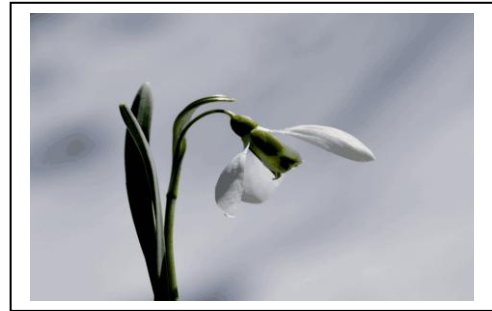


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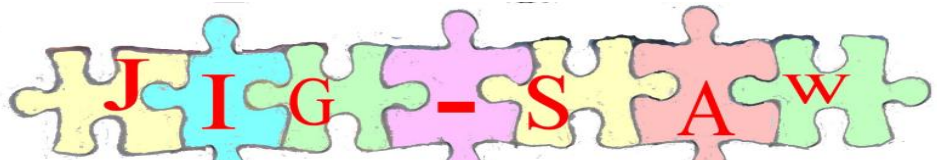
January
2026



Monthly Coffee Morning

Friday 6th February 10.00- 12.00

Lambe School, Gaston Street, East Bergholt come along and meet new people and members of the Committee. There will be a Jig-Saw Exchange at the next coffee morning on Friday 6th February. Bring your Jig-Saws to swap or just take one for a small charity donation.



COMMITTEE

Chris Jewell	Chairman
Paul Lake	Treasurer
Maggie Cross	Secretary
Sue Webster	Membership Secretary
Sue Basted	News Editor/Social Secretary
Sue Clark	Interest Groups Co-ordinator
Peter Winder	Website Manager
Pat Jewell	Speaker Secretary/Publicity
David Ryan	Beacon Champion
Val Simper	Constable Hall Rep
MEMBERSHIP ENQUIRIES	
Sue Webster	Stourvalleyu3amemberenquiries@gmail.com

LECTURES 2026

Held at Constable Hall, East Bergholt

2.15 pm

11 February – Marion Pettit "Behind the Scenes of a Ballet Company"

Marion was Chairman of Chelmsford Ballet Company and since retirement, loves to share her passion for dance, theatre and costume.

11 March - Andrew Baker "The Anatomy of the NHS"

8 April - Bernard Lockett "Gilbert and Sullivan"

13 May - Neil Hanson "INN and Out at the Top"

GROUP NEWS

Gardens and Historic Houses Group

A FULL LIST OF GARDEN VISITS IS AVAILABLE ON THE WEBSITE AND AT MONTHLY LECTURES AND COFFEE MORNINGS.

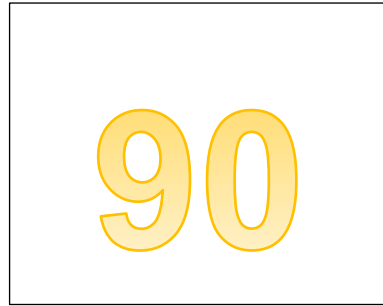


3 Mile Walking Group

Six members of the 3 Mile Country Walking group braved the snow and joined Paul for a lovely walk around Langham followed by a welcome hot drink at the very well stocked Community shop, with its own coffee lounge!



Calling all NONAGENERIANS



How do you - or did you - find life since hitting the grand old age of 90? Would you be interested in sharing some of your vast life experiences and perhaps helping others approaching these years in a well-prepared way?

Please get in touch, by either of three means:

Lotte Sherman. 07815147309,

i.intrau@gmail.com (lower case I, Intrau is my maiden name)

Land line at present: 01206 298786

You can leave a message, if I am not at home. We could meet up quite informally at my home in East Bergholt, 29 Chaplin Road or in any other house or in any neutral place.

A MESSAGE FROM YOUR CHAIRMAN

At last year's Annual General Meeting held in November 2025, I announced my intention to depart from the Stour Valley u3a at the next AGM in November 2026.

I am of the belief that the u3a movement should be vibrant, progressive and forward thinking, without the "we do it this way because we have always done it this way".

To this end, my former u3a in Kent, where I had previously been Chair, I believe had it "just right", as in their Constitution they limited a tenancy of the Chair position to three years, and this three-year term is a u3a suggestion for the reason previously mentioned.

This is the reason for my impending resignation, but what does this mean for "our u3a?"

WE WILL NEED A NEW CHAIR-PERSON!

Our Constitution does not permit us to operate without a Chairperson.

So, I am sure you will realise, we **must** have a replacement Chairperson in place by November by our AGM in November 2026 for Stour Valley u3a to continue

What are the qualities that a Chairperson have?

- The Chair may be a lady or a man, in fact after 11 years of masculine Chair's, it may be good for a lady to take the helm, especially as 80%+ percentage of members are ladies.
- To be able to work well with the Committee. The Committee are a super group of people, dedicated, and really enthusiastic in what they do. The Committee members all have specific duties to perform.
- Committee Meetings are held at two-monthly frequency at the Constable Hall, in the Benneworth Lounge, the lobby area where we check in for the Lecture meetings. Typically, the meetings last 90 – 120 minutes. At these meeting everyone makes input to the meeting and total transparency is expected from the Chair and the Committee Members.
- Wherever possible, the Chair should be at the monthly lecture meetings to introduce the speaker.
- To be prepared to generally work in concert with the Committee and to keep a good atmosphere.

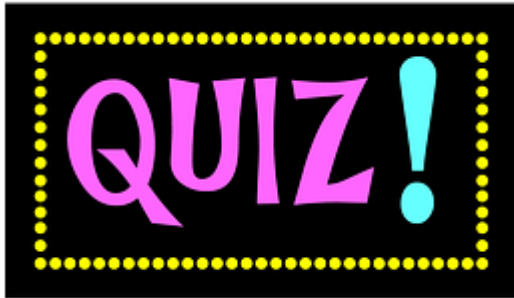
HELP PLEASE

This is where I appeal to you. If you think that this position could interest you and you would like to know more, contact me on the phone number or e-mail me on the contact data at the end of this message, and arrange to come along to our next Committee meeting, and meet everyone and “sit in” during the meeting to see if “you like us” and vice versa.

Please, help us to ensure that “our u3a”, a thriving and happy u3a continues seamlessly.

Chris Jewell

Telephone 07710 058170 E-Mail chris@moorlandtibs.com



The Spring Quiz will be held on Saturday 28th March, 6.45 for 7.00 pm in the Constable Hall, East Bergholt.

Teams of six, bring your own drinks and nibbles. £3.00 per person payable on the night.

Due to availability in the hall teams must be booked in advance.

Please contact Sue Basted on 07922 481507 or email susanbasted10@gmail.com

TO NOTE:

The Newsletter will go out to all Stour Valley Members on a bi-monthly basis the next Newsletter being sent at the end of March.

Contributions/photographs for inclusion in the Newsletter always welcome. Please send to susanbasted10@gmail.com by the 20th of the month.

For anything of importance, a separate email will be sent out to members advising them of the details.

NATIONAL u3a

u3a members can access a wide range of **free online talks, workshops, and courses** through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organizations. Use this link:

<http://www.u3a.org.uk/events/educational-events>