



HALESWORTH U3A NEWSLETTER

1. FORTHCOMING EVENTS

Tuesday 17th March 14:30

Open meeting at The Cut, Halesworth

BERLIN 1944-1989

Berlin has been the scene of world changing events during our lifetime. Dr John Greenacre, formerly a British Army helicopter pilot and now a lecturer at Sussex University will examine the turbulent history of this fascinating city.

This event is free of charge to U3A members and £3 for guests. Please arrive early enough to show your membership card and obtain your entry tickets from the Cut Box Office before the talk starts. Perhaps also early enough to have a snack lunch at The Cut Café.

Friday 27th March

New Members Coffee Morning at The Cut 11:00 – 12:00

On the last Friday of the month

New members and those interested in finding out more about the U3A are welcome to come along and pick up information about the activities of Halesworth U3A. Refreshments are available.

It's Bury St Edmunds birthday!

Well at least it is 1000 years since the foundation of the first church on the site. The first church was built for King Cnut in 1020 and the town are celebrating this anniversary. We will be running a coach trip to Bury St Edmunds in June, details to follow.

2. RECENT ACTIVITIES

February Monthly Meeting

"HISTORY OF MARRIAGE for better or worse"

Toni Newbald and Kate Broad gave us an entertaining description of marriage in the Victorian era, based on their exploration of family history - their own and other peoples.

There were plenty of amusing anecdotes about particular couples and local customs as well as some sadder stories illustrating (among other things) the economic necessity for women to marry. But did you know that the word spinster originally meant a woman who earned enough from her expert spinning to be financially independent enough not to need to marry? Thank you Toni and Kate for an entertaining afternoon.

3. GROUP NEWS AND OPPORTUNITIES

The Country Dancing Plus group were pleased to welcome some new participants at their Valentines afternoon dance event.

There are still vacancies in the group so if you think you would enjoy some musical exercise why not go along? The Group meets at St Mary's church hall in Halesworth on the **second and fourth Wednesday afternoons** of the month with John Self as tutor.

The current Third Age Matters magazine has two mentions of the benefits of dancing; research shows that "cycling and dancing are better for memory than Sudoku". Alzheimer's Research UK advises that activities to



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improve balance and co-ordination such as dancing, yoga or ball games twice a week can reduce the risk of dementia.

(Hmm, I'd better sign up for the dance class then. See you there? Ed.)

Genealogy: a few expressions of interest have been received but no-one has yet volunteered to coordinate the group. Expressions of interest to the [Interests Group Coordinator](#) please.

The Real Ale and Local Pubs Group has closed to new members but will run a waiting list. Owing to the diminution in regularity (and reliability!) of bus services in our area the Group now use the Halesworth Community bus for transport to pubs. The capacity is therefore limited. However when it is possible to use train services, those on the waiting list will be invited along.

Handicrafts: a planning meeting is to be held in March, further information in due course.

*** WE HAVE A NEW WEBSITE
MANAGER! ***

Nick Amery has kindly volunteered to become the Halesworth U3A website manager from 1 March.

Nick can be contacted via the website contact page and we are all grateful that he has taken on this role.

Our sincere thanks go to Chris Gardam who has been a kindly, helpful and super-efficient website manager.

Thanks Chris!!

Halesworth U3A Science Group

The U3A **Science Group** meets on the fourth Thursday of each month at 2:00 pm in the side room of the United Reform Church in Quay St. The programme of this year's talks is on our website:

<https://u3asites.org.uk/files/h/halesworth/docs/2020scienceprogramme.pdf> . New members are welcome

as are U3A members who might be interested in a specific topic, but not necessarily wishing to join the group. Further information about the group is on the website

<https://u3asites.org.uk/halesworth/page/15732> or contact Ken at U3Ascience@btinternet.com .

The meeting on **March 26** will be about **Pollution and Health** led by Colin Jones & Martin Stevens.

Community Technology Group is open to new members

'If the only tool you have is a hammer, the whole world begins to look like a nail'

The original Community Technology group, now known as 'ComTech2', is starting some new projects and we are looking for people to join us to help broaden our perspectives.

If you have technical knowhow we would love to hear from you but we would especially welcome people without technical experience. There is a curious paradox in developing new devices – knowledge of the technology somehow gets in the way of seeing clearly the problem you are trying to solve;

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hence the analogy with hammers and nails. Our group are still using the computers we started with – the Arduino family – and we can run programming sessions for those who are interested. But you don't have to become involved in the programming if you don't want to. Our aim remains the same: to develop technologies of our own which are of value to the community. We are also looking at using new computers. In common with the Arduino there are now many that are remarkably inexpensive and easy to set up and program. One possibility here, if you are aware of such things, is the 'Beagle' range. These are new to us so if you joined us we would be all learning together.

For more information see the ComTech2 page on the U3A website where you can click on the 'bird' to contact us.

New Local History Group

The Local History Group met for the first time at the end of February and participants have agreed to continue to meet on the fourth Tuesday of the month.

Initial focus will be on researching the history of villages and settlements close to Halesworth, including those for which the Halesworth Museum would welcome more information. There is a wealth of local history to be discovered; from prehistoric, Roman and post-Roman settlements, through the medieval period up to the 20th Century.

There will be opportunities for a variety of projects; possibly also field trips and visits to Record Centres. The group may also arrange for expert speakers to visit Halesworth.

The next meeting will be on **Tuesday 24th March at 10am at Halesworth Museum** to learn about the resources available at the Museum. If you are interested in learning more about the history of the local area, or, you have knowledge that you would like to share, come along to the meeting or contact the Group Coordinator using the "Blue Bird" on the U3A web site.

4. The Wider U3A

Did you know that there are now 1050 local U3As across the United Kingdom with over 444,000 members?

Last year the Third Age Trust carried out a country-wide membership survey. The survey involved 4,500 paper forms sent out to 202 U3As selected at random. For those of you who don't receive the "Age Matters" magazine here is a precis of some interesting findings:

- ❖ 95% of U3A members use the internet
- ❖ 97% use email

(How does the other 2% use email if not via the internet I ask? Ed.)

- ❖ 70% of members are female
- ❖ The average age of members is 73.6 years

The survey is available to download and read from the January edition of the U3A on-line newsletter obtainable from the U3A website -

<https://www.u3a.org.uk/about/newsletter>