

STOUR VALLEY



THE UNIVERSITY OF THE THIRD AGE

LOCAL INTEREST GROUPS BOOKLET 2019 - 20

The University of the Third Age is a national self-help organisation of over 425,000 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 almost 400 people 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 nearly 40 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



Art Lovers

We began life as the Art Appreciation Group, before rechristening ourselves with the less pompous title of the Art Lovers, as our aims are to experience, discuss but above all enjoy a wide variety of works of art with visits to exhibitions, galleries and museums. Early in the year we meet to plan our next programme with different individuals or couples volunteering to arrange each visit.

We have made several expeditions to London for exhibitions at Tate Modern, Tate Britain, the Royal Academy and the Queen's Gallery, whilst closer to home we paid visits to the Fry Gallery in Saffron Walden and the Sainsbury Centre at the University of Norwich. We have seen paintings by Spanish Impressionist, Sorolla at the National Gallery, and by Van Gogh at Tate Britain (last shown there in 1947), *Renaissance Nudes* at the Royal Academy and Elizabethan miniatures in the National Portrait Gallery, as well as more locally, *Rodin & Suffolk Sculptures* in Christchurch Mansion, *One Hundred Women* at Ipswich Art Gallery and *Behind the Lines*, a rare opportunity to see Munnings in his role as a war artist, with paintings from Ottawa commissioned for the Canadian Cavalry Brigade and Forestry Corps. Still to come, at the time of writing, we look forward to Leonardo's drawings at the Queen's Gallery, and to *Pre-Raphaelite Sisters* and *Gauguin Portraits*, once again at the National and Portrait Galleries respectively.

Our group is currently full, as we prefer to restrict our numbers to less than twenty, so that we can travel by car or train and avoid the expense of coach hire.

Please contact Lucy Marshall (01206) 323197



Art Workshops

I will be running the Art Workshops again this year as from September, sharing my art skills learnt over my working years as a professional artist and lecturer.

Over the past year our group looked at the techniques of The Modern Masters, starting with Monet and ending with David Hockney's `A Bigger Splash` (see `Groups` section of our own website).

For next term and throughout 2020 we will continue with this project which is always a group choice but members may choose to paint from their own choice of subject matter if they wish to work independently.

As with all art groups we need a convenient space to work and this usually involves hiring a hall with a place for suitable tables, lighting and running water, etc. This year we will pay a `term fee` up front for hall hire.

New members of all levels and experience are always welcome and we hope others will join us in September. We always have an enjoyable morning, exchanging ideas, painting along with each other over a friendly `cuppa`.

We meet once a month at The Lambe School East Bergholt on the first Thursday of each month from 10.00-12.30 (the new term starts in September).

Please contact Grace Wallis (01206) 391282

Book Group Mark II

We meet at 10 am in a different member's home once a month on the third 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



Bridge Group

We are a small but enthusiastic group who meet every Tuesday afternoon from 2.15 till 5.00 pm at the homes of various members to play contract bridge.

We have varying abilities but all share the wish to improve our game and have fun. The sessions are very relaxed and we encourage discussion of bidding and play. Occasionally, we invite more experienced players to look with us at a particular aspect of the game. As we meet at individual's homes our numbers are limited to 10.

Please contact Chrissie Vernon 0797 7449 059/chrissievernon@hotmail.com



Camera Club

We meet on the third Thursday of each month, leaving the Constable Hall car park promptly at 9.30 am.

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. There is room for more enthusiasts to join us.

Recent places visited include Mistletoe 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



Canoeing and Kayaking

The group was formed in 2019 and has to date met three times. The first two were held at Ardleigh Reservoir where twelve or so members were given a gentle introduction to the sport. The third meeting was a British Canoeing training course which eight members attended at Cattawade.

It is hoped to arrange at least one other event in 2019, hopefully this will include a passage trip on the river Stour.

Please contact John Thompson (01206) 396832



Cards, quilters, etc.

We are struggling to get this group established – there is much interest amongst those signed up but we have yet to agree a date and time to suit all.

Please contact Jennie Barber (01206) 393877



Chess

We currently meet once a month in a member's home at 10 am on the first Friday of each month.

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.

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 third Wednesday of each month which also includes lunch at a suitable tavern. There are occasionally vacancies for new members.

Please contact Val Pretty (01206) 391255, valerie.pretty@btinternet.com



Classical Music Group

There will be a Classical Music Listening Group beginning in August 2019.

Please contact David Ryan/greenforddave@gmail.com



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 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.

Please contact Elaine Bailey (01206) 391588



Curry Club

This Group has a large membership and regularly attracts over twenty to its monthly outing. We seek new venues and usually sample (!) before booking a restaurant. Having now been to many local establishments we also have a repeat list but are always open to new suggestions. We eat out on the first Tuesday evening of each month, although there are variations. Last winter we tried Sunday lunchtimes to avoid evening driving.

To join contact Graham Manuel (01206) 299628



Cycling

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



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:- The Power of Putin, Does Charity always Help?, Nanotechnology- Curse or Blessing?, Our Computer System Has Gone Down. 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 our U3A members to travel together outside of the UK. We have been to Christmas Markets in France and Germany; the bulb fields of Holland; Lake Garda in Northern Italy. We sold out on the Croatian outing which will travel out in October 2019. A splinter group of 11 also spent two weeks in Kerala, India. New members always welcome.

Joint leaders: Val Pretty (01206) 391255 and Graham Manuel (01206) 299628.



Far East Dining

Another dining group for those not quite up for a full-on curry. Currently just four summer outings are planned - but this could be enhanced if demand is there. Ipswich & Colchester provide our best opportunities. Third Wednesday evenings of each month is the established routine. We have thirty listed members, so room for others to join.

Contact Graham Manuel (01206) 299628



Five Mile Walking Group

The Five Mile Walking Group is well supported but still welcomes new members. It operates on the same basis as the Country Walking Group (above), where individual members are encouraged to take responsibility for a walk; carry out a pre-walk inspection of the terrain and possible risks; suggest a suitable venue for lunch. Shared transport to and from the starting point is encouraged. We walk on the second Monday of the month starting at 9.30 am.

Contact Graham Manuel (01206) 299628

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 summer months (June, July, August). We follow the BBC course, The French Experience and are making progress with Book 2. We also have a French magazine, Maxi, and a blog from Sally Ann French focus via the internet.



Please contact Margaret Wheatley (01206) 298627, ma_wheatley@btinternet.com

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. Temporarily suspended.

Please contact Michele Leech - micheleleech@aol.com



Garden Visits

These will be discussed at our November coffee morning.

Please contact Val Pretty 01206 391255, valerie.pretty@btinternet.com



Invitation to View

Invitation to view is run by Historic Houses. The new brochure is available in January/February each year, you can contact them on 01946 690823 and ask to be added to the mailing list.

I try to arrange a meeting for members of this group in February and, as the group is growing larger, I will book either the Benneworth Lounge or The Lambe School in January, and notify members of the date, in February. A £2 fee per person will be asked to cover rental of the Hall plus tea, coffee and biscuits.

This group has been running a few years and we have visited many of properties, some are worth another visit. I will ask for suggestions, one a month, for 2020 at the meeting and contact those members not at the meeting to ask if they are interested in the visits. As this is popular, I need to book many of these visits in advance to ensure we get tickets. Invitation to View will give a credit if, for any reason a ticket can't be used, but the credit is only available until December of that year. If you need to cancel, please try to find a friend/member who will purchase the ticket from you. Transport to these properties is for members to arrange, bearing in mind some may be available to offer lifts. Please do not ask for a ticket unless this is arranged. Could members willing to offer a lift please let me know at the meeting in February.

Please contact Val Pretty (01206) 391255/valerie.pretty@btinternet.com



Italian

We meet weekly on Mondays in East Bergholt at 2.00 pm for one and a half hours.

The group is an intermediate level language group. We have found that 8 is the optimum number of students and we currently have three vacancies. This allows each group member to have his or her say comfortably. We cover Italian grammar and many Italian cultural topics and continue improving conversational skills.

Cultural topics of virtually every kind in the past year have included translation of Italian short stories and biographies; studying Italian artists and musicians and an overview of historical aspects.

Please contact Margaret Wheatley if interested (01206) 298627



Mah Jong

We meet in each other's houses every Friday morning to play this fascinating game, so numbers are limited by the size of our venues.

Mah Jong is unique in that novices and seasoned players can play together in groups of three or four.

A tile-based game of skill, strategy and calculation, Mah Jong involves a degree of chance - unlike the Chinese, however, we don't gamble! Using dragons, winds, flowers and seasons, it includes games with colourful names such as *Gathering Plum Blossom from the Roof*, *Four Blessings Hovering over the Door* and *Plucking the Moon from the Bottom of the Sea*. It originated in China many centuries ago and is still played widely throughout Eastern and South East Asia. It was imported to the West in the 1920s and has recently seen a revival of interest.

We celebrate traditional Chinese New Year with a meal out. Currently the Year of the Pig, the Year of the Rat will commence on Saturday 25th January 2020, when we shall wish everyone 'Gung hei fa choi' (prosperity for the coming year), the Mandarin equivalent of Happy New Year.

Please contact Lucy Marshall (01206) 323197



Petanque

We meet each Friday up to and including 1st September but may continue if the weather is good. The Winter break is until May 2020. Gathering point is Hare and Hounds Public House, East Bergholt at 1.30 pm. New members are always welcome and there is no cost other than an expectation to purchase a drink at the pub as a thank you to the landlord for allowing us to use the piste.

Contact Len Taylor (01206) 298667 or Nick Miller (01473) 233588



Philosophy

The Philosophy Group continues to flourish with a number of new members. The early part of each meeting is normally spent considering the essential elements of the topic before us. In the second half we aim to examine its relevance for today and the future. Last year was devoted to the most important books of philosophy. Next year we may look at some of the many applications of philosophy to other disciplines, such as the philosophy of science or education.

The Group meets in the Library of Old Hall from 10 to 12 on the third Monday morning of the month unless otherwise arranged. Half-way through we break for coffee and biscuits where discussion continues of anything that comes to mind. We all find a pound in our pockets to meet the cost of heating and overheads.

If philosophy is your thing we will be very pleased to welcome you!

Contact John Gamlin (01206) 299538/jgamlin585@btinternet.com



Science

The Science Group in its 28 years has covered a wide variety of topics in science and technology. Current and recent members all have some experience of some area, but we are not restricted in our topics and have roamed well beyond the professional experience of any member. Our usual procedure is to select a topic, find a good recent book for reading and reference, and work through the topic over a series of about 8 to 10 meetings. We have in recent times dealt with such diverse topics as the principles of structures, the application of quantum physics to biology, the effect of scale changes in both living organisms and inorganic objects (if you want to make one bigger, how do you change the design?). Our current topic concerns the origin and development of life. I normally write tutorial notes to guide us through the topic and highlight key factors, the aim being to make it as clear as possible to the non-specialist. I may add that we are a convivial group and there is plenty of lively discussion!

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 member's 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 second and fourth 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 28. We sing a mixture of rounds, Gilbert and Sullivan music, songs from the shows 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

This group is for all those who have fond memories of the sixties/early seventies and/or who wish to learn more about those times. We have periodic outings to concerts, exhibitions and other social events related to those times. For full details of what we have been doing in the past please go to the Stour Valley U3A website and look under the groups section.

To join our group please contact Trish on (01206) 298579

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 of the month to review the previous outdoor meeting, plan the next one including car sharing and to socialise. The outdoor meetings are on the fourth Tuesday, January to November.

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

Please contact Marion Leeson (01473) 328 928

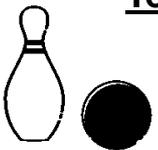


Table Tennis

From beginning in February 2017, U3A members enjoying this activity now number over thirty. We play each Friday 12–1.15 at the Venture Centre 2000 Lawford Manningtree. The hall accommodates 4 tables and all equipment is provided. The popularity of this activity is such that members have been extremely loyal and average attendance is high.

It has proved to be an ideal activity for the U3A age group, being as energetic as one wants it to be, providing good exercise and develops co-ordination and quick reactions. Players of all standards are welcome from the beginner to the more experienced.

Contact Lesley (01206) 395316



Ten Pin Bowling

A new group with a small membership so plenty of room if you want to join in. We travel to "Superbowl" in the Buttermarket Shopping Centre, Ipswich on the first Wednesday morning of each month.

A "fifty plus" deal provides two games lasting about 2 hours with coffee and a sandwich thrown in. Cost £6.00 per person. You'll be surprised how all the techniques come flooding back.

To join contact Graham Manuel (01206) 299628



Theatre & Film

At least one coach trip and sometimes two, are organised every year. The latest one to Southwold with fish and chips at Dunwich beforehand. These trips are open to all members. There is a one off £5 admin fee to join the mailing list for other more local outings which are done using own transport and lift sharing for those that need it.

Venues visited include, Ipswich Colchester and Woodbridge. I try and offer something once a month with a mixture of film, theatre and cinema broadcasts of live shows. To give you a flavour of what we have done - just before Christmas we saw a broadcast of The Nutcracker ballet, Eastern Angles evocative, The Tide Jetty, and Grandma

Saves the Day at The Wolsey. Films have included Fishermans Friends and Late Night. Outings can often involve lunch or supper. Suggestions for outings and help with organising always welcomed.

Contact Linda Bestow (01206) 298302/u3atheatregrp@yahoo.com



Ukulele

We are still strumming away. 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



Wine Appreciation

We enjoyed our first wine tasting earlier this year at the Estuary Wine and Tapas Bar in Manningtree.

24 of us were greeted by our host with a glass of Prosecco Superiore, Asolo, followed by 3 white wines, tapas, and 2 red wines. The "tastings" were generous and lovely.

We were guided by a knowledgeable wine expert who delivered informed and light-hearted information as to each wine, encouraging comments and discussion.

Details for future tastings will be sent to group members, on website and announced at monthly meetings.

Contact Lesley (01206) 395316



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 it.

Please contact Maggie Talmer (01473) 689878

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. This also is a good opportunity for "senior" members to renew friendships. Check with June Escott, Social Secretary jescott@btinternet.com.

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

Art lovers	Lucy Marshall	01206 323197
Art workshops	Grace Wallis	01206 391282
Book mark II	Doreen Bezant	01206 298107
Bridge	Chrissie Vernon	07977 449059
Camera club	Tim Stott	lightangle@btinternet.com
Canoeing & kayaking	John Thompson	01206 396832
Card, quilters, etc	Jennie Barber	01206 393877
Chess	Doreen Bezant	01206 298107
Churches, cathedrals & historic buildings	Val Pretty	01206 391255
Classical music	David Ryan	greenforddave@gmail.com
Country walks Suffolk/Essex	Elaine Bailey	01206 391588
Curry	Graham Manuel	01206 299628
Cycling	Graham Manuel	01206 299628
Discussion	Michael Wilson	michaeljwilson1938@gmail.com
European travel	Val Pretty Graham Manuel	01206 391255 01206 299628
Far East dining	Graham Manuel	01026 299628
Five-mile walking	Graham Manuel	01206 299628
French improvers	Margaret Wheatley	01206 298627
French conversation	Michele Leech	01206 397400
Garden visits	Val Pretty	01206 391255
Invitation to view	Val Pretty	01206 391255
Italian	Margaret Wheatley	01026 298627
Mah jong	Lucy Marshall	01206 323197
Petanque	Len Taylor Nick Miller	01206 298667 01473 233588
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	<i>Contact through website</i>
Suffolk churches	Marion Leeson	01473 328928
Table tennis	Lesley Southgate	01206 395316
Ten pin bowling	Graham Manuel	01206 299628
Theatre and film	Linda Bestow	01206 298302
Ukulele	Graham Manuel	01206 299628
Wine appreciation	Lesley Southgate	01206 395316
Writers group	Maggie Talmer	01473 689878