



Newsletter

Affiliated to the Third Age Trust
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Issue 111

Summer 2022

Dear Members,

It seems unbelievable that the longest day in the year has now passed. I cannot bear the thought of the arrival of clocks going back and autumn as we seem to have been short on those lovely balmy summer days so far this year. I am glad to say that the warmer weather and the gradual return to normal life post Covid have seen increased numbers at meetings. It was lovely to see so many of you in the hall in June. We will continue to try and keep good ventilation in the hall – it is much easier in the summer.

We are attracting more new members, and I would therefore like to extend our welcome and friendship to them all. It is never easy, no matter what our age, walking through a door into a foreign place with unfamiliar faces. Thank you to those who have sat and chatted to new members and made them comfortable on their first and successive visits.

I had a wonderful time going to my first East Anglia Regional Meeting in Chelmsford. I hope more members may be tempted to join me next year as our speaker Gervase Phinn was excellent and all those attending the day were very friendly and helpful. I can recommend his book 'Over Hill and Dale' – it will make you laugh whether you had a career as a teacher or just have your own memories both good and bad of school.

Maureen Morris and Linda Wells have reluctantly decided to withdraw from organising our Educational Trips. If there are a couple of members who would like to take over organising these outings (which are open to all members), it would be lovely to hear from you. Sadly, Philip Webber and his wife, Jane, are also making the trip to see 'Les Miserables' in Norwich their last as Theatre Visit convenors. We are always on the lookout for volunteers who can step into these roles and continue the fantastic work done over many years by Maureen, Linda, Philip and Jane.

Being a volunteer does not mean being on the main committee and there is a lot of fun to be had and appreciation from members for organising these opportunities to be out and about. I would like to thank Maureen, Linda, Philip and Jane on behalf of us all for keeping the groups going over many years and providing us with many happy memories.

I am glad to advise that we have a full house of speakers for next year and also for 2023/24. There has been a gradual increase in numbers attending the Monday Lectures which is encouraging. I hope you have enjoyed the variety and enthusiasm of our speakers. We have Charlie Haylock coming to speak to us again about Sutton Hoo, a magician at Christmas and lots more besides.

I hope to see you all at our meeting on July 4 to be informed and enthralled with our speaker talking about St. Paul's Cathedral.

Bernadette Pitt

A and E in the Middle Ages

OUR speaker for April was Joy Hawkins.

She explained that the types of injuries sustained in the Middle Ages were much the same as today – burns, scalds, injuries from falling, injuries from impacts of various types and drowning. They also arose from encounters with wild or farm animals.

In the 13th Century there was a Preachers' handbook that advised priests on what to do under certain circumstances. The priest must warn parents to keep children safe from various hazards until the child had common sense at about 7 to 8 years of age (and later for boys!).

The usual person who provided treatment was the female head of the family, or in some cases the Lady of the Manor. There were reference books to help with preparing potions or medicines to aid healing. There would be a "Herbal" which listed the various plants and what they could be used for. There was also a "Medical Dictionary" listing complaints and the treatments that could be used. Animal parts that could be used were listed in a "Bestiary". Some of the ingredients

for the potions could be obtained from an apothecary. They would also make up the remedies themselves.

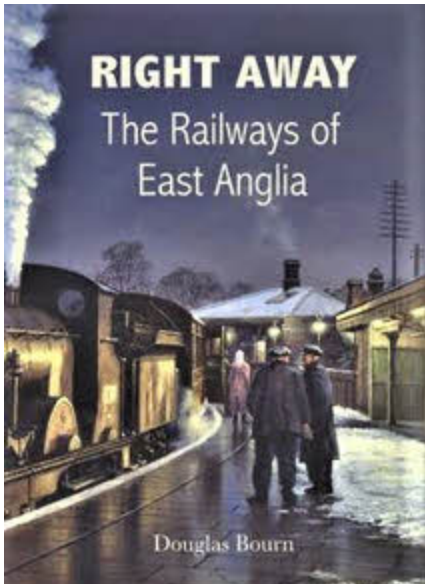
The importance of acting quickly in the event of emergency was also known at the time. The women would have prepared the remedies as they were probably able to read adequately for this purpose, even if they could not write. On the battlefield the reputation was maintained by recording "enemy killed them" when treatment was unsuccessful.

Barber surgeons cut hair, extracted teeth and set bones. Amputations were carried out and there are images of prosthetics that were made. Physicians cost too much for the lower classes so physical injuries were dealt with by providing as good a life as possible and not necessarily a total cure.

The cures used in those days are sometimes still in use today. Pharmacists have studied the documented treatments and identified the active ingredients which are being included in modern medicine.

Mary Dunbavin

Railways of East Anglia



IN a change to the published programme for May, we were grateful to Douglas Bourn who stepped in at short notice to give us a talk based on his recently published book.

Douglas told us how he grew up in a close-knit rail community which sparked his lifelong passion in railway

history, particularly about the stories of the people who kept the tracks safe and the trains running, sometimes at great personal cost. We learnt about the experiences of his grandfather and father as railwaymen from the 1930s to the 1950s.

East Anglian railways were very influential in opening up the region generally, but particularly the holiday trade on the east coast, such as the numerous “Butlins Specials” to the seaside resorts of the 1950s and 60s, and the Harwich continental port.

In the very early days of the railways, Ipswich was more important than Norwich because of the influence of its port. The station at Melton Constable was described as “the Crewe of East Anglia” as it was quite a significant railway hub, and also “a railway village for all” as it resembled a mining village with its streets of terraced houses and lines of workmen walking to and from their work in the numerous fitting and repair sheds.

Although working for the railways was “a job for life”, conditions were harsh (health-and-safety was notably absent!) and pay was poor, but nevertheless there was a feeling of camaraderie amongst the close-knit local workforce.

Stella Chamberlain

The History of Rougham Hall



ATTENDANCE at the monthly meetings has always provided me with a little bit of added knowledge. On this occasion George Agnew, our speaker for June, educated me immediately by referring to the “original” Rougham Hall which had been built by Roger Kerington in about 1680.

By 1790 the family name had changed from Kerington to Kedington and the family head was then another Roger, a vicar who had three wives and a long term mistress. The mistress, Sarah Balls, whom he referred to as a shepherdess, lived in a cottage across the road from the main Rougham Hall.

When he died in 1818 the estate passed to his daughter Jane Judith and her husband Philip Bennet. They immediately set about building a new Rougham Hall located on the other side of the main road, possibly to provide safety from beggars and footpads who used the road.

When eventually completed, the family left the old Rougham Hall to fall into disrepair and eventual collapse.

The new Rougham Hall was then occupied by four generations of Philip Bennets until in 1893 it was sold to James Johnstone the owner of The London Evening Standard who gave the property to his son Edwin James Johnstone as a 21st birthday present. Edwin and his wife occupied the property for 11 years during which time they built two farm houses and 22 cottages. They also provided an organ for Rougham Church which remains in use today. All of this activity was funded by the London Evening Standard but when the paper got into financial difficulties the estate was sold in 1904.

The property was purchased by George William Agnew an art dealer and Liberal politician and the great grandfather of our speaker. Life at the Hall appears to have been very quiet with tennis matches and garden parties the sole highlights of activity until in 1916 a Zeppelin flew over the Hall which was unsuccessfully shot at by Sir George.

By the start of World War Two Rougham Hall was an arms dump. This encouraged the Germans to carry out a bombing raid and one bomb went straight down the chimney into the cellar where it exploded destroying one wing of the Hall. The family butler was fortunately not at home as he would otherwise have arranged for all family members to enter the cellar where they would almost certainly have been killed. Whilst the bomb did not kill anybody it meant the death of Rougham Hall as a habitable property. The property is now in ruins apart from the stable block which has been renovated.

An interesting talk given with enthusiasm.

Laurie Marshall

National Memorial Arboretum



AT LAST, after several setbacks, the **Educational Visits** group was able to visit the [National Memorial Arboretum](#) in Alrewas, Staffordshire.

Set in beautiful grounds of 150 acres of woodland and containing over 400 memorials the wait was well worth it. The idea for the N.M.A. was conceived by Commander David Childs. Built on old gravel workings, tree planting began in 1997 and in June 1998 the Polar Bear Memorial was the first to be placed at the Arboretum as a tribute to the 49th West Riding Infantry Division. The site was opened to the public in May 2001 by the Duchess of Kent.

With memorials dedicated to military and civilian organisations there was so much to explore, initially by Land Train, which was brilliant, and while we

were waiting to start our trip we were entertained by Craig the “station master”! After lunch we all had time to visit specific memorials which were rich in symbolism and design with stories waiting to be discovered.

There are too many memorials to mention here but to name just a few: Pegasus Bridge Memorial Flight, Armed Forces, Burma Star and one to children who were separated from their families during 1939/1945.

Needless to say it’s a place which can be revisited a number of times and something new of interest will be found every time.

Linda Wells



Art and Mixed Media Group

THIS group meets on the first and third Tuesday of each month in Pakenham Village Hall.

For a challenge and bit of fun members recently attempted painting in the style of Turner and two pictures in his style are reproduced here.

The group is holding an exhibition of their work in Pakenham Village Hall on Saturday 29 October. Admission is free and paintings will be for sale. New members of any standard are always welcome and should contact David Morley on 01359 230193



Windsor Castle from Lower Hope: Sylvia Pearce



Rain Steam and Speed: Jean Mills

Membership

Please note that Philip Pitt has been seconded onto the committee as Membership Secretary in place of Andrew Adams who has served his three years on the committee. Philip can be contacted at membershipsecretary@blackbourne-u3a.org.uk or PIPU3A@outlook.com

Subscriptions. For those paying by cheque or cash, please ensure these are received by the end of July if you wish to remain a member.

The subscription is £10 per person and should be paid to our treasurer, Brenda Last – 01359 221307

Short Walks Group

LED by Angela, our May walk around Santon Downham on a beautiful sunny spring morning took 13 of our members to visit two small country churches: St. Mary's, Santon Downham parish church, and the now redundant All Saints church which is still cared for in the nearby now depopulated village of Santon where we took a rest in the cool of the building. Here we came across the ancient moated earthworks and a site where it is thought the ancient village once stood. We walked along the banks of the Little Ouse river with flowing clean, clear, water, and saw a pair of swans building their nest. We returned to our start along shaded woodland paths.



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Sylvie Marshall

Wild Life Watching

Black Bourn Valley Nature Reserve

GROVE FARM, Thurston was gifted to Suffolk Wildlife Trust (SWT) in 1995 by Laura Cooper a former Second World War 'land girl'. It continued to be traditionally farmed until 2010 when the existing ponds were de-silted and ten new ponds dug. The farm was then environmentally farmed with a view to monitoring the effect this would have on the flora in the uncultivated field margins and the development of aquatic life in the ponds.



At this point our wild life watching group became involved. After training sessions with SWT, separate groups were set up to monitor the field margins and ponds. Visits took place from 2012 into 2015 and a vast number of records collated by SWT.

In 2016 and 2017 additional land alongside the river was purchased and it was decided to cease all agricultural activity apart from the grazing of cattle. The reserve was renamed Black Bourn Valley.

So, greeted by the song of the nightingale, on 19 May current members of the group met to explore this 297 acre site. Early marsh orchids were found by one of the ponds where aquatic plants were just beginning to appear and the keen eyed spotted common newts despite the low water level. Wandering across the once cultivated fields roe deer were seen grazing and several warblers could be heard but not seen although a yellow hammer, a flag ship species for the reserve, was spotted on a tree top. Another rare species is the turtle dove heard by one member on the way to our meeting .

This is a delightful spot with several paths for a leisurely ramble.

The picture, taken by Angela Lee, is of a Noble Beetle on Jack-go-to-bed-at-noon (Goatsbeard).

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Items for the Newsletter please to bryann@brysuward.plus.com

Deadline for next issue is 22 October 2022

Educational Visits

ON the 7th May 2014 we took over the Educational Visits Group from John Morris.

We have both decided to step down from being the Group Convenors and we would like it to continue in a new pair of safe hands. We have had a very good following with U3A members and look forward to passing this thriving group on to two new volunteer members.

Thank you for all your support over the years. Our final trip will be in November. If you would like to take on the running of this interesting and valued interest group please speak to us at one of the Monday meetings.

Maureen Morris

Linda Wells

Theatre Visits Group

AS some of you will know I am standing down as co-ordinator of the Group after over 8 years of organising theatre trips. Jane and I are planning to move to Kent towards the end of the year to be closer to family and to be hands-on grandparents. We have thoroughly enjoyed arranging the trips, and have been to many productions that we wouldn't have gone to otherwise. We would like to thank members for all the support you have given us over the years and for the friendships we have made. We will really miss you all.

This is a flourishing group and if there is anyone who would be interested in taking on the role, I am happy to give advice and encouragement to help.

Philip Webber

Monthly Lectures

Monday 5 September

The Life and Times of Edith Cavell

Melanie Gibson

Monday 3 October

Save Britain's Heritage

Ben Oakley

Monday 7 November

The Famous and the Infamous

Brian Scovell

Monday 5 December

How I came to be a Magician and The Magic Circle