



Coffee Grinders

Next Coffee Grinders Friday 6th October

10.00-12.00

Lambe School, Gaston Street, East Bergholt

Enid will be there with her repaired and recycled jewellery, including some interesting newly repaired pieces. As usual, all proceeds will go to the Disasters Emergency Committee.

LECTURES

Lectures are held at the Constable Hall, East Bergholt at 2.15 pm

Wed 11th October

Ray Simmons "The trumpet shall sound: recollections of a life in music". For 19 years Ray was principal trumpeter with the Royal Philharmonic Orchestra.

Wed 8th November – The AGM will now be held in November before the lecture

Steve Lester "Insights of a Provincial Auctioneer"

NEW TREASURER NEEDED

Due to personal circumstances our current Treasurer will be standing down this year. Anyone who is interested in taking over this role please contact our Chair Paul Lake on 55paullake@gmail.com

MEMBERSHIP RENEWAL

We hope you are enjoying your u3a Stour Valley membership - It's now time to renew for another year (to 31st August 2024)

Full membership £15

Associate membership £10 (if you are a full member of another u3a Group)

Membership is free if you are aged 90 and over

Please note that members who joined in June, July or August 2023, do not need to renew

AUTUMN QUIZ

CONSTABLE HALL EAST BERGHOLT

The Autumn quiz will take place on Saturday 14th October 6.45 for 7.00 pm
please bring your own drinks and nibbles. Teams of 6.

If you are interested in attending please contact Sue Basted on 07922 481507
email susanbasted10@gmail.com



CHRISTMAS LUNCH – WEDNESDAY 6th DECEMBER

HINTLESHAM GOLF CLUB

FURTHER DETAILS TO FOLLOW

GROUP NEWS

SINGING FOR FUN

The Singing-for-Fun Group meets on Friday afternoons twice monthly (the dates for the 2023 Autumn term being 6 & 20 Oct, 3 & 17 Nov and 1 & 15 Dec) 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 currently have over 20 members, singing a mixture of rounds, African songs, sea shanties, gospel songs, traditional British melodies, songs from Flanders and Swann, Billy Joel, Dolly Parton, Elvis Presley, etc and from abroad, e.g. La Mer (in French, of course!). We will be introducing this term Benjamin Britten's arrangement of 'David of the White Rock'.

If you enjoy singing and meeting people why not come along and join us? There are no auditions to join the group and it is not a requirement for you to be able to read music, though if you can you'll be helping others who can't. We make a charge of £10 a term to cover venue hire. To get in touch or for more information contact Pip Hallman by clicking the bird in the top right-hand corner on the website

GOLF

Duncan Russell is in the process of forming a Golf group. If you are interested please contact him at dfRussell@yahoo.com or 07972 868272

NEW GROUPS

Do you have a special interest you would like to share? Have you thought of finding like minded people who would like to join you ?

We have lots of groups but could form many more. Other U3A's have groups for Calligraphy, Family History, Photography, Yoga, Ballroom Dancing, Nature Appreciation, Litter Picking and many more.

Please contact Sue Clark Group Coordinator petersueclark@btinternet.com for help and further information

GOAL!



A pathway to our own walking football team, perhaps? Ipswich Town are running a string of "Wednesday Walking Football" sessions, 9.30 – 10.30, on Wednesdays obviously. All ages – over 50 – all abilities and all genders. £3.00 per session followed by coffee. I'd rather take a car-full than go on my own. Anyone else interested? Phone Graham 07743 941557 to help take this forward.