



Stowmarket U3A



THE UNIVERSITY OF THE THIRD AGE

Stowmarket and District Learning Activities in Retirement

Registered Charity No. 1002987



NEWSLETTER

No.47

WINTER 2017

There was a rare opportunity for us to showcase our U3A at the **Older Persons' Information Fair** held at the **John Peel Centre** in November.

Organised by **Jo Churchill MP**, this event aimed to bring together key organisations and service providers under one roof and give older people an opportunity to ask questions about a wide range of issues affecting their daily lives.



Our stand was packed with literature on the U3A movement in general with Andrea Burton, Connie Harford, and Lorraine & Keith Shelton on hand to



answer questions about this and our own U3A in particular.



Jo Churchill welcomed everyone to the event and was obviously sincere in her objective in making sure that the senior generation in Stowmarket was as well informed as possible about the



help available in the locality.

She later toured the whole thing and, it seemed, endeavoured to chat to somebody on every stand.



She spent quite a bit of time with us and showed that she was well versed in all things U3A. Vivacious, charming and knowledgeable; this was the impression we got of our local MP!



We collected together a lot of contact details from the show which Lorraine is keeping to hand and you can also follow up on these using the 'Links' page on our web site.

Ed.



A good time was had by all at our Annual Christmas Lunch at The Cedars on the 14th December, 2016

At the end of the meal we were again entertained by members of the Singing Group (page 3), led by Hilary Foster, and encouraged to join in the festive singalong.



Singing Group

The Singing group has gone from strength to strength! Our very first meeting took place on 2nd March and was kindly led by Connie, in my absence. Since then, numbers have gradually increased and we now have over 20 singers on our records. The usual turn out is around a dozen singers, which is more than sufficient to create a very pleasing volume!

We were delighted with the feedback received after we led singing at the AGM in September, and rather interested to see a short video of ourselves, kindly posted online. This positive response encouraged us to offer our services to lead carol singing for U3A members enjoying a Christmas lunch at the Cedars Hotel. This also appears to have been given the 'thumbs up'! Whatever next?

Due to increasing numbers, our treasurer, Peggy, announced a sufficient surplus in funds to reduce the fee

charged each session, which covers the cost of hiring a room at Hillside. We greatly appreciate Peggy's support and would like to take this opportunity to say a sincere 'Thank you!' to her.



Another 'thank you' must also go to Susan who organised a meal for the group at The Mill, near the station. Everyone was impressed with the warm welcome we received and the standard of food was excellent. I have no doubt we'll want to repeat the experience! Good choice!

The meetings next spring will continue as before – on the 1st and 3rd of the month - 2pm at Hillside community

centre (at the Combs end of Stowmarket). There is plenty of parking and we would be delighted to welcome more singers should anyone be tempted to join us. Having a fantastic voice it absolutely not a requirement, enjoying the pleasure of singing together is what we're about. We sing for fun and additionally benefit from the friendship the group offers.

The range of songs we sing is vast. We sing folk songs, hymns, pop songs, songs from other cultures, rounds etc. No-one is expected to read music and unfamiliar songs are gradually learnt over a number of weeks. We don't intend to 'perform' but we're happy to lead the singing as mentioned above.

We look forward to seeing you!
Happy New Year!

Hilary Foster

Discussion Group

Philip Weir has stood down as convenor after many years and thanks go to Philip for all his hard work. David Warner has taken over as convenor and the group continues to evolve. Discussions continue about the topics and how we run the group.

We have already had lively discussions on climate change and recently the

June Referendum, with 3 voters on each side of the debate.

Some of the numerous reasons our members come along are: to talk about things - social, cup of tea and company – have an argument and still be friends – enjoy conversation – good company and banter – lovely nuggets come out – hear what others think – to be opinionated – to learn and explore issues

about life (and death).

Our programme for 2016/17 is on the website. We talk about the main topic and often many other related and unrelated subjects too. We meet from 10am to 12 noon on 2nd Tuesday.

Do come along and enjoy the banter, get serious and have a laugh too.

David Warner **01449 612 730**

Painting for Pleasure

I am pleased to report that the painting group has now settled down to a regular eight or nine people each session despite a "wobble" of very few in the summer months.

Although everyone is happy to pursue their own agenda, sometimes inspira-

tion is drawn (literally!) from some still life objects. A variety of work is accomplished using many mediums. Dancing girls, sprigs of holly, birds, landscapes from foreign holidays, swimming dolphins, white hellebores, a handsome bull, intriguing abstracts and Christmas cards were all to be found around the room in December!

Hopefully we will show some of our work to you at the Showcase meeting in May.

We would be happy to make room for you if you would like to join us!

Best wishes to all for 2017. **Nina**

TOWN AND VILLAGE PROGRAMME, 2017

MARCH 2nd

Walk around LAVENHAM
Keith and Lorraine Shelton 01449 768 744

APRIL 6th

Coach trip to LONG SHOP MUSEUM, LEISTON and ALDEBURGH for lunch. Leave Solar at 9am for Leiston. On arrival tea, coffee, biscuits (included). Leave Aldeburgh 3.30pm to return. Cost £16 – please pay when you reserve your place.
Linda Benbow 01449 673 335

MAY 4th

EASTON PARK (or TIDEMILL WOODBRIDGE)
Pat Griffiths 01449 721 137

JUNE 1st

RIVER DEBEN BOAT CRUISE. We start at Waldringfield Boatyard for a 2hr boat journey along the River Deben with many places of interest. Price includes fruit scones with jam and butter with tea or coffee. Leave Solar at 9.30 TO SHARE LIFTS. Parking details on ticket. Lunch at Maybush Inn if required.
Angela Bentley 01449 780 274

JULY 6th

SUFFOLK REGIMENT MUSEUM
Harold Turner 01449 678 882

SEPTEMBER 7th

TBA. A volunteer required to organise this outing.

OCTOBER 5th

NEWMARKET MUSEUM (recently opened by the Queen)
Janice Prior 01449 676 425

NOVEMBER 2nd

AGM. Organiser required

For more information about any of the above, please contact the person named.

Updates from Andrea

In the **French group** we continue to enjoy reading stories in French and practising our grammar. Unfortunately, the group is full at the present time.

After many years, I have decided to stand down as convenor for the **Longer Strolls** group. From January onwards, Phil Webb and Anna Bradshaw will be jointly taking over the organisation for the group. Contact details as per programme schedule, P6.

Membership information.

Just a reminder for group convenors to check that all their members have remembered to renew their subscription for 2016/2017.

An insert for the membership card has been prepared giving the full details of the **2017 meetings/events programme**. This has already been widely distributed but if you haven't received yours, a copy should be available from your group leader or me at the meetings.

Town and Village History Group—news update

Our end of year get together was very well attended so a huge thank you to everyone who came along to the AGM at Salvation Army Hall on November 3rd.

An armchair walk around Stowmarket was the theme of the talk presented by Darren Dordoy. Darren is Visitor Services Officer at the Museum of East Anglian Life and he entertained us with slides of the town and many fascinating facts and anecdotes.

We were very pleased to be able to compile a programme of outings for 2017 from members' suggestions (see alongside), so if you are interested in

coming along then please contact the organiser by phone or see our table display at the U3A monthly meetings. Outings are also publicised on the website and are open to any U3A member.

Afternoon tea and cakes at the end of the meeting were enjoyed by everyone.

Just another reminder, please, that with Angela and Linda both standing down as convenors of the T&V group there is an urgent need for someone to take over as coordinator/leader.

Linda Benbow

Scrabble

There's now a regular Scrabble meeting, 2nd Tuesday, 2.00pm-5.00pm.

Newcomers welcome — please call me if you would like to join. Other groups by ad hoc arrangement.

Intermediate Bridge

Meets every Friday, 1.30-5.00pm; experienced whist players are very welcome to come and learn to play bridge.

...for Scrabble and Bridge

Mike Last 01359 2414 703

Gardens & Things

September: At the AGM/Groups day, our G&T table proved to be very successful, with at least four people coming forward with new ideas for the 2017 programme.

November: Fourteen members attended our annual meeting at the Bowls Club. We were pleased to agree on a pro-

gramme of activities for the whole year—the first time in many years that this has been achieved!

All the details can be found by following the G&T link on the Groups page on the web site..

Please give your support to those who have volunteered.

Harold Turner

Computing & Technology Group

Last year, July marked the Anniversary Update of Windows 10 and the trials and tribulations attached to that dominated a lot of our meetings. Most members have moved to Windows 10 without problems but some have struggled with the updates. Several have decided they'd rather keep Windows 7 and one or two are keeping at least one machine on Windows XP.

In addition to Windows 10, of course, we covered many other topics e.g. Researching your Family History on the Internet, iTunes, Tablets and Smart Phones, Computer Safety and Security, Ransomware, the Windows Right Click (Context menu) and Free Photo manipulation programmes.

As briefly mentioned in the last Newsletter, in October 2016 we decided to rename ourselves the 'Computing & Technology Group'. We noticed that several times in the recent past we were discussing aspects of modern technology that increasingly affect our lives but are not specifically PC related.

Also, we hope that this may encourage more members to join as *at the present we are not limited on the numbers we can accommodate*.

Once again, in December we had our 'Fun' session and had an excellent buffet spread made up of all the seasonal goodies brought by everyone. We did indeed have a lot of fun - too much to mention here - but all the details of the day are listed in the report for the day which can be found following the appropriate links from the Groups page on the web site.

We finished the day with a look at **TED** talks. TED is a non-profit organisation devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where **T**echnology, **E**ntertainment and **D**esign converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. .

I've often thought that TED talks could themselves become a U3A group, say with the members researching a partic-

ular talk in turn then presenting it to the group who would discuss it afterwards. Alternatively, TED talks could become an adjunct to other, established, groups including perhaps this Computing and Technology Group!

Having been hoist on my own petard, we put this to a practical test in our January meeting. We viewed 3 short Computing/Technology biased TED talks and had a discussion after each one. The first was an entertaining romp through some hints and tips entitled, '10 Tech Basics You Think Everyone Knows (But They Don't!)' followed by 'we are all Cyborgs' concerning wearable tech, phones and social media where many people today actually have two selves, the real one and the online one. The last video, 'The Future of Work' looked at the development of artificial intelligence and it's impact on future job opportunities for human beings.

It was all very stimulating and enjoyable and confirmed that TED talks could become a useful tool for our U3A members.

Peter Dakeyne

Electoral Systems and Reform



Our small group is now underway and the next meeting will be on Monday 23rd January, 2 to 4 PM at 20 Thurlow Court (off south end of Bury Street). Later meetings will be on the fourth Monday of the month, same time, same place.

Let's face it, most people find talk about electoral reform pretty boring. And rightly so, because it usually consists of attempts to weigh up the relative disadvantages of first past the post and the various current forms of proportional representation -- just how much less fairness is needed to get how much more stability, and so on.

Rather than this, we are discussing new ideas about how things could be done -- a new and much improved form of proportional representation -- how this could be combined with single-party government, one likely to give greater continuity and stability, and also fairness in its policy.

You won't need any previous knowledge of electoral matters to take part in the discussion group. I should be able to provide information on the various systems et cetera. If this interests you, please get in touch with me by telephone or email (telephone 01449 736 223, email chapman@netcourrier.com — but note the double rr in the email address).

David Chapman

PLAY READING GROUP

RE-LAUNCH

Some of the members of the original group have decided to get together again and re-launch the PLAY READING Group

FREQUENCY: 2nd Monday in Month

DATE OF FIRST MEETING: Was 9th January 2017

TIME: 10.00a.m – 12.00 noon

LOCATION: 69 Bury Street,
Stowmarket, IP14 1HD

Please contact **Maureen Wingham-Eaton** for further information.

Tel: 01449 771 200

My Childhood in Holland during WW2

Due to reasons unknown, the scheduled Speaker for the meeting on 16th November failed to arrive. Fortunately **Tingey Hart** agreed to step into the breach and she gave an informative and entertaining off-the-cuff talk.

Tingey was brought up in Holland during WW2 and she recounted various events that were part of everyday life for the Dutch in Rotterdam during those years.

She spoke about the extreme food shortage to the point that meals were made from boiled sugar-beet which her mother creatively fashioned into meals. Although Holland was a fertile country the Germans commandeered the food so that even potatoes were a luxury rarely obtained.

There was a curfew and she spoke of the difficulty that could be experienced trying to get home before curfew. Young people met with friends but had to keep an eye on the time to ensure they could be home by curfew. Although they could use the trams these were full of Germans, so often they had to jump off near their destination and if necessary run to get home.

Tingey recounted an instance when a German officer came into her father's garage to get a bike mended; he started walking to the back which was screened off; her father asked her to go and speak to the soldier and try to get him back towards the front, which she managed successfully. After the event she discovered that behind the screening were German uniforms and weapons. She then learned that her father

was a member of the underground and this equipment had been used to release a number of young men who had been rounded up by the Germans and due for execution the next day.

Tingey recalled that even when the allies arrived and they were offered food and chocolate, because they had been starved it took a long time before they could eat much at all.

Tingey was an entertaining speaker and it was a reminder to all of us who lived in Britain through WW2 with air raids, rationing and all the other deprivations at least we were not occupied, and that it was so much worse for those living in occupied countries.

Maureen Wingham-Eaton



'Kitchen Chemistry', Dr. Stephen Ashworth, 19th October



Dr. Ashworth gave us a wonderful talk on this topic, and fascinated all of us with a very generous helping of science in everyday life, especially in our kitchens. He gave us practical examples of the use of common household materials, such as salt, water, bicarbonate of soda and vinegar, etc., to create puzzles and illusions that many of us would have thought impossible.

It was all very light hearted with examples such as chemicals causing colour changes, and floating and sinking objects



keeping us amused. A toaster and plastic bag were all that were needed to demonstrate the principle behind a hot air balloon!

These demonstrations were delivered with panache and humour and left us with a lot to think about for a long time to come.



Our eager questions were very patiently answered. The mystery experiment at the start of the programme, a catering sachet of sauce floating at the top of a bottle of water was seen to rise and fall on command - which left us baffled, was finally revealed - finger pressure on the plastic container made the object fall by compressing the air trapped in the sachet, and releasing the pressure allowed it to rise[#].

We returned home filled with enthusiasm and ready to try some of the simpler experiments we had been shown

and perhaps amuse our grandchildren in the process!

Thank you Dr. Ashworth for such an interesting lecture. Please come again.

Alicia Beaton

Dr Ashworth is a Reader in the School of Chemistry at the University of East Anglia. He has been giving demonstration lectures to audiences like us for over a decade. In the last few years he has developed strong links with Scifest Africa and is now a member of their Advisory Committee. He is also a Public Engagement Ambassador.

[#]*The control in a bottle experiment is known as the Cartesian diver and is based on Archimedes' principle. This, and a description of the all experiments he performed for us and the scientific principles behind them can be found on his website,*

www.kitchenchemistry.eu/topics/.

Ed.

This month's Puzzle — WORDOKU

R						A		I
			E		S		N	
	D		A		B	S	R	
N	A							
		B		D		N		
							E	A
	B	G	N		D		I	
	R		S		I			
A		I						G

B	D	E	G	S	N	A	I	R
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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 one of our favourite pastimes. (Solution on last page)

Coming up.....



February 15th

“The History of Spoken English”

Charlie Haylock

Charlie will show us how each invading force, whether it be the Angles, the Saxons, Vikings or Normans, has affected the sounds of our language.

Please note: This Charlie Haylock meeting will be at ‘The Mix’ in Stowmarket (opposite The Regal), not the URC Hall. 2pm - 4pm

March 15th

“Acquainting Afternoon”

We will have the opportunity to chat and share ideas for future activities and speakers.

April 19th

“Britain’s Finest Hour”

Joyce Kimber will share memories of World War 2, using excerpts from Churchill’s speeches and encouraging audience participation through the use of music of the period.

The full year’s programme is available on our web site

STOWMARKET U3A, ACTIVITY & INTEREST GROUPS - January 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 (2) Bryan Hilton 01449 722 290	Monthly: 4 th Thursday 12.30pm
ART APPRECIATION (SEAM) Devam Hendry 01449 615 966	Monthly: 3 rd Monday 2.00pm	LUNCH CLUB (3) Brian O’Shea 01449 614 129	Monthly: 4 th Thursday 12.30pm
BOOK CLUB Mary Bradley 01449 775 628	Monthly: 4th Monday 2.00pm	MUSIC – Classical Ian Hooper 01449 770 179	Monthly: 4 th Tuesday 10.00am
BRIDGE INTERMEDIATE Michael Last 01359 241 703	Weekly: Friday 1.30pm	MYTHS, STORIES AND LEGENDS Philip Weir 01449 676 528	Monthly: 1 st Monday 2.30pm
CANASTA Hazel Burl 01449 615 581	3/Month: 1 st , 3 rd , 5 th Wed. 9.30am	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 Relaunch Jan 2017 Maureen Wingham-Eaton 01449 771 200	Monthly: 2 nd Monday 10.00am
DISCUSSION David Warner 01449 612 730	Monthly: 2 nd Tuesday 10.00am	POETRY Tony Taylor 01449 258 192	2/Month: 2 nd , 4 th Thursdays 2.00pm
FRENCH CONVERSATION Andrea Burton 01449 258 865	2/Month: 2 nd , 4 th Tuesdays 10.00am	SCRABBLE PLAYING GROUPS Michael Last 01359 241 703	Several - By Arrangement
GARDENS & THINGS Harold Turner 01449 676 882	Monthly: 3 rd Thursday 9.30am (variable)	SINGING Hilary Foster 01359 241 773	2/Month: 1 st , 3 rd Thursdays 2.00pm
LUNCH CLUB (1) Angela Bentley 01449 780 274	Monthly: 2 nd Thursday 12.20pm	TOWN & VILLAGE HISTORY Leader(s) required!	Monthly: 1 st Thursday 9.30am (variable)

U3A Explores Science at the Ri

Thursday, 16 March 2017 from 13:15 to 16:45 , £21.50 pp.

Summer Schools, 2017

17th - 20th July at Harper Adams University, Newport, Shropshire

14th - 17th August at Royal Agricultural University, Cirencester

11th - 14th September at Royal Agricultural University, Cirencester

Full details of all these on the Members' area of www.u3a.org.uk

24 hour legal advice line paid for by The Third Age Trust. This telephone advice service is available to all U3A members not just committee members; there is no limit to the number of calls you can make and advice will be given on all aspects of law.

Arc Legal Assistance in partnership with Irwin Mitchell Solicitors

Telephone number 0344 770 1040

Quote - U3A Legal Helpline. If you are asked for an insurance number you should say that you do not have one.

U3A on Radio 4

There are (now) 1,001 U3As in the UK with close on 400,000 members. In

December last year Eric Midwinter, one of the 3 U3A founder members was invited back to speak on 'You and Yours' on Radio 4 to celebrate the 1000th U3A formed since he first appeared there in 1981.

Some 400 letters were received in response to that first broadcast which provided the springboard for the formation of the movement in the UK.

The full programme from 12th December is still available and the U3A is the last item starting at 33min. Just click on the last tab to hear it at

<http://www.bbc.co.uk/programmes/b084thf4>

A very warm welcome to all our recently joined members. Would you (or any of our established members, of course) like to be more involved and join the Committee, or perhaps be co-opted for a while to see if you enjoy it?

We would particularly welcome anyone who is interested in liaising with group leaders and we are also looking for someone to support the Membership Secretary with her duties.

It can be quite rewarding to be at the centre of the decision making that shapes our U3A. If this is you, please contact any of the committee below.....

WORDOKU—Solution

G	S	D	R	E	B	I	N	A
N	A	B	I	G	S	D	R	E
R	I	E	D	A	N	G	B	S
A	E	R	N	B	S	I	G	D
S	G	N	A	D	R	B	E	I
B	D	I	E	S	G	A	R	N
E	R	S	I	B	A	N	D	G
D	N	G	S	R	A	E	I	B
I	B	A	N	G	A	R	S	E

GARDENING

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 722 290	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	

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