



STOWMARKET AND DISTRICT LEARNING ACTIVITIES IN RETIREMENT



(UNIVERSITY OF THE THIRD AGE)

Registered Charity No.1002987

Newsletter No 10

July 2005

From the Chairman - Pat Smith :-

Dear Friends

The year presses on at a fast rate and here we are with over half the year gone already. It is quite true what is said that the older you get the faster time flies. I must admit that I can hardly keep up sometimes. We get there in the end if we persevere.

Our monthly meetings continue to be very enjoyable with fresh faces still appearing. Please accept my apologies if you are a new member and I haven't got around to introducing myself to you. I do try!

I hate to bore you but I would like to remind you that **our next meeting on the 21st September is our AGM.** This is an important meeting in our calendar and is the time for you to have your say. Are there any matters you would like to put to myself as Chairman or your Committee? Please feel free do to so at this meeting. In the past both the Chairman and the Committee have got off lightly. We try to do our best for everyone. As your Chairman for the past two years I have been "blessed", if that is the right expression, with a hard working efficient committee. Sheila Dobey our competent Treasurer wishes to step down from the post in 1960 after having served for three years and so we are looking for a replacement. If you like figure work this is the job for you! Please give me a ring on Stowmarket 675568 if you can help.

I am going to finish on a personal note. Since September of last year, thanks to my family, I have been connected to the Internet and am now in regular contact with my son and daughter in South Africa. It is so much quicker than correspondence by Post and much cheaper by far than using the telephone. My son, who never writes much any way, is always sending me an assortment of jokes and useless pieces of information. Last week I received a poem from him entitled "Tomorrow is Not Promised" It runs to two whole pages and is too long for me to quote here. This is one verse I especially liked: -

*" Make every day count
Appreciate every moment
and take from it everything that you possibly can
for you may never be able to experience it again..."*

As some of you will know Liz and I have been to Chester on a U3A Summer School Course; mine on 'Storytelling' and for Liz 'Crafts'. There were I suppose about 140 of us students and the lecturers were mainly knowledgeable U3A members, rather than paid professionals. To our joy the most important factor in the organisation was to make the time spent there FUN. The whole atmosphere was not just friendly, but rather lets enjoy ourselves. OK, we were learning, but at our own pace and total lack of pressure. Talking to many different people from all parts and backgrounds, it was most remarkable to find such a unity of appreciation for the standard of the various courses and indeed for the U3A at large. It truly was a mind opening experience and one that I can safely recommend to anyone. The food was generous to a fault and we were living in student accommodation (and that's not 5* hotel, nor expected to be !). Next year will be 11th - 14th July for Chester and 18th - 21st July at Cheltenham for the Summer Schools - I just wonder what the course titles will be. I will be told in November.

Remember 'Read the Notice Board each month' to keep up to date with what is going on and being planned, and keep me up to date as well. Philip Weir Secretary 01449 676 528

since the last Newsletter :-

February:-

Mrs Desiree Shelley, a locally based practitioner of complementary medicine gave an illustrated talk on 'Nursing to Herbalism'. This was based on her progress in life, as a young trainee nurse to her now professional life of healing through the use of herbal remedies.

March:-

The idea that 'A Closer Look at East Anglian Bricks' would be boring was quickly dispelled by our speaker Mr Roger Kennell, with his enthusiasm for brick making and use, illustrated by many local examples of the mason's art, and with his gentle sense of humour

April :-

Mrs Pat Scott regaled us with more of her school days experiences. This time she dwelt much more on her days as a headmistress, and of her adventures in maintaining discipline with her pupils, staff and dare we say, those in authority over her In this we empathised totally, realising the same sort of problems and outcomes in our own lives.

May :-

Mr Chris Parfitt's illustrated talk on "The land of the Pharaohs" gave us a great insight into the relationship of modern Egypt impinging on the ancient, and a view of the Nile as seen by today's tourist.

June :-

Angela Bentley very kindly hosted a garden party for us. Although it started out wet, it was not long before the clouds cleared and we were able to enjoy all the hard work she and Graham had put into it making such a wonderful spectacle. It was a pity that so few of us took this great opportunity to have such a pleasant social gathering meeting in a very relaxed and enjoyable setting.

And now for :-

July :-

Mr Cliff Bird is due to tell us 'All about Time'. Perhaps to say why time seems to pass us by so quickly and even more so as we grow older.

August :-

The G & T group is inviting us all to join them in an excursion to visit Hyde Hall RHS Gardens and on a trip on the river as well.

September :-

After the AGM, Mr Clive Herrod's talk is entitled 'Many Happy Returns'.

October :-

'Humphrey Repton - Landscape Gardener' is the subject the talk to be given by that ever popular historian Clive Paine.

Activity groups :-

Archive Film :-

Extraordinary what you can learn watching archive film ! We have visited all sorts of places with John Betjeman. We now know how to look after a flock of sheep in winter, thanks to richard Seabrook, and after trying to keep up with paul Heiney and getting in the harvest as well. 'We was fair donbe inwe was'. So we have refreshments at half-time.

We meet on the fourth Monday of the month from 2.30 to 4.30

Eric Adamson 01449 676 446

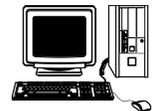


Art Group :-

See page 6 for the new idea !!

Computer Group:-

Two setbacks beset us at the beginning of the year. My absence due to my husbands' indisposition was soon offset by members' efforts and Marian chairing large group meetings as well as servicing her own Word group meetings. I hope members appreciate the effort forthcoming from Hadleigh! The breakdown of my projector was a bigger problem, but after a trip to the Nether-



lands it returned repaired and well. Only one of the Word sessions was cancelled as a result of its absence.

Functioning without a projector in February Alan Dench's small group put on an interesting session featuring the design of CD labels, photo improvement and transfer printing onto fabric. This session will be repeated in September with the projector, so all can enjoy this excellent session to the full.

In March Philip introduced us to the uses of a simple database using the version of Access in MS Works. He claims that he learnt as much as anyone in the ensuing discussion, proving that a self-help group is truly valuable for all concerned. This theme continued in June when Harold showed us the skills he has acquired and learned from the group and put to good use in developing a history of the Woodfield Bowls Club. The whole group can be very proud of these achievements.

Meanwhile the April meeting gave Roy the opportunity to charm us once more with his exquisite photographs arranged in slideshows and set to music by means of Pictures to Exe. Some members have benefited from Barrie Beckham's guidance which has helped to enhance our digital photography skills. Roy and Alan's small groups continue to build up such skills with beginners and more advanced photographers alike.

We welcomed our friend John Turner from Blackbourne in May. He introduced us in his very thorough and engaging way to the use of spreadsheets, a subject new to many of us.

At the July meeting I plan to challenge members to consider how far they have progressed in their personal computing and where they hope to develop next. We will also consider the shape of future group meetings and whether we can be of service to others beyond the group itself. At this meeting we plan to use a number of notebook/laptop computers so that we can work in small groups within the full group meeting. I hope it will be stimulating and provocative.

We are indebted as always to all our group leaders, hosts and to those who arrange accommodation, refreshments and blackout for our meetings, a considerable team effort.

Wendy Morgan 01473 824 237

Country Strolls:-

This group has been going now for some ten years or so, and our chosen venues have become quite familiar for the 12 to 14 members, who 'Step it out' each 2nd and 4th Friday's of the month. Of necessity, the distances covered have become three rather than the four miles that we first started with. And if we cannot find a tea-shop or pub at the end of our circular walks, then we don't go!

Joyce Walden 01449 615 591 and
Joyce Markham 01449 613 702



Card Craft Group:-

We have had great fun this year finding and exploring many new techniques and methods. Starting afresh in September after our summer break we look forward to developing our range of activities and raising the quality of our produce. New members will be welcomed to our happy little band.

Liz Weir 01449 676 528



Discussion Group:-

We are very grateful to Pat Smith for hosting this group over the past year. The subjects that we pursued were many and varied. They produced much pleasant discussion and gave us all things to think about after each session. Now after our summer break we start again in September with another full and hopefully exciting programme of subjects to discuss. Why not come and join our group.

Philip Weir 01449 676 528



Grub Club:-

Unfortunately I am no longer able to visit hostelrys with a view to planning Grub Club outings. In spite of several appeals for someone to take my place, nobody has offered. Therefore sadly there will be no further visits in the foreseeable future.

The only exception could be the Christmas lunch at The Froise on the first Monday in December . If the committee are willing for this to continue I am willing to make the arrangements as in previous years. I trust that those who were disappointed last year can be included on this occasion.

Wendy Morgan 01473 824 237



Myths and Legends:-

Storytelling has been added to our title and when we resume in September this should complement and add new dimensions to the programme set out for the new season. New members are wanted to swell our numbers and to increase the variety of opinions sought at our gatherings. Kate Riddleston has been and will continue to be our hostess this year.

Philip Weir 01449 676 528



Poetry:-

Now in it's 5th year we number nine members. We met twice monthly on the 2nd & 4th Thursday at 2pm. for an hour of just reading poetry on a chosen theme and then like good folk we chat over a cup of tea, before listening to John Gielud or another on tape or CD to regale us with their readings. Our homely and welcoming crowd has produced at least two , who have put pen to paper and produced their own poems. As below -

Sheila Dobey 01449 677 265



Keep Fit :-

U3A's newest venture is The Exercise Group, where we enjoy gentle movement to music. We are a mixed bunch - some work up a sweat, others stagger along behind, while the elite perform chair aerobics. Madeleine, our

fully-qualified tutor, makes fitness fun (and we have a cup of tea too!).

Our numbers have varied between 7 and 16, with both snow and heatwave putting people off. We have plenty of room for more - why not give it a try? Improve your mobility, balance and co-ordination, and feel a little fitter too.

We meet on the fourth Wednesday of every month and the cost is only £2 a session. Classes resume after the summer break on 28 September at the Community Centre, Childer Road. If you would like any further details please contact Pauline Taylor on 01449 678954.

Music Appreciation (1):-

From Erroll Garner (who?) to Grieg's Holberg Suite. 'Mud-Mud-Glorious Mud' to the magic flute of James Galway. We cater for all tastes.

We meet 10.00am to 12.00 noon on the third Monday of the month.

Eric Adamson 01449 676 446



*Mute, but opinionated
I question my Grandson's childhood.
How can he grow
On designer drinks,
On instant foods ?
He needs what I had:
Tizer, cream soda,
Bread and dripping,
Suet puddings, boiled greens.
How can he think,
Surrounded by buttons
And violent flickering screens ?
He needs what I had:
Childrens' hour, comics,
And Saturday's Tom mix.
How can he dress
In clothes he must or must not wear ?
He needs what I had:
A balaclava and a vest.
How can he learn
When his life is mapped
By a politically correct curriculum,
Tests, and targets for success ?*

*He needs what I had:
 Tables, fear of the cane,
 And to sit still; hands on head.
 How can he sense the world
 Without play in air and light ?
 Without being safe alone ?
 He needs what I had:
 Air-raids,
 A ration book,
 Shrapnel in a cocoa tin,
 A bully,
 And damp crisps outside a pub.*

*The scars of our childhoods
 Heal so well
 We forget and have opinions,
 But mercifully,
 Remain mute.*

Tony Taylor



Theatre Group :-

It has been suggested that a theatre group should be formed with the idea of some members gathering to visit a theatre in Ipswich or Bury St Edmunds (for example) to see a show together. If you would like to be included, without obligation, please speak to a committee member to express your interest.

Town and Village History:-



In March

Anna & Maureen took 16 of us to Eye & Stoke Ash. Although it was cold, everyone enjoyed the day.

Then in April John & Maggie took us around Woodbridge. After a caffeine intake a walk and visit to the Town museum, we went to the 15th C. Church of St Mary. After lunch at the King's Head, the Suffolk Punch Heavy Horse Museum was the focus of our attention. The lovely day added to our appreciation of the many interesting items brought to our notice. Alas, the May outing had to be cancelled, but in June Mike & Mary introduced 13 of us to Saxon life at West Stow followed by a walk around Lackford lakes in the afternoon. Once again we had a lovely day.

U3A Suffolk and District Network:-

On page 7 there is a full report on our Study Day last February which was a great success. We are considering a follow up day next summer and at a different location. I will try to keep you all informed about that as details become settled.

U3A Central Office News:-

At the moment I am receiving a lot of publicity from 'Tailored Travel' about special holidays organised especially for the U3A and in particular for groups. One of the joys of this set-up is that you would be with similar like-minded folk of our age group and tastes. If you would like to know more please ask me and I will try to answer your questions.

Philip Weir 01449 676 528

For information on these study groups please contact the person named :-

Birds, Bees & Butterflies:-

Janet Sparrow 01359 241 968

Democracy and Election Systems:-

David Chapman 01449 736 223

Entertainment (Theatrical):-

Joan Varley 01449 612 676

Gardens and Things:-

Harold Turner 01449 676 882

Genealogy Group:-

Angela Bentley 01449 780 274

Music Appreciation (2)

Connie Ruegg 01449616 172

Needle Craft Group:-

Alicia Beaton 01449 616 172

Scrabble Group:-

Sheila Dobey 01449 677 265 or

Maureen Wrught 01449 711 455

'With men as with silk, it is most difficult to change colours once the dye has set'

The following is a proposal for an Art Study Project for Stowmarket U3A:

Topic: Eight Suffolk Artists

Theme: A study of some notable Suffolk born / based artists covering a period of approximately 200 years, illustrating something of the history of art in Suffolk, the range of artists and their works, their talents, and their depiction of Suffolk in their art.

Timescale: Autumn / Winter 2005/6 September – January (?)
Fortnightly for 8 x 2 hour sessions Morning meetings (?)

Possible venue: U3A member's house in Stowmarket

Possible activities: Preparation / discussion / presentations / video – DVD / museum & gallery information / internet research information / additional optional visits to local galleries

A SUGGESTED LIST OF ARTISTS:

Thomas Gainsborough	1727-1788	John Constable	1776 -1837
Harold Becker	1865 - 1928	Alfred Munnings	1878 - 1959
Leonard Squirrel	1893 - 1979	Elizabeth Frink	1930 – 1993
Peter Coker	1926 - ?	Maggie Hambling	1945 –

These artists offer a range of possibilities for study, and include a variety of subject matter and media.

SUFFOLK ARTISTS STUDY GROUP – A PROPOSAL

At the U3A May meeting I briefly outlined an idea I had about a study group for ART. My thoughts incline towards an 'art history' study group rather than a practical one. Stowmarket has some good opportunities for practical activities, but few it seems for looking at and talking about art and artists.

Many artists of note were born in Suffolk e.g. Gainsborough, Constable, Munnings, Frink, Hambling to name but some, and many more have lived and worked here. The opportunities for study are extensive. U3A Central Office has a large collection of resources for loan, including slides and videos. A group could make visits relatively easily to, say, Ickworth, Gainsborough's House in Sudbury, Christchurch Mansion in Ipswich, Bury St. Edmunds Cathedral, to see the work of many local artists.

I have in mind, initially, a fixed period for the studies – perhaps September 2005 to January 2006 with 8 or 9 meetings over the five months. Group sessions could take place at our house in Stowmarket, or if the group has more members than we could comfortably host, a local hall or meeting room. Looking at the U3A calendar, Tuesday or Friday mornings look to be good times that would not clash with other groups' sessions.

If anyone is interested in being involved in a study group to meet, share and learn about Suffolk artists, please make contact (01449 771168) or 'sign-up' on the interest list I propose to put on the notice board at the July meeting of Stowmarket U3A. We could then arrange an initial meeting to sort out our ideas and fix dates.

Tony Taylor 1, Danes Close, Stowmarket. Suffolk. IP14 1QJ

The Suffolk and District Network of U3As STUDY DAY - Monday, February 14th 2005

This Study Day didn't include St.Valentine but was, nevertheless, a stimulating occasion. It was held at Stowmarket High School and was attended by more than ninety U3A members from across the region. It was our first regional study day and took as its theme the intriguing title of: *The Changing Face of Suffolk*. As a new venture, the day succeeded very well in bringing U3A members together in a review of our county, its development and its current economic, social, cultural, and political situation.

The day's agenda included two speakers, opportunities for questions, and for discussion of significant issues affecting our county and its people. The first speaker was Mr. Duncan Brodie, the Business Editor of the East Anglian Daily times. He outlined events of his childhood in Suffolk and went on to enlarge on the developments he had witnessed in the social, economic, and political patterns over a lifetime – the growth and decline of businesses, population and housing, the amalgamations of councils and services, the growth of technologies, and transport issues. In a lively, interesting, and often amusing style, Mr. Brodie provided an obviously well-informed picture of Suffolk today.

The talk was followed by chaired small-group sessions in which pertinent issues relating to Suffolk and its future were discussed. The summary notes of these were later posted on the walls for all to read and share.

The second speaker was Lady Jill Freud who travelled from London to be with us. Lady Freud is the founder of the Summer Theatre in Southwold and she gave a lively and interesting talk on her own background in acting and how the Summer Theatre evolved and has developed. An inadequate summary might be that Lady Freud considered that the arts had changed over the years, particularly in their funding, focus and extent, but that Suffolk largely had not. It appears to have remained a positive and vibrant arena for the arts. Again, the talk was followed by a worthwhile opportunity for questions.

Whilst members were requested to bring their own packed lunches, coffee and tea were provided during the day by willing volunteers. This arrangement appeared to work well. One drawback however, was that the school had arranged for windows in adjoining areas to the conference to be replaced during the half-term holiday. It was a cold day and the initially warm building quickly cooled!

Altogether, the day was a successful first venture, evidently enjoyed by the many who attended. An emphatic vote of thanks is due to all those involved in its organisation and realisation. Well done everyone and thank you.

Tony Taylor (Stowmarket U3A Member)

A report on the days proceedings and a summary of the conclusions reached by the groups has been sent to each person who attended, as a follow-up to the 'study-day' format.

PGW

Members of the 'Town & Village History Group' on their visit to the Woodbridge museum saw this:- Address to the Rate-payers of Woodbridge by Davy Crowe, Churchwarden.

Fellow Townsmen,

I deny having made any distinct promise, and so does my colleague "that if we were re-elected Churchwardens, no Rate, and if any, a mere nominal one should be asked for." This I deny, but there is a way of twisting and turning a piece of wire into a kink let it be ever so straight. What I did say was that we would do all we could so as to prevent a Rate from being asked for, and we did all we could.

Does this not remind you of the problems of listening to today's spin doctors ?



I saw a lorry pass slowly past me. On the side was inscribed in large letters 'TEMPERATURE CONTROLLED DELIVERY'. I got to thinking - IF it is very cold do the deliveries become very slow or do they stop altogether ? Or, again, IF it is a very hot day does the speed of delivery become recklessly fast ? What is your opinion?



More stupid signs :-

At a garden fete and in a cafe window !

BABY SHOW
ALL ENTRIES
TO BE
HANDED
IN AT
THE GATE

The Menu ??
**WAITRESSES
REQUIRED
FOR
BREAKFAST**



GALIN CRAFTS
3, OLD FOX YARD
STOWMARKET
01449 676765

**FOR ALL YOUR CARD
MAKING MATERIALS, WE
STOCK INKS, PUNCHES, STAMPS,
PEEL OFFS, CARD BLANKS
AND MUCH MUCH MORE
COME IN AND HAVE A
BROWSE, LINDA & GAIL
ARE ALWAYS HAPPY TO
HELP, WE ALSO DO CARD
MAKING WORKSHOPS WITH
A DIFFERENT PROJECT
EACH MONTH.
PHONE OR CALL IN FOR
DETAILS.**

The Committee members are :-

Chairman	Pat Smith
Secretary	Philip Weir
Treasurer	Sheila Dobey
Membership Secretary	Muriel Killett
Programme Secretary	Ann Watsham

Other members :-

Harold Turner	Mike Hitchcock
Lauretta Goldman	Ray Watsham

Regional Contact Sally Taylor

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