



STOWMARKET AND DISTRICT LEARNING ACTIVITIES IN RETIREMENT



(UNIVERSITY OF THE THIRD AGE)

Registered Charity No. 1002987

Newsletter No 8

October 2004

From the Chairman - Pat Smith :- A copy of his report given at the AGM

I apologise once more for not being with you all this afternoon. Harold has kindly agreed to conduct this meeting for me and to hold the fort in my absence. Please do not be too hard on him.

The past year has been an enjoyable one for me as Chairman. Thank you Don for leaving things in such good order. I have been very fortunate in inheriting such a hardworking Committee with its dedicated Secretary. Thank you, Philip, for your unflagging interest, boundless enthusiasm and organisational skills. What more could I ask for! My thanks also to Ann for finding us such a variety of interesting speakers. We have been entertained by their amusing anecdotes and at the same time they have widened our understanding on many subjects. My grateful thanks to all who have helped in any way, however small, to make Stowmarket U3A the success that it undoubtedly is.

It has been good to see our numbers continue to grow, but at the same time sad to lose two long-standing members. We remember Alan Sills who sadly passed away during the year and our best wishes go to Rose Edmund who after being a stalwart of our U3A for many years is no longer able to join us. Both Alan and Rose served as members of the management committee.

It is exciting to see the number of our interest groups continue to increase with such a wide variety of subjects now to choose from. From what I hear - more are on their way! So far no one has been adventurous enough to start a Drama Group, a Choir or even a Keep Fit Class.

By far the most popular of our groups is the Computer Group. Through the group's initiative many of us have discovered that modern technology is not as frightening as it first appears. The excellent courses arranged for us by Wendy, have helped us to come to grips with mouse and keyboard and given us the basic knowledge to approach our computers with more confidence.

What of the future? It is up to us all to enjoy what we have, while we are able. If any of you haven't yet joined a group do think about it. As well as learning something new you will find good company and a friendly welcome. What of our members who find it difficult to get out and can no longer attend our monthly meetings or group activities? Do we just forget them or is there some way in which we can help them to continue their interests and social contact with us?

I leave the thought with you.

Have a good meeting.

Pat Smith.

From the Secretary :-

Isn't it good to get back into the normal routine of life again, and to know that things are heading in the right direction. After our AGM to know that the committee are all back at their posts again and looking after our interests. You will realise, of course, that I am thinking especially of Harold, recovering from his operation and Pat recovering (??) from his family re-union and birthday celebrations.

At the AGM I arranged a lot of little questionnaires for you all to fill in, so that we on the committee can organise our activities to suit your needs and help to make ours' a successful operation. This probably took you all by surprise for I have had very, very few leaflets returned as yet. Hopefully this will improve today or at the least very soon. We do need to know your views in order to re-act to them and so serve you as is essential !!!

It is great to see the various groups showing such success, and to see the development of several new ones, after all we are in very sense a self-help organisation relying totally on us to help one another, to advance their and our own interests and hobbies, our knowledge about those things which interest us both individually and together. I look forward to the 2004/5 season being a notable one of achievement. Please think about this and support those who do their best to run those groups and activities that could or would stimulate your interest and/or imagination.

Philip Weir

Since the last Newsletter :-

July:-

What a pleasure it was to listen to a really genuine Suffolk couple reminiscing about their life here in Suffolk in their most pleasant dialect, and showing such humour that we all were laughing with them. Our very heart felt thanks to Mr & Mrs Ling from Snape.

August:-

What a wonderful warm sunny dry day we had, whilst elsewhere the heavy thunder storms raged. Mike Hitchcock gave us an enthralling day visiting Newmarket, both the 'Horse Racing Museum', with it's wide range of exhibits and the 'National Stud' where we were taken around and had a well informed and knowledgeable guide to explain all to us. What a pity the outing was so poorly supported (only 15 of us !!!). A really excellent day out.

September:-

After a smooth and satisfactory AGM Mrs Pat Scott, a retired Suffolk School teacher, gave us a most amusing account of her training and experiences with both staff and children. Without doubt we all could empathise and feel part of the various situations that she described so well.

And now for :-

October:-

Tom Tyler returns to tell us 'More about Jigsaws'. He certainly opened our eyes on his first talk and I expect we will be further astonished this time round.

November:-

Mr Geoff Clarke 'From the Archives' of East Anglia held in Norwich, will show us an entertaining view of the local 'yesteryear', so we should see some of Stowmarket as it used to be through the first half of the twentieth century.

December:-

Once again we will be entertained by some of our members, as a continuation of last

years successful effort. This will be followed by our traditional bun fight celebration.

January:-

Mr Stuart Bowell, the well known local speaker, will regale us with 'The Suffolk Dialect' and undoubtedly inform us of many oddities of the Suffolk story at the same time.

February:-

Mrs Desiree Shelley's talk on 'From Nursing to Herbalism' will be a subject that must interest each of us in our concern about health, especially in to-day's climate of public debate on the health services and their status.

March:-

Mr Roger Kennell's talk on 'A Closer Look at East Anglian Bricks' may at first sight seem a strange subject, but if we look closely at our own homes or at any other building there in front of us is written a great lump of history. This talk should enlighten and probably surprise us when we use this information to read the open book built around us.

Activity groups :-

Archive Film :-

Meeting on the 4th Monday of the month from 2.30 - 4.00 pm, we travel back in time to see some of the events both large and small that have occurred during the past 100 years. A prize for anyone who spots an ancestor! Did Grandmother really look like that ?

Tea and biscuits at half-time.

Eric Adamson

01449 676 446



Computer Group:-

Our membership with some changes now stands at 34 and attendance is excellent with unavoidable absences usually accounted for. We are a genuine self-help group with members sharing expertise in many areas of computer management as well as the use of particular software, notably MS.Word, MS.Publisher and Adobe Photoshop



Elements. Please feel free to join us on the second Monday of the month from 10.00 – 12.00 at Woodfield Bowls Club or on other Mondays by arrangement. Please note however that the meeting on Monday 11th.October will be held unusually at the Catholic Centre.

Our July large group meeting took the form of a quiz. Fred fearlessly set the ladies and gentlemen in opposing teams and produced a set of interesting and sometimes mind-boggling questions. There was much hilarity as we claimed the right to speak with hooters and whistles and answers both erudite and naïve were received with alternating disbelief and derision. Although the ladies actually won a resounding victory, Fred tactfully contrived a final draw. The event was much enjoyed so Fred has therefore been asked to come up with another quiz next year.

In August we were delighted to welcome John Turner from Blackbourne's Computer Study Group. He introduced us very gently to an area which was new to most of us, the manipulation of music. He showed us how to acquire music and how to organise it in Windows Media Player. He then discussed the relative sizes of different file formats and their uses. In a typical program for manipulation he demonstrated copying and pasting, fading in and out, inserting, reversing and cleaning tracks. He left us with an enthusiasm to explore further.

We were pleased that Denise Waterbury was able to join us in August. Having decided on a career change she has turned from truck driving to sculpture. She described in most amusing terms her early encounters with computers when entering art school. Her computer (female) has been programmed to respond to her voice making a keyboard and mouse largely redundant. After dabbling unsuccessfully in various art forms she discovered her metier in metal, wood, glass and plastic. Now an internationally recognised sculptor she produces all her advertising and text based material on her computer. One member remarked "We learned a lot about life!"

After a short summer break Marian's MS.Word group has started up again now tackling the Intermediate section of the European Driving License for computers. We are grateful for Mike and Mary's hospitality. Other autonomous small groups meet in members' homes.

Marian, Philip and Harold will lead large group meetings in October and November. I wonder what they have in store for us? In December we will amaze each other with this year's Christmas Creations.

Wendy Morgan 01473 824 237

Country Strolls:-

We (the two Joyces) have derived much pleasure from running this group for over ten years now. Where has all the time gone to? We are still finding new routes along the footpaths in our countryside.



We warmly welcome any who would like to join us. There is nothing to beat being out in the pure fresh air, and feeling warm sunny breezes on our faces, we encounter cold winds too in the winter months!!

This month we have said farewell to Pat Kohlberg, a long time member of our group. Pat is returning to South Africa, and we wish her contentment and happiness as she settles in her new surroundings and with her family.

For further information about the walks please contact :-

Joyce Walden 01449 615 591 or
Joyce Markwell 01449 613 702

Card Craft Group:-

This has got off to a good if quiet start. Where we used to concentrate on 3D decoupage, this has now expanded to a much wider range, which includes embossing, iris folding, stamping and punch work etc.. There is plenty of scope for more skills to be used and room for more willing participants.

Liz Weir 01449 676 528



Discussion Group:-

This group has started the new season after the summer



break with some very lively discussions, the first on waste and our second looking at holidays. Likewise the rest of the season is filled with engaging topics that bring us much amusement and friendly debate.

Philip Weir 01449 676 528

Entertainment (Theatrical):-

At 2-30 pm on the 2nd Monday afternoon of the month is when we meet, and this is an expression of our idea of Friendship.

Friendship is like a tree planted in springtime. It grows with time, mixed with great pleasures and bad times shared.

Each moment of joy and laughter and tears turn into twigs and leaves. The leaves fall from time to time leaving just the twigs. These grow into branches helped by a solid trunk, beneath which deep roots grow in unseen earth below. Here all memories are stored in safe keeping to be shared again. Life sometimes takes away some branches, but like a tree, friendship stands firm, when the trunk and roots remain.

Untouched by thoughtless deeds, unguarded words and foolish misunderstandings, friendship stands firm, renewed by change and wisdom found, new hopes and dreams shared. The twigs, leaves and branches grow again in another new springtime.

Joan Varley 01449 612 767

Gardens and Things:-

This season the group has changed it's pattern somewhat, and visited not only as a group but with the our U3A's annual outing to Audley End. This was a bonus for both as the larger group had a chance to see what we were up to, and perhaps encouraged to join us and explore another interest.

Our July visit was to Gifford Hall Gardens and Vinery, where we saw not only some remarkable wild flowering meadows, but tasted their wines as well! In August we visited a remote nursery with a quite stunning display of different plants and on to the Garden Centre at Wenhashton. We returned to Beth Chatto's



Garden in September to see the autumn changes after our Spring visit last year.

We plan to get together in October (or November) at Woodfield Bowls Club to discuss this past year's programme and to consider what we might do in 2005.

Grub Club:-(or gourmet luncheon experience)

The Grub Club will convene at The White Hart Inn

at Blythburgh on Thursday 30th. September. The inn faces the A12 and has spectacular views over the Blyth estuary from its large car park. We will meet there at 12.00 or in the Solar car park to arrange shared lifts at 10.45.

Christmas lunch has been booked at The Froise as last year and a coach will be arranged in due course. Put the date 6th.December in your diaries and book your place at the October General Meeting. Wendy Morgan 01473 824 237



Music Appreciation (1):-

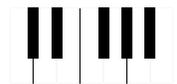
We meet from 10 am to 12 noon on the third Monday of the month. Not only appreciation, but Music Exploration of all kinds, but leaning towards the Classical. Come and have the blood stirred by 'Land of Hope and Glory', or soothed and relaxed to the music of Puccini. And, of course, refreshments at half-time!

Eric Adamson 01449 676 446



Music Appreciation (2):-

Due to technical problems with the equipment and my possibility of moving, the group is suspended for the moment. Thank you to those who came regularly and will hope to re-convene in the New Year. Watch this space! Connie Ruegg. 01449 674 673



Myths and Legends:-

Well, things are changing!! We have enjoyed our time together so much that we have decided



to increase our field of interest to include 'Story Telling'. Please note that there is no adjective limiting the range and function of story telling. We have had our first session which proved to be very lively, wide reaching and both personal and humorous, childish and adult in content - Oh, Yes, we had a wonderful time together telling tales of all sorts!! For further information please contact -
Kate Riddleston 01449 612 871

Needle Craft Group:-

Are you interested in Embroidery, Crochet, Rag doll-making, Toy making, Teddy bears, Bead work, Sequins or other handicraft needle work to make such things as Christmas presents etc. ??
If so, please contact :-
Alicia Beaton 01449 616 172 ,
who would like to start up a new group.



Poetry:-

I have been asked to say a little about our Poetry Group. This is my 4th year as a member and I can truly say it has been a great pleasure.



Everyones' tastes are catered for, from Shakespeare to the Poet Laureate, and many of our members have been moved to write some of their own. Just a few lines I am sure you will all remember from your school days, -----
Connie Ruegg

*Fenny kiss 'd me when we met,
Jumping from the chair she sat in;
Time, you thief, who love to get
Sweets into your list, put that in!
Say I'm weary, say I'm sad,
Say that health and wealth have miss 'd me,
Say I'm growing old, but add,
Fenny kiss 'd me.*

Contact:- Sheila Dobey 01449 677 265

Town and Village History:-

Because there was no meeting in June, and the September one had to be cancelled, because of illness, there is not too much to say.



The July meeting to Ickworth House was arranged by Mike and Mary Hitchcock went off very well in spite of the inclement weather. On arrival we wandered round the garden, which was followed by a tour of the House. Then lunch in the subterranean café. After this several wandered to the deer park, but the walk was curtailed by a heavy storm. So, it was back to the cars and home.

The August meeting, arranged by Wendy Morgan, was a second visit to Hadleigh and which was as successful as the first visit last year. Wendy had arranged visits to two old properties and also produced comprehensive notes. A most enjoyable lunch was had at the Smugglers Restaurant.

Our next meeting as I am writing this in September will be to Laxfield and Huntingfield. John and Maggie Scott are organising this.
Ann Watsham 01449 672 706

U3A Suffolk and District Network:-

By fair means or foul I have managed to become the Regional Contact for the Suffolk and District Network of U3As (SaD for short). Generally my role is to maintain communication links with member U3As.

These are currently :- Bury St. Edmunds, East Suffolk, Halsted, Haverhill, Stowmarket, Stour Valley, Sudbury and the most recently formed U3A, Halesworth. This network exists to promote learning and to share ideas and good practice for the benefit of all U3A members.

The network, whose officers represent various U3A s meet twice yearly. The group is currently responsible for setting up the Study Day to be held in the High School in Stowmarket on Monday, 14th February 2005. This Study Day is entitled "The Changing Face of Suffolk".

The speakers will be Duncan Brodie, Business Editor of the East Anglian Daily

Times, and Lady Jill Freud well known for her work at the Summer Theatre in Southwold.

In my role I aim to visit the member U3As during the next year.
Sally Taylor 01449 771 168

U3A Central Office News:-

The season of advertising the U3A Summer Schools is almost upon us. These have been proved to be very enjoyable for those who have already attended. Maybe you should think of it as something to do this coming summer, so keep a close lookout on our notice board for details.

Don't forget that there are quite a few online courses obtainable through the U3A at really minimal cost. These also have proved themselves to be very good.

Lastly, but no less important the U3A publishes regularly 'Sources', a paper that gives news about various group networks that operate throughout the whole country. If you would like to receive a copy, which is free, have a word with Sally Taylor who will set you on the right track PGW.

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

Genealogy Group:-

Angela Bentley 01449 780 274

Scrabble Group:-

Sheila Dobey 01449 677 265 or
Maureen Wright 01449 711 455

Oh ! And please don't forget we are looking for a few to give us a turn at the Christmas 'do' to entertain us with a song - a story - a recitation or whatever, so long as it will amuse us. Don't be shy! So please volunteer to Pat Smith, either here at the meeting or by telephone on

01449 675 568.

Christmas Eve

Today with a list of jobs to be done
As long as my arm,
And too many people in too many places pushing,

Christmas has lost its charm.
What with neon signs blazing and dazing
As they changed, And nothing left in the shops..
No wrapping paper, tags or scarlet string,
Not a *thing* left

And the wear and tear
Of trying to get from A to B
And no time to spare for transit -
Oh, I lost sight of Christmas.
"Well, it's not for me anyway," I said,
"It's for the children."

And I waited, tapping my foot,
On an island in mi-traffic,
While the lights deliberately stuck
To prevent me or anyone else
Getting anywhere.
"Oh Lor," I said,
"Look at that terrible pink, plastic duck
In a sailor's hat
Going by under a woman's arm.
What's that a manifestation of?
Thank heaven there are no more shopping days
to Christmas."

Christmas?
Oh, Christmas. I'd forgotten.
I looked along the busy city thoroughfare,
The holly colours in a hundred rear lamps
Made their small contribution.
Red buses rumbled by, loaded with individuals
And their packages and private plans for tomorrow.
A Street band blew a carol.
The pink glow above the city
Hid the star,
But the street was bright with more than electricity
And through a crack in a man-made world
I caught a glimpse of the glory
And the goo of Christmas.

Joyce Grenfell



The Statue of Liberty.

Surely we all recognise it and probably many have actually seen it. Yes, it is very large but did you realise it measures up to this:-

Ground to tip of torch	300'1"	Distance across the eye	2'6"
Heel to top of head	111'1"	Length of nose	4'6"
Length of hand	16'5"	Length of right arm	42'0"
Index finger	8'0"	Thickness of right arm	12'0"
Chin to cranium	17'3"	Thickness of waist	35'0"
Ear to ear	10'0"	Total statue weight	225 tons
Width of mouth	3'0"	Steps to the crown	354

This landmark standing on the approach to New York and made to welcome people to the land of the free. Freedom ? What is that ? How do we recognise it ?

The stories we have heard over the past few years make me wonder even for life in this country! Have you thought about it ?

A Date for your Diary:-

On Monday the 14th of February 2005 the Suffolk and District Network of U3As is having a study day in the High School. The Subject of the day's study will be "The changing Face of Suffolk".

The main speakers will be Mr Duncan Brodie, the business editor of our local newspaper, the East Anglian Daily Times, and the Lady Jill Freud, who is very well known for her theatrical interests - especially that centred on the Southwold theatre. Watch our notice board for further information at our next meeting. There will also be 'fliers' to advertise the event very presently.

Tennis

In the world's great game of tennis

Which from pole to pole is seen

Let love be the point of starting,

Faults be few and far between;

Raise no wild unseemly racket,

From base lines of life break loose,

Win no underhand advantage;

This the moral we deduce.

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.



This nice photograph is another view of our visit to the kitchen gardens of Audley End House last June. Mike Thurlow, the head gardener is explaining the workings of the place. Our thanks for this photograph goes to Connie Ruegg.

Web Thoughts

Many members are now in possession of a digital camera, and it follows that many of these use Adobe Photoshop to enhance the pictures that result. However, there is enormous scope for creating pictures that leave the world of reality behind! Why not look at the efforts of others? Why not go to "<http://www.artpromote.com>"? As this site says: *'Release Your Imagination'*.

The shot I like is the fairy in the bulrushes - or was that a human butterfly?



Another two interesting sites I can offer is the webopedia - "<http://www.pcwebopedia.com>" and "<http://www.computerhistory.org>" both of which indicate their use by their names.

More next issue **Fred Stilwell**.

On the August Outing.

Some of our members at the National Stud with a couple of mares and their foals, seen on our tour around the 500 acre estate

Edited by Philip Weir

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