will be pleasantly surprised.

Remember that in September there is the AGM and a new committee will be formed. So if you wish to nominate someone that is willing to serve, then get a form from me and let me have it back by September the 2nd at the latest. By the way the present committee consists of :-

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|--------------|-------------|---------------|-----------|
| Don Marper | Chairman | Philip Weir | Secretary |
| Sheila Henry | V. Chairman | Sheila Dobey | Treasurer |
| Mavis Healey | Member | Ray Watsham | Member |
| Eric Adamson | “” | Harold Turner | “” |
| Rose Emond | “” | Christine Law | “” |

I plan to publish the next edition in November 2002 and hope to receive contributions for that publication before the end of October from all group leaders and any member who wishes to express a helpful opinion, or give kind words of advice. However, it must be made clear that the editors decision has to be final as to what is written in these newsletters.

Having said all that, I offer this thought :-

‘How beautiful it is to do nothing and then rest afterwards.’
(A Spanish Proverb)

Don’t you feel like that sometimes ? Even if you feel like George Foreman who said :-

‘I have the body of a man half my age. Unfortunately, he’s in terrible shape’.

PS Please remember, contributions for the November edition are required before the end of October !!