

STOUR VALLEY



THE UNIVERSITY OF THE THIRD AGE

LOCAL INTEREST GROUPS BOOKLET 2018 - 19

The University of the Third Age is a national self help organisation of over 400,000 members. It's for people no longer in full time employment, providing educational, creative and leisure opportunities in a friendly environment.

Locally, the Stour Valley U3A (SVU3A) is a group of over 300 men and women from all walks of life and very varied educational backgrounds who enjoy socialising and learning together in an informal atmosphere.

As well as attending monthly lectures throughout the year, members can study many different subjects and enjoy activities by forming Interest Groups. Currently there are over 30 such Groups each having a Leader. These are listed in this booklet.

You will also find news items and details of events being organised by our U3A Groups, by using our website. It is very easy to access so do log on and make use of it:

www.stourvalleyu3a.org.uk

We welcome new members and ideas for further groups
which we will help to set up
See last page for a list of Group Leaders and contact details

The Art Lovers

Originally the Art Appreciation Group, we have recently rechristened ourselves, as that sounded a bit dry and our aim is as much about enjoying art in its many forms as it is in discovering more about them, both by visiting exhibitions, galleries and museums and from each other. We meet in the New Year to decide on a programme and different people volunteer to make arrangements for each visit.



This year we have once again ranged near and far. Locally we have been to the Fry Gallery in Saffron Walden for a talk on Edward Bawden and to visit the exhibition *Bawden at Home*. Some of us are hoping to join a guided tour of Great Bardfield in August, led by Janet Dyson, author of the book *Artists of Great Bardfield* to see the houses in the village where a number of Bawden's artist contemporaries lived, as well as Bawden himself. We have also ventured to the Sainsbury Centre at the University of Norwich for the exhibition *New Architecture: 1960-90* and explored the Permanent Sculpture Trail. Further afield we have made several pilgrimages to London for the Tate Modern exhibitions on Modigliani & Picasso, to the Royal Academy & the Queen's Gallery for the Charles I & Charles II exhibitions and visited the National Gallery to see *Monet & Architecture*. (Some of us even cleverly managed to fit in our last three visits to the Queen's Gallery for the price of just the first!)

With three more expeditions to London still planned this year: a house tour of Two, Temple Place, the Mantegna & Bellini and the Lorenzo Lotti exhibitions at the National Gallery and the Burne-Jones at Tate Britain, we haven't had time yet to think about 2019.

Our group is currently full, as we prefer to travel by car or train, avoiding the expense of coach hire but contact Lucy for current status.

Please contact Lucy Marshall (01206) 323197



Art Workshops

We start our new term 2018-19 with a change of title from 'Sketchers and Painters' to 'Art Workshops'. This year we will be looking at the techniques of the Old Masters. Each month the workshop consists of a demonstration and explanation given by the course lecturer Grace (a professional artist and teacher).

Members will then create their own work in a suitable medium. We all paint along together. It's a fun time with coffee and exchange of ideas. We welcome new members of all levels of ability. Our usual venue is The Lambe School, East Bergholt, although on occasion we work outside in the open air.

To join - email: lesleyjsouthgate@gmail.com

Book Group Mark II

We meet at 10 am in a different member's home once a month on the 3rd Tuesday. Our book list is compiled by our members and Manningtree Library obtains the copies for us. One member



introduces the book, mentioning the author's life, themes and other books etc., and initiates the discussion which often results in interesting conversational developments due to diverse views.

We are a friendly, welcoming group of readers.

Please contact Doreen Bezant (01206) 298107



Camera Club

Meets 3rd Thursday of each month leaving Constable Hall car park at 9.30 am promptly.

This group is dedicated to enjoying photography, irrespective of ability or the amount of equipment carried. The group is motivated by its members - suggestions and recommendations for venues are welcome. The experienced leader is on hand to encourage and help so no need to be ashamed of your Box Brownie, although mostly digital technology is used. Room for more enthusiasts to join us.

Recent places visited include Mistley Quay, Beth Chatto's Gardens, Landguard Fort and Christchurch Park.

This is an "Out and About" Group so check with Leader to get details of what might be happening. The session usually ends with a social cup of coffee! No cost except shared petrol by arrangement.

Please contact Tim Stott: lightangle@btinternet.com

Cards, Quilters etc

We are still struggling to get this group established - there is lots of interest amongst members but we need a facilitator. Contact the Group Coordinator if you can help.



Chess

We currently meet once a month in the Lambe School at 10 am.

We are not grand masters and have a diverse standard of play. Chess can be both simple and complex, but it is only necessary to learn one or two openings and perhaps some essential positions in the end game, to get started. With this in view, we now have the opportunity to have a

one-to-one tuition event offered by Manningtree Chess Club on a Wednesday evening.

Please contact Doreen Bezant (01206) 298107

Churches, Cathedrals & Historic Buildings

This group has made many splendid visits over several years, including about 9 Cathedrals, 125 medieval churches in Suffolk and Essex and a range of historic buildings. The Group meets for a church visit on the 3rd Wednesday of each month which also includes lunch at a suitable tavern. There are occasionally vacancies for new members.



Please contact Anne Padgham (01206) 395676



Country Walks in Suffolk & Essex

The group meets on the first Tuesday of each month at 10 am for a 10.20 start. Our walks are of 3 to 4 miles but not too strenuous! The walk is usually followed by a pub lunch for those wishing to stay. Each walk is led by a member or members of the group who have chosen and researched a route . This year we have had very pleasant walks in good weather and they have been well attended. New walkers always welcome....

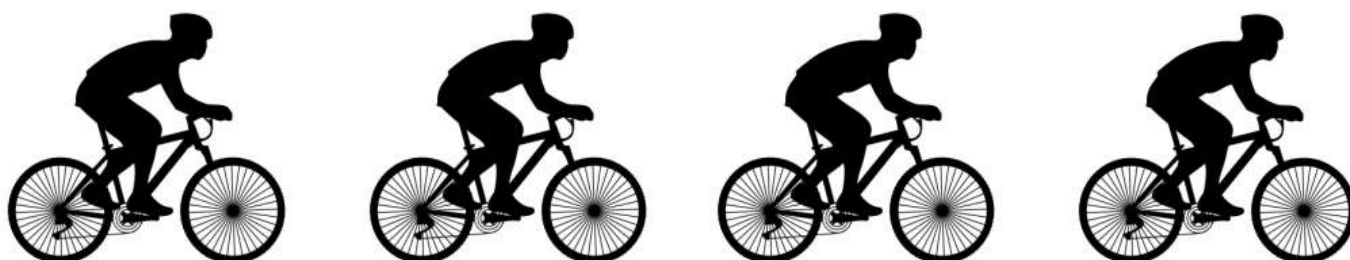
Five Mile Walking Group

The Five Mile Walking Group expresses its ambition in its title. Just a year old, the group is well supported. It operates on the same basis as the Country Walking Group (as above). Each member is encouraged to identify a suitable route within a reasonable distance of the Stour Valley; carry out a pre-walk inspection of the terrain; suggest a suitable pub for lunch. Shared transport is encouraged. Starting at 9.30 am the Group walks on the second Monday of the month. New walkers always welcome - just contact the Groups Coordinator to join -

Graham Manuel (01206) 299628

Cycling

Coming soon a summer cycling group riding out twice a month in fine weather only. Sign up sheets available soon - in the meantime contact Graham Manuel (01206) 299628 to express an interest.





Curry Club

Started last February, this group has attracted over thirty members who like eating curry. We are always open to take on more U3A members with a similar passion. Over the past eight months we have visited exotic places like Colchester, Ipswich, Hadleigh and Harwich in search of the perfect. We assemble at

6.30 on the first Tuesday evening of each month at the carefully selected venue. Over twenty members regularly attend. Why not join us? ...

Please contact Graham Manuel (01206) 299628

Discussion

Generally each member of the Group is asked to write about a subject which has been agreed by all. This paper is then distributed one month before the meeting giving us ample time to prepare our own views. Recent topics have included:-

Gambling, The Cashless Society, Amateurism vs Professionalism, Hidden Needs in Suffolk, General Data Protection Regulation, Books and Our Lives and Neuroscience and Everyday Life. From time to time we change the format and may decide to have an impromptu discussion on a news item.



Please contact Michael Wilson: michaeljwilson1938@gmail.com



European Travel Group

This Group started in September 2017 to enable like-minded people to travel together outside of the United Kingdom so that the increasingly fraught business of passports and customs can be managed collectively. Based upon the annual group meeting, a selection of destinations are established for the twelve months ahead. We have travelled to the Christmas Markets in Germany, the bulbfields of Holland and enjoyed a great week at Lake Garda during October 2018. We work with Tailored Travel - a respected provider for U3A Groups - and will visit the Netherlands in March and Croatia in October 2019. New members always welcome, and a one off joining fee of £5 is needed to help cover costs.

Leaders: Graham Manuel 01206 299628 gandamanuel@gmail.com and Val Pretty 01296 391255 valerie.pretty@btinternet.com

French Improvers

This group is aimed principally at those wishing to get by whilst on holiday across the Channel. We meet on Tuesday afternoons (except in the bowling season!). The group follows the BBC course "The French Experience" and we are making progress with Book 2.



Please contact Margaret Wheatley (01206) 298627

French Conversation

This recently established group meets on the 3rd Wednesday of the month - initially at Hearts Delight Garden Centre but contact the Leader below for up to date information.

Please contact Michele Leech (email: micheleleech@aol.com)

Garden Visits



These will be discussed at our November Coffee Morning.

Please contact Val Pretty:

Tel: 01206 391255 or email: valerie.pretty@btinternet.com

Gardens & Historical Building Holiday

Details of this popular annual holiday for 2019 are still awaited. Keep an eye on our website.

Genealogy

The group is mainly a self help group for beginners and those who are experienced, but stuck. We hope that many hands will make light work. At Lawford Venture Centre we have internet access. I also have worldwide membership to Ancestry and hopefully, that will be available to the wider group too. In the future if several members of the group wish to go to county records office or even Kew, we are hoping to car share and make a day out of the expedition with lunch somewhere. The meetings will be held monthly.



Please contact Gill Gibbs (01206) 393779



Invitation to View

Invitation to view is run via The Mercury Theatre in Colchester.

The new brochure is available in January/February each year - you can contact them on 01206 573948 to ask to be added to the mailing list. I try to arrange a meeting for members of this group in February. As the group is getting larger, I will book either The Benneworth Lounge or The Lambe School in January and notify members of the February date. A £2 fee per person will be asked to cover hall rental plus tea, coffee and biscuits.

As this group has been running a few years, we have visited many properties, some of which are worth another visit. I will ask for suggestions for one a month at the meeting in February and will contact those members not at the meeting to ask if they

are interested in the suggested visits. As this is popular, I need to book well in advance to ensure places. Invitation to View will give a credit if for any reason a ticket can't be used - but this is only available until December of the same year. If you have to cancel please see if you can find a friend/member who will purchase the ticket from you.

Some members may be able to offer lifts on these visits - please do not ask for a ticket until you are sure of transport. Could members willing to offer a lift please let me know at the meeting in February.

Please contact Val Pretty:

Tel: 01206 391255 or email: valerie.pretty@btinternet.com



iPad Learners and Improvers

iPads have become a fundamental part of many people's lives over the past five years and will become even more so in the next five years. If you haven't got a grip yet, perhaps now is the time to get up to speed. We are using the great team of volunteer tutors at Manningtree Library to make progress so that as a group we can learn in a collective and supportive environment.

Please contact Viv Sztasi (01206) 299319
or Graham Manuel (01206) 299628

Italian Improvers

At present we have 7 members in our group and we meet weekly on Mondays in East Bergholt at 2.00 pm for one and a half hours. The group at present is 'full' - in an intermediate level language group like ours we have found that 7 is the optimum number of students. This allows each group member to have his or her say comfortably, and our hostess is happy re accommodation and providing refreshments.

We cover Italian grammar and many Italian cultural topics. We continue improving conversational skills and revising Italian grammar on a broad front. However, while we can recognise verbs in the subjunctive mood, we do not pursue the study of this extensive topic in any great depth!

Cultural topics of virtually every kind in the past year have included translation of Italian short stories and biographies; studying Italian artists and musicians; an overview of historical aspects. We are indeed fortunate as a group to have so much interesting and accessible material.



Please contact Ken McLean (01206) 864921

Mah Jongg

We are a small group meeting in each other's houses every Friday morning to play the fascinating game of Mah Jongg, ideal in that it can be played both by novices and seasoned players together, in groups of three or four. A tile-based game of skill, strategy and calculation involving a degree of chance - we don't gamble, however! - It uses winds, dragons, flowers and seasons and includes games with colourful names such as *Four Blessings Hovering Over the Door*, *Gathering Plum Blossom from the Roof* and *Plucking the Moon from the Bottom of the Sea*. Originating in China several centuries ago and played widely throughout Eastern and South East Asia, it was imported to the West in the 1920s and has seen a recent revival of interest.



We also celebrate traditional Chinese New Year with a meal out. We are currently in the Year of the Dog and the Year of the Pig begins on 5th February 2019. (Beware if you were born in previous Pig Year; apparently next year may be an unlucky one for you!).

Numbers are limited by the size of our venues.

Please contact Lucy Marshall (01206) 323197



Nature & Wildlife

We meet on the 3rd Tuesday of the month, normally at the chosen venue at 10.30am. Our walks are leisurely with frequent stops to view the plants and wildlife we encounter. Meetings last for about two hours or longer if members wish to stay for a picnic or pub lunch.

We have a wide range of interest geared towards a particular genre depending on the time of year – birds, plants, butterflies etc. Venues visited include Lackford Lakes, Bradfield Wood, Minsmere, Abberton, Fingringhoe Wick, Stour Woods, Redgrave and Lopham Fen.

We are an informal group and keen to welcome new members.

Please contact David George Tel:(01206) 322 297



Petanque

We meet each Friday to and including 1st September - this year we have continued until the beginning of November as the weather has been so good. Winter break until May 2019.

Gathering point is Hare and Hounds Public House, East Bergholt at 2.00 pm. We have enjoyed the second annual match against Harwich U3A which was hosted at the Hare. New members always welcome and there is no cost other than a drink at the pub.

Please contact Len Taylor and Nick Miller (01206) 298667

Philosophy

The Philosophy Group continues to flourish with a number of new members gained during the past year. From September 2017 to July 2018 we looked at eleven very different philosophers from the past to those still living, all of which generated much interest. The early part of the two-hour meeting is normally spent considering the essential elements of their life and work. In the second half we aim to examine their relevance for today and the future.

From September 2018 to July 2019 we plan to read and discuss some of the most important books that philosophers have written. Only time will tell how far we will get, for some of them may require than one meeting!

The Group will continue to meet in the Small Sitting Room of Old Hall from 10 to 12 on the third Monday morning of the month. Half way through we break for coffee and biscuits where discussion continues of anything that comes to mind. Everyone finds a pound coin to meet the cost of heating and overheads. If philosophy is your thing we will be pleased to welcome you.

Contact John Gamlin (01206) 299538



Science



The Science Group in its 27 years existence has covered a variety of topics in many areas of science and technology. All our current and recent members have experience of some area, but we have covered many things outside any of our professional areas.

During this year we have been studying the application of quantum physics in biology, with the aid of a good recent book on the topic.

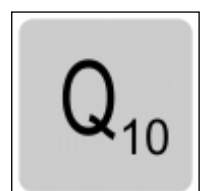
Before we began this I had given a brief introduction to the basic ideas of quantum physics (with the aid of Richard Feynman's lectures which have been published). My usual aim is to make such specialised material accessible to non-specialists and this has usually worked: my experience is that people with some sort of scientific knowledge have a head start in tackling another area. You might be surprised at some of the practical matters which have emerged: for example, migrating birds navigate using many senses including some which humans don't have such as a built-in magnetic compass. We have all found this interesting and have learnt a lot. We are near the end of this study and we propose to start on a new topic(not yet chosen) fairly soon.

Please contact Ken Cattermole (01206) 298209

Scrabble

This is a new and growing group of enthusiasts. We play once a month at the Lambe School during the Coffee Grinders social and then once a month at a members house. New members always welcome.

Contact Patricia Smith (01473) 871814





Singing for Fun

The above Group has been running for 20 months and meets on the 2nd and 4th Friday of the month in the Congregational Church, Cemetery Lane, East Bergholt from 2.30 pm. We sing for an hour and then have refreshments and social time in the church hall.

We started off with 5 members and now have over 20. We sing a mixture of rounds, Gilbert and Sullivan music, songs from the show and popular music. If you enjoy singing and meeting people why not come along and join us? We make a charge of £10 a term to cover Hall hire.

Please contact Carole and Ted Wheatley (01206) 298102

Sixties Nostalgia Group

Our group is for anyone who is interested to learn more or who wishes to reminisce about the Swinging Sixties/early Seventies. We have monthly meetings every second Thursday of the month at 3 pm, usually at a members home.

Our activities include sharing our personal experiences and playing our favourite music from those days; showing interesting documentaries related to that era, and planning our future outings.



Some of the documentaries that we have watched have included the classic collectors documentary film "The London Nobody Knows" which was filmed in 1967 and narrated by James Mason. It shows many parts of London which have disappeared over time due to massive redevelopment.

We have also shown a very interesting documentary about the Swinging Sixties Beatles era which also looked into all other aspects of life during that time.

Also a film about the life of Twiggy, and many more documentaries to come...

I am also considering showing some old sit-coms from that time.

Then on 1st May I was invited to lunch in London with Professor Melvyn Stokes from the history department of UCL. He has been conducting a Remembering 1960's British Cinema-Going project with a number of other people. This has also been closely connected with the U3A. I first heard about his work from the U3A National magazine. We then went to a nearby community centre in Hammersmith where the documentary film 'The London Nobody Knows' in which I worked on as the production secretary in 1967 was shown to a local group. We then discussed it afterwards and it was great to see so much interest. I am in fact the last surviving member of the crew as I was just 18 at the time. James Mason narrated it. The DVD is available on Amazon for anyone who might be interested.

On 1st October 2017 we went to Mill Hill and visited the grave of Billy Fury. Some of you may remember that he had a string of hit songs in the early to mid sixties before the Beatles took over the decade by storm. We then attended a nearby memorial get-together where we had dancing, raffles, tea and cakes. It was altogether a very enjoyable day out.

Soon after this we attended The Solid Gold Rock'n'Roll show at the Ipswich Regent which starred Marty Wilde, Eden Kane, Mark Wynter and Mike Berry together in

concert....all of whom were teen idols in their hey-day in the sixties. I had licence to take professional photographs at the show and afterwards our members met some of the artists and had a group picture taken.

Then on 16th March a small group of us went to see Martin Turner playing at the Quay Theatre in Sudbury. Martin was the original founding member of the group Wishbone Ash who had huge success with their "Argus" album in the early seventies. I managed to get a few nice photos of Martin and then I had a chat with him after the show.

On 23rd March we were back at the Ipswich Regent to see a great Motown spectacular.

On Friday 13th April a few of us went to see the Bootleg Beatles at the Ipswich Regent. I had seen them once before several years earlier playing in Colchester Park and I knew that they were very good. They were in fact pretty amazing and I would highly recommend them. We had great seats in the back row of the stalls with no one sitting directly in front of us so the view was great. I specifically wanted to sit further back so as not to see their facial features too closely so you could think it was actually the Beatles themselves. Their physical mannerisms and the voices were incredibly realistic, as was their appearance as well as the music. They took us through every stage of the Beatles development in their show and it was a great night out.

Then less than a week later on 19th April we saw the Manfreds playing in Lavenham church. Paul Jones who was their singer (Manfred Mann) was still going strong and looked very good for his age. Another enjoyable evening.

Please contact Trish through the email link on the website.



Suffolk Churches

Although the aim of the Group is to visit as many of the Suffolk Churches as possible, it is an opportunity to get to know the Suffolk byways and enjoy meals in various hostelrys. We have a coffee morning on the second Tuesday monthly to review the previous outdoor meeting, plan the next one including car sharing and to socialize.

The outdoor meetings are on the 4th Tuesday, January to November.

We usually have vacancies and would extend a warm welcome to new members.

Please contact Marion Leeson:(01473) 328 928

SWAG

About to come on stream the Stour Valley Wine Appreciation Group (SWAG). Low key and unpretentious. Find out what you really like to drink and explore other options with U3A members. To be hosted by members, with food provided to accompany the wines being sampled. Details coming soon.



To register an interest contact

Lesley Southgate 01206 395316 email lesleyjsouthgate@gmail.com

Table Tennis

Table tennis is proving to be popular and great fun, while helping maintain physical and mental health. We play weekly on Friday from midday until 1pm at the Venture Centre 2000, Lawford, Manningtree. Bats/balls/nets are provided and we have the use of 4 tables. Come along to any session. A charge of £2.00 per session is made to cover the cost of hall hire. We regularly have 16 players taking part in an informal, non competitive atmosphere. Revive your childhood skills - its easy!



For more information or to join the group -
Please contact Lesley Southgate 01206 395316/07775 867018 or email:
lesleyjsouthgate@gmail.com



Theatre & Film

I am nearing the end of my first year running this group. So far we have had four theatre outings and seen four films, all locally, with a coach trip to Aldeburgh to see Funny Money. We've seen a wide diversity of productions from Some Mothers do Have 'em and The Turn of The Screw in the theatre and The Darkest Hour and Mamma Mia Here We Go Again at the cinema. Usually matinees are booked and sometimes lunch or supper is an optional extra.

I would welcome suggestions for outings and help with organising events. Coach trips, to make viable numbers, are generally offered to all members but to be informed of other local events there is a one-off £5 joining fee for this group to offset admin costs.

Contact Linda Bestow 01206 298302 u3atheatre@yahoocom



Ukulele

We are still strumming away with a new member on the horizon. We will probably join up with other U3A or suitable local bands in order to make progress. The 'uke' is now trending universally - there is no need for the Stour valley to be by-passed.

Please contact Graham Manuel (01206) 299628

Writers Group

A recently established group full of hope, ambition and ability!
If you have a novel tucked away perhaps this is the place to bring



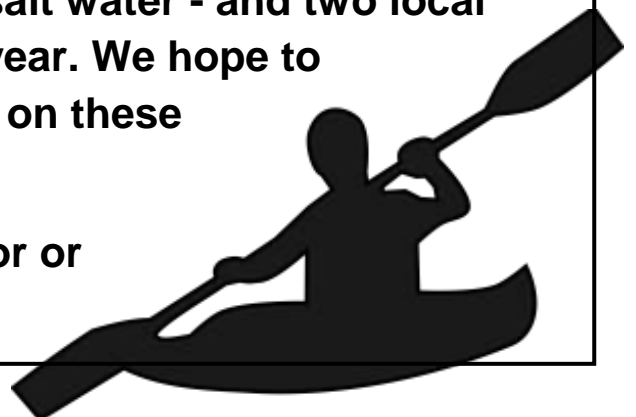
Please contact Maggie Talmer

NOTES

Coming soon? A kayak group for senior people! Why not?

We have the Stour Valley - fresh and salt water - and two local reservoirs to explore throughout the year. We hope to have a few kayaks available to paddle on these stretches of water.

Contact the Interest Group Coordinator or see website.



Coffee Grinders

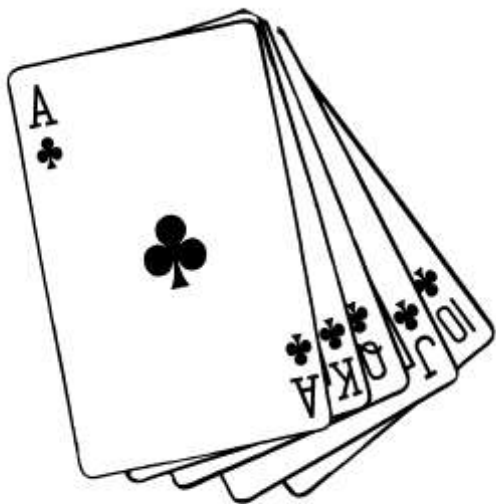
Come along for a chat, cup of tea or coffee and biscuits at our monthly social held every fourth Friday.

This is an ideal opportunity for newer and potential members to meet the "Committee" and discuss any ideas.

A good opportunity also for "senior" members to renew friendships. Check with June Escott, U3A Social Secretary or email jescott@btinternet.com.



The Lambe School, Gaston Street,
East Bergholt from 10 - 12 noon
Check our website for New Year dates



Bridge

We need a new Leader for this group - could it be you? There are dozens of U3A skilled bridge players and many more who would love to learn this absorbing game of cards. We are leaderless at the moment. Can you fill this gap? Contact the Interest Group Coordinator to offer your talents!

INTEREST GROUP LEADERS

INTEREST GROUP	CONTACT	TELEPHONE
The Art Lovers	Lucy Marshall	01206 323197
Art Workshops	Lesley Southgate	01206 395316
Book Mark II	Doreen Bezant	01206 298107
Camera Club	Tim Stott	lightangle@btinternet.com
Cards, Quilters, etc	t.b.a.	
Chess	Doreen Bezant	01206 298107
Churches, Cathedrals & Historic Buildings	Anne Padgham	01206 395676
Country Walks	Graham Manuel	01206 299628
5 Mile Walking Group	Graham Manuel	01206 299628
Curry Group	Graham Manuel	01206 299628
Cycling	Graham Manuel	01206 299628
Discussion	Michael Wilson	michaeljwilson1938@gmail.com
European Travel Group	Val Pretty & Graham Manuel	01206 391255 01206 299628
French Improvers	Margaret Wheatley	01206 298627
French Conversation	Michele Leech	01206 397400
Garden Visits	Val Pretty	01206 391255
Genealogy	Gill Gibbs	01206 393779
Invitation to View	Val Pretty	01206 391255
iPad Learners	Viv Sztasi	01206 299319
Italian Improvers	Ken McLean	01206 864921
Mahjong	Lucy Marshall	01206 323197
Nature & Wildlife	David George	01206 322297
Petanque	Len Taylor & Nick Miller	01206 298667
Philosophy	John Gamlin	01206 299538
Science	Ken Cattermole	01206 298209
Scrabble	Patricia Smith	01473 871814
Singing for Fun	Carole Wheatley	01206 298102
Sixties Nostalgia	Trish Nolan	Contact through website
Suffolk Churches	Marion Leeson	01473 328928
SWAG	Lesley Southgate	01206 395316
Table Tennis	Lesley Southgate	01206 395316
Theatre & Film	Linda Bestow	01206 298302
Ukulele	Graham Manuel	01206 299628
Writers Group	Maggie Talmer	01473 689878