



STOWMARKET AND DISTRICT LEARNING ACTIVITIES IN RETIREMENT

(UNIVERSITY OF THE THIRD AGE)

U3A

Registered Charity No. 1002987

Newsletter No 14

October 2006

The Chairman's Report for 2005/6

Another great year for Stowmarket U3A.

We have seen a continuing growth in our membership over the past year and our monthly meetings have filled the URC Hall to almost it's full capacity. As always our speakers have been of a high quality and presented us with a variety of interesting subjects. Our thanks to Ann, our Programme Secretary for all her hard work during the year. For me this year there was one speaker who stands out. It was Mrs Sue Smart from Gresham School, who took us back, so poignantly, to the horrors of the First World War with the loss of so many young lives. The silence in the hall when she had finished was deafening and I know there were a few tears.

The year has seen all our groups continue to flourish. The new Art Appreciation Group has got off to a great start and is proving extremely popular, thanks to the leadership of Tony Taylor and the co-operation between the members. My thanks go to all group leaders for their hard work and to all who provide hospitality by opening their homes for meetings.

The meeting in December saw a move away from the seasonal entertainment of previous years. As the result of the hard work and excellent organisation of Ann Watsham and her band of helpers we sat down to a Christmas Lunch "par excellence". I found it disconcerting to realise how many people knew me and how few I really knew. I look forward to our next Christmas Lunch.

On the 7th of March we said goodbye to a stalwart of the U3A, Rose Emond. She had served as a committee member for many years. Many of you may still remember her talk about her years as a guide at St Pauls Cathedral in London, to which she was devoted.

Finally, I would like to give my thanks to all the members of the Committee who have supported me so well through the past three years and to those behind the scenes whose services have been invaluable. Their work and enthusiasm in keeping up the aims of the U3A have been second to none. My good wishes go to Harold, to whom I now hand over the chain of office. The past three years, although entered into reluctantly, have been for me memorable and happy ones. There is one thing that I shall miss though - Philip ringing me just after nine in the morning just as I had poured my second cup of tea !

PAT SMITH

The new Chairman's Address at the AGM

Thank you for electing me as your new Chairman and I hope that I can justify your support.

Our Past Chairman has set a very high standard to be followed, but I will try not to let our progress slow down. We must always strive to improve our group and we can only do that with your co-operation.

For my years in office I would like to see more involvement by you all in the running of our activities. We have now grown, almost to capacity and are having regular attendances of 80+ members at our monthly meetings (and we only have 100 chairs !!).

Whist on the subject of seating, it would be appreciated if a few more people volunteered to help in the setting out of the chairs for the meeting.

We, all, hope to benefit from your help and contributions to any and all our activities.

Harold Turner

Another silly advertisement !!

**IF YOU
CANNOT
READ THIS,
THIS LEAFLET
WILL TELL
YOU
HOW TO
GET
LESSONS**

From the Secretary :-

Yes, we've just had our AGM and will have five new members on the committee. This should be good for us all. Those who have resigned have given us all wonderful unstinting service over many years and we all most grateful to them for all that they have done to make our U3A successful, and something that we all enjoy. I will follow suit next September since by then I will have done five and a half years service, which is well over the term laid down by our constitution. Not only have I enjoyed doing the job but it has brought me many friends whom I value and I have also learned to have great respect for the national organisation and its aims. Somehow I doubt whether many truly appreciate the concept and work done in getting this scheme off the ground and going with such great success. In general we only look and are concerned with our own little sphere, but there is so much more of which we can take advantage.

Thankfully our outings this year were very successful and thoroughly enjoyed by everyone taking part. I am hopeful that more of you will join in with whatever we come up with for next summer.

Since the last newsletter :-

July:-

The talk entitled 'Fetch a Pail of Water' by Mr Trevor Anderson turned out to be a most fascinating account of the history of the supply of water to the populace at large over several centuries. We were all entertained by his bringing to our attention many not too well-known facts and with his well judged sense of humour.

August :-

The outing to Bletchley Park proved to be a most surprising experience which was extremely well received by all who supported this exercise.. This highly secret war-time establishment recently in the news and the ENIGMA machine, the subject of both film and television programmes, illustrated the intense detail worked through by a myriad of men and women sworn to total secrecy, and the success of the total operation. The building and grounds taken over by the WAR Office, along with the private collection of Churchillian memorabilia were also well worth viewing.

September :-

This meeting started off with our AGM, something not generally a very popular item, but in this case it was quite a lively and inclusive affair for a change and you will have seen some of the resulting matters in the piece written above.

Our old friend Mr Fred Stilwell then gave us a great insight into the 'Soil Association', its aims and

It is wonderful to find that Angela Beaton has accepted the challenge that I threw out at the AGM and is going to get the 'Grub Club' going again. Please support her efforts, and make it as enjoyable as it patently was last year. It is also good to see that the 'Genealogy Group' is making headway, though finding some difficulty in finding suitable premises in which to operate.

Lets strive to make this coming year another record breaker and something that we all can be proud of whilst enjoying those activities on offer.

Have a great time !

Philip Weir

And our new Committee consists of :-

Chairman	Harold Turner
Secretary	Philip Weir
Treasurer	Jennifer Lawler
Membership Secretary	Terry Potter
Programme Secretary	John Scott
Members	Lauretta Goldman
	Sally Taylor
	Patricia Naish
	Dee Payne

history. This was something of which we seem to have been strangely ignorant, even though it has been until recently of a totally local origin, based on a fear of our countryside being reduced to that of the American Dust Bowl, that we have read so much about in the past.

And now for :-

October :-

'Hearing Dogs for the Deaf' is the title of Louise Brundall's talk this month. We are all very familiar with dogs for the blind and much less so with those for the deaf.

November :-

'Suffolk Mail Coaches' would seem to take us back to the Dickensian era. Yet we can rely on Mike McKeown to expand and amaze us with much more than our Christmas postcard image of those days.

December :-

Again this year we plan to have a special Christmas Luncheon here in the URC Hall. Last years effort proved to be a grand success and we can only hope to do a bit better again this year. More information will be posted nearer to the time. The Luncheon is planned to be on Wednesday the 20th at 12 noon. Unfortunately I cannot indicate the cost yet.

January :-

Dr Michael George who has holidayed out in Tanzania and been involved in the 'Water Aid' pro-

gramme, hopes to excite our interest in the needs, problems and beauties of that country.

February :-

The Revd. Roy Tricker is such an exciting speaker when he has the chance to talk about his favourite subject 'Suffolk Churches'. Today he plans to concentrate on some of the more interesting ones

Activity Groups :-

Archive Film :-

'The Good Old Days' OR WERE THEY? If you would like to look back over the years while sitting comfortably and being served refreshments, this could be for you.



We meet usually on the fourth Monday of the month 2.30pm to 4.30pm.

If interested please ring me
Eric Adamson on 01449 676 446.

Art Appreciation :-

Our group has been meeting on the first and third Tuesdays of each month and has been running for more than a year. This is somewhat surprising because the original intention was to create a short-term study group, looking at 6 Suffolk artists, ranging from Thomas Gainsborough of the 18th century to Maggie Hambling of the 21st. From the 7 people who showed interest initially, the group swelled to 12 for the first meeting and there are now 19 people on the 'register'.



The meetings have been very enjoyable both for members and the hosts. While we initially agreed the subjects of the sessions, we have tried to avoid a dry 'learn about art' format and have offered people a chance to contribute on their own terms and with their own opinions. The meetings, consequently, have been very lively, often humorous and always interesting. We have made visits to museums and galleries and looked hard at a lot of art. Members say that they have learned a great deal, sometimes without any prior knowledge. We certainly have!

For the new season we have chosen to look at artists who, while not born here, have spent time working in the county. Among the subjects are, for example: Charles Rennie Mackintosh, Stanley Spencer and Philip Wilson-Steer. The list is very large and it looks as if we will need quite a long period to cover

even some of them! Members are also keen to get out and about to more local museums and galleries.

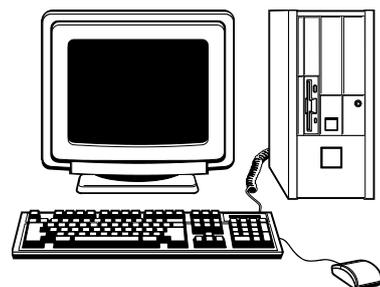
As hosts we can say without reservation, that we have enjoyed the activities very much. It has been, and still is, an entertaining project. We have met some very pleasant people, enjoyed listening to the discussions, loved the sharing, learned a lot, and had lots of fun. Members of the group often thank us. We feel that we should be thanking them.

Sally and Tony Taylor

01449 771 168

Computer Group:-

The Computer Group has continued to meet as usual without a break throughout the summer. As retired folk take holidays at any time during the year, breaking up the programme only spoils continuity. Photoshop groups continue under Roy's expert guidance. We are grateful to Alan for his recent leadership and now release him to pursue other interests. His group continues. Other small groups emerge as and when needed.



Three discussion groups based in Hadleigh, but combining folk from both U3As, have had some interesting sessions. Group One has covered Excell, Genealogy, Publisher and PowerPoint. Group Two has looked at transfer of digital images, use of a scanner, presentations in PowerPoint and dabbled in movie editing. Group Three has examined music, data handling, organisation of files and folders and house-keeping on the computer. Meanwhile Marian's group continue with the Intermediate section of the European Driving Licence for Computing, MS Word.

The monthly meetings, held as usual at the Woodfield Bowls Club thanks to Harold and Irene have covered a wide variety of subjects with several fascinating speakers. In July Alan Simpson led us through numerous topics, particularly featuring useful and informative websites. It is only in the discussion groups that we can go on line, but these introductions were very helpful for us to follow up afterwards. Many of our members are now on Broadband making internet access much more agreeable.

In August we welcomed two members from Blackbourne. John Freiyer and Bill Packham, in conversational style, introduced us to the use of the E-Bay auction site for both buying and selling goods. Their advice was valued both by those who have, and others who have not, explored this market place. Bill continued to show us how he has learned to create anima-

tions using Macromedia Flash and amused us with his creations.

The September meeting with John Smailes gave us the opportunity to explore a new dimension, the editing of movies on the computer. Using a digital camcorder and Pinnacle Studio software John demonstrated capture, editing and the creation of a DVD using this program. We were fascinated by the ease with which simple clips can be cut and spliced, have transitions titles and music added, making acceptable movies to enjoy on domestic DVD players. Watch this space for future developments.

Also watch our Blog at <http://www.wendywhitecat.blogspot.com/> which will keep you up to date with all our activities.
Wendy Morgan 01473 824 237
wendy@paddocks9.plus.com

Country Strolls:-

We are still going strong. Since the last Newsletter we have made the most of the lovely "Indian Summer" walking around the footpaths etc., twice a month.

Of special note is the day we walked out Westthorpe way, finishing at the home of Julie and Don Marper, where a lovely spread of tea and cakes awaited us. Sitting in their garden chatting away was very pleasant.

Dates for our walks remain the same i.e. the second and forth Fridays of the month at 1.30 pm.
Joyce Walden 01449 615 591 or
Joyce Markwell 01449 613 702

Card Craft Group:-

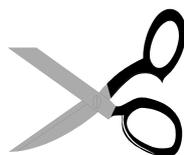
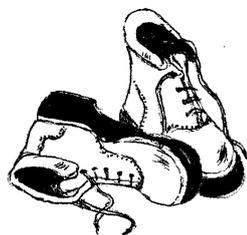
This is the season when more people tend to think of making cards for Christmas etc.. Fortunately we seem to be acquiring some new members, and hopefully some more, since sad to say our number was somewhat few bt the end of last season.

We have been developing several new techniques and ideas in what is proving nationally a very popular hobby. If you decide to join us you will be made very welcome.

Liz Weir 01449 676 528

Democracy and Election Systems:-

We won't be holding a face-to-face meeting until October, but in the mean time, over the summer, we intend to function as a virtual group, communicating by email, and maybe ordinary mail.



The topic to be discussed is a new electoral system for Northern Ireland, which is expected to produce an Assembly where the more extreme parties, the Sinn Fein and Paisley's DUP, get fewer seats than now, and the other parties, the more moderate ones in the centre of the political spectrum, get more seats, so that they can form a viable government coalition.

If you are interested, send me your email address if you have one, or your postal address.

David Chapman,

Discussion Group:-

We opened this season with a discussion on 'National Attitudes to the OAP's'. As usual this brought forth some lively and interesting ideas as how we felt, as 'Senior Citizens', were and are being treated. Probably the question of governmental action over the last ten years or so to our pensions. Nearly always a sore subject.

Without doubt our programme will continue with equal energy when we meet each second Monday morning of the month at 10 am with our host Pat Smith. We hope there will be more of you who would like to join us and express your views on the subject of the day. You will be made very welcome.

Philip Weir

01449 676 528

Gardens and Things:-

In June some 27 members set off on sonic trip to Attleborough Nr Norwich, passing through the little villages bypassing Diss. It was a beautiful day with plenty of sunshine arriving at Peter Beales Roses for 10.45 we all had a stroll through the gardens which were at their best, looking at them makes you envious that we never seem to get the same standards as the professionals, we broke off at lunch time and made our way to the restaurant for lunch which was excellent. After the meal we all grouped together in the marquee and had a very interesting talk about how roses are generated and grafted with a host of tips about the growing of roses to get the best out of our plants, we then all went to the gardening centre and make many purchases from the numerous selection, finally getting back to Stowmarket at about 4.30pm

The next outing was to Betchley Park to see the wonders of modern science I'm sure Philip will expand on that

September the group went to the Cambridge Botanical Gardens, whilst not at its best there was still lots to see especially in the glass houses with a wide



range of tropical flora, we spent some four hours in the gardens which covers some 16 acres and I am sure we walked every inch during the day and well worth the visit arriving home about 4.30 and very tired

The next meeting to put in your diary is the 16th November 10.00am at the Woodfield bowls club Lockington road when we have our meeting to form next years programme so please be there and have your say.

Harold Turner

01449 676 882

Genealogy Group:-

Thankfully there quite a number who are very interested in this activity and slowly but surely they are getting this group off to a good start. This will appeal to strangers to this area since a large proportion of our membership come from 'away' and are not solely Suffolk in interest. If you wish to take part try contacting David Hopgood 01449 676 119



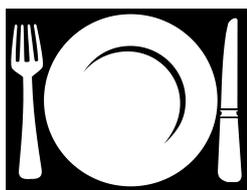
Grub Club:-

This is going to be called the 'Luncheon Club' in future and is being run by Angela Bentley. Please read the notice board for more information . It will give us all great satisfaction and pleasure to know that this popular pastime is again active.

For more information please ring :-

Angela Bentley

01449 780 274



Keep Fit :-

U3A's exercise group is still going strong. We enjoy gentle movement to music at our own pace. Madeleine, our tutor, makes fitness fun. We have room for more – what about some of you men giving it a try?



We meet on the fourth Wednesday of every month and the cost is only £2 a session. Classes resume after the summer break on 27 September at the Community Centre, Childer Road. If you would like any further details please contact Pauline Taylor on 01449 678954.

Music Appreciation (1):-

Music — Conversation and Laughter each in good measure lubricated with posh refreshments at half—time.



We meet on the third Tuesday of most months 10.00am to 12.00 noon outside Stowmarket so you do need transport.

If interested please ring me

Eric Adamson on

01449 676 446.

Myths and Legends:-

Yes, we have met again and enjoying our time looking into the field of myths and legends, combined with the idea of storytelling. We have set out an intriguing programme for this year, where each month one of our group has undertaken to research and then to tell us about the subject for that day. After that we discuss the subject and give our own view points. This usually means a quite lively discussion in which we all take part. Kate Riddleston is our host, and she makes us feel very welcome. Why not join us to explore a new interest?



Philip Weir

01449 676 528

Poetry:-

From Classics to Kiddies

Having spent six interesting years exploring the great and good in English Poetry - with an odd touch of Spanish and even some Maori - our



Group is now giving a little time to future talent and so we turn to Poems written by kids. And my! how cheery and refreshing it is!!

So here are two gems for you to enjoy (but not for widespread use because they come via the Internet and will be subject to copyright)

THE FLOWER.

A lonely flower sat by itself
All in the lonely day
In shower it cries
In sun it smiles
But still has nowhere to play.

Chiara aged 8

CLOCKS

Some clocks ring with a small ding-a ling,
Some clocks make no noise at all,
Some clocks wake you up with a ping, ping, ping,
Some clocks hang on the wall.
Tick-tock is the sound that most clocks make,
But I've heard a cuckoo clock too!
After twelve times it can make your head ache,
So the one on my wrist will do.

By April aged 10

So!! talernt still blossoms!!

Sheila Dobey

01449 677265

Town and Village History:-

As I have only been on one visit I am reporting second-hand. June visit was the trip to Pensthorpe which was very successful and enjoyable, because of illness the July visit was cancelled. The August visit was open to all members and was again very much enjoyed, for those two trips we have to thank Liz and Phil for all the hard work in arranging them for us.



I did make the visit to Debenham when we had a local historian who took us round and told us all the historical facts, we enjoyed a good lunch at the Angel, and in the afternoon we visited one of the houses that would be open the following weekend. The visit to Orford was successful and once again a local historian took the group around, and after lunch she took them back to her home which was originally two cottages that had been knocked into one house. The weather was not too kind so it was a wet drive back to Stowmarket.

Ray and I propose to have a meeting here early in 2007 to plan and arrange a programme for the year, you will be notified at the December meeting.

Ann Watsham 01449 672 706

U3A Suffolk and District Network:-

By the time you read this we will have had our 'Autumn Academy' day at Combs Middle School. Over 160 people from U3A's all around Suffolk have signed up for the day, so it is proving to be popular and the organisers have great faith in it being a very successful venture: after all some 19 different topics are being covered, and in the tradition of the U3A all the people taking classes are ordinary members of Suffolk U3As

In November we will be having a committee meeting to review and assess the enterprise and a report will be given after that. The Suffolk & District Network meets twice a year and our next meeting will be in Hadleigh later in the month.

Two things are being thought about to see what the implications are. They are :-

A) Setting up and running a web site for Suffolk. This may or may not work out for many obvious reasons.

B) Contact with the Open University is being explored to see what can be done that might be mutually beneficial

U3A Central Office News:-

As you will see from the Central Office Magazine now being published four times a year the membership has grown to over 160,000 members and

somewhere about 600 groups in these Isles alone And that does not count all those from Australia, Spain, and other parts of Europe and indeed the world. I think that it is fantastic to see the rapid growth in this wonderful scheme designed for the retired, especially when one realises that it only got going in the last twenty-five years or so.

Each year there is an AGM held each September at one of the Universities. In 2007 they are having a four day Channel Cruise for those who wish to take part in a more 'get-to-know-you' situation. I will have more details later on.

You probably have read about the Summer Schools held each July in a University. From here only a very few have taken advantage of this, but let me reassure you it is good fun and is made very enjoyable. So, do not dismiss the opportunity as something for other people - I think you would be pleasantly surprised.

Philip Weir 01449 676 528

And Some of our Other Groups :-

(Some in need of your support)

Music Appreciation (2):-

Connie Ruegg 01449 674 673

Scrabble Group:-

Sheila Dobey 01449 677 265

Birds, Bees & Butterflies:-

Alan Sparrow 01359 241 966

Entertainment (Theatrical):-

Joan Varley 01449 612 966

Needle Craft Group:-

Alicia Beaton 01449 616 172

Have you ever thought about Work ?

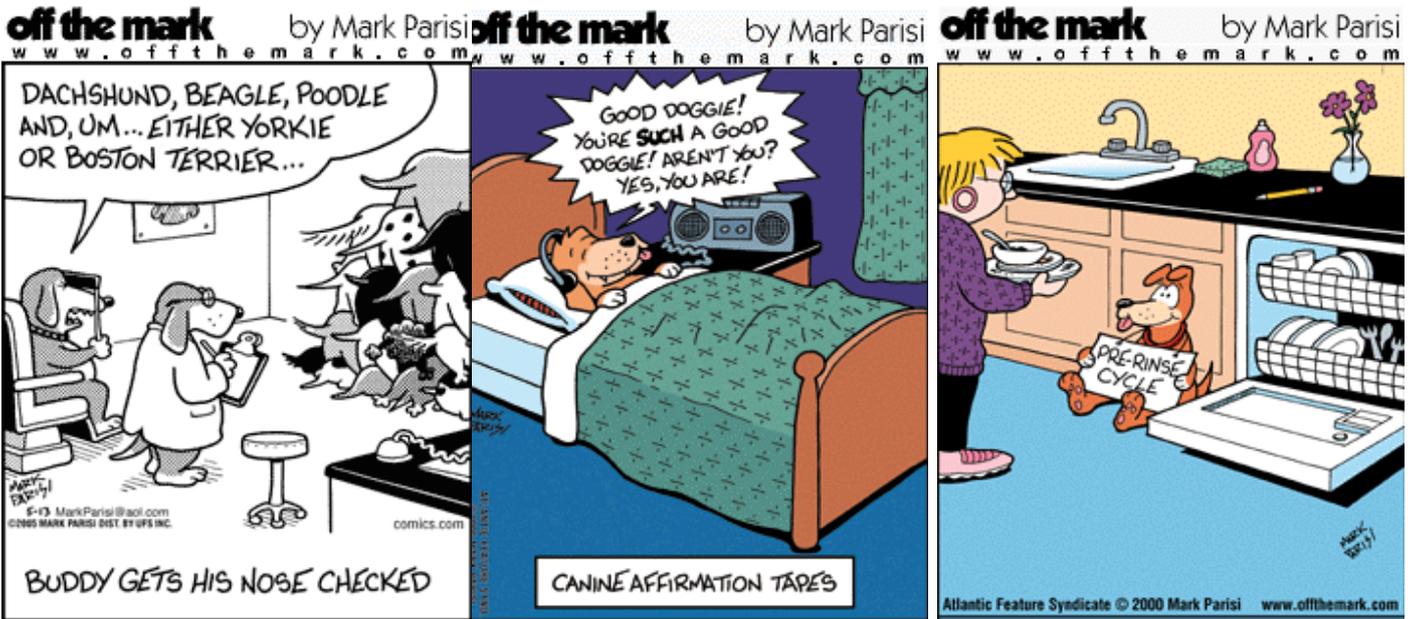
Remember

The worst thing about retirement is having to drink coffee in your own time.

Oscar Wilde said "Work is the curse of the drinking classes" and

After all It is not real work unless you would rather be doing something else..

And Mark Twain thought " Let us be grateful to Adam, our benefactor. He cut us out of the 'blessing' of idleness and won for us the 'curse' of labour



BirthDay Prayer..

Today, dear Lord, I am **80**, yet there's still so much I haven't done,
So I hope, dear Lord, you'll let me stay ... until I'm **81**.

But then if I haven't finished all I want to do, would you let me
Stay around here a little longer... till I get to **82?**

There are many places I want to visit, so many things I want to see.
So, dear Lord, do you think you could manage ... to make it **83?**

The world is changing very fast, but there's lots more to explore,
So I'd like to go on enjoying life ... until I'm at least **84**.

If by then I'm still compos mentis, or as they say "in full drive"
Maybe you'd let me continue meeting friends ... till I get to **85**.

And even then, though walking with the aid of two sticks,
Perhaps you wouldn't mind if I kept hanging on till I reach **86**.

I know, dear Lord, it's a lot to ask, and it must be nice in heaven,
But I'd really like to stay down here ... at least until I'm **87**.

I know by then I won't be agile, and sometimes I'll be late,
But it would be so very pleasant to still be around ... at **88**.

I will have seen so many things, and **had** such a wonderful time,
So I'm sure I'll be quite willing to say **goodbye** ... when I'm **89**.

But even then, if I totter on, still not feeling it's time to go,
Maybe you **could** let me stay ... till I reach the big **Nine-O!**

BETTY ARKWRIGHT

The Power of Words

Words are powerful tools indeed for evil or for good;
We're daily needing grace to help Us use them as we should.
Some caring words can ease a heart And change one's look on life,
Making it much easier to weather any strife.
Idle words that I might think Could not hurt anyone,
In passing on, become enlarged, And damage then is done.
I'll try to do my very best to keep my tongue controlled
So that the words that stem from it Are words worth being told.

The Computer's swallowed Grandma

The computer's swallowed Grandma
Yes, honestly, it's true
She pressed 'Control' and 'Enter'
And disappeared from view.

It's devoured her completely
The thought just makes me squirm
Maybe she's caught a virus
Or been eaten by a worm.

I've searched through the Recycled Bin
And files of every kind
I've even used the internet
But nothing could I find.

In desperation I asked Jeeves
My searches to refine
The reply from him was negative
Not a thing was found 'Online'.

So, if inside your 'In Box'
My Grandma you should see
Please 'Scan', 'Copy' and 'Paste' her
In an e-mail back to me.

Valerie Waite, Belper, Derbyshire.

LUNCH CLUB
9TH NOVEMBER 12.30p.m
 AT THE
SHOULDER OF MUTTON,
OLD NEWTON
CARVERY TWO MEALS FOR £10
YOU CAN PAIR UP

ALSO OTHER MEALS INCLUDING VEGETARIAN

This will be a meeting to decide when to meet, monthly or every 8 weeks, how many at one time and any other questions for me to answer.

PLEASE COME AND SHOW YOUR SUPPORT,
IF THIS IS THE KIND OF LUNCH CLUB THAT YOU
WOULD LIKE TO HAVE.

FOR FURTHER INFORMATION PLEASE PHONE
ANGELA BENTLEY 01449 780 274



Meet
 Barry Beckham
 at the

Big Digi Day in Hadleigh

digital image manipulation (Photoshop)
 and audio visual slideshows (Pictures to Exe)

Saturday 4th November

at the Ansell Community Centre
 by the United Reformed Church
 from 10.00 - 4.00 £10 inc. tea/coffee.
 Contact Wendy Morgan: 01473 824237
 wendy@paddocks9.plus.com

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it. Somebody got angry about that, because it was Everybody's job ! Everybody thought that Anybody could do it, but Nobody realised that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

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