

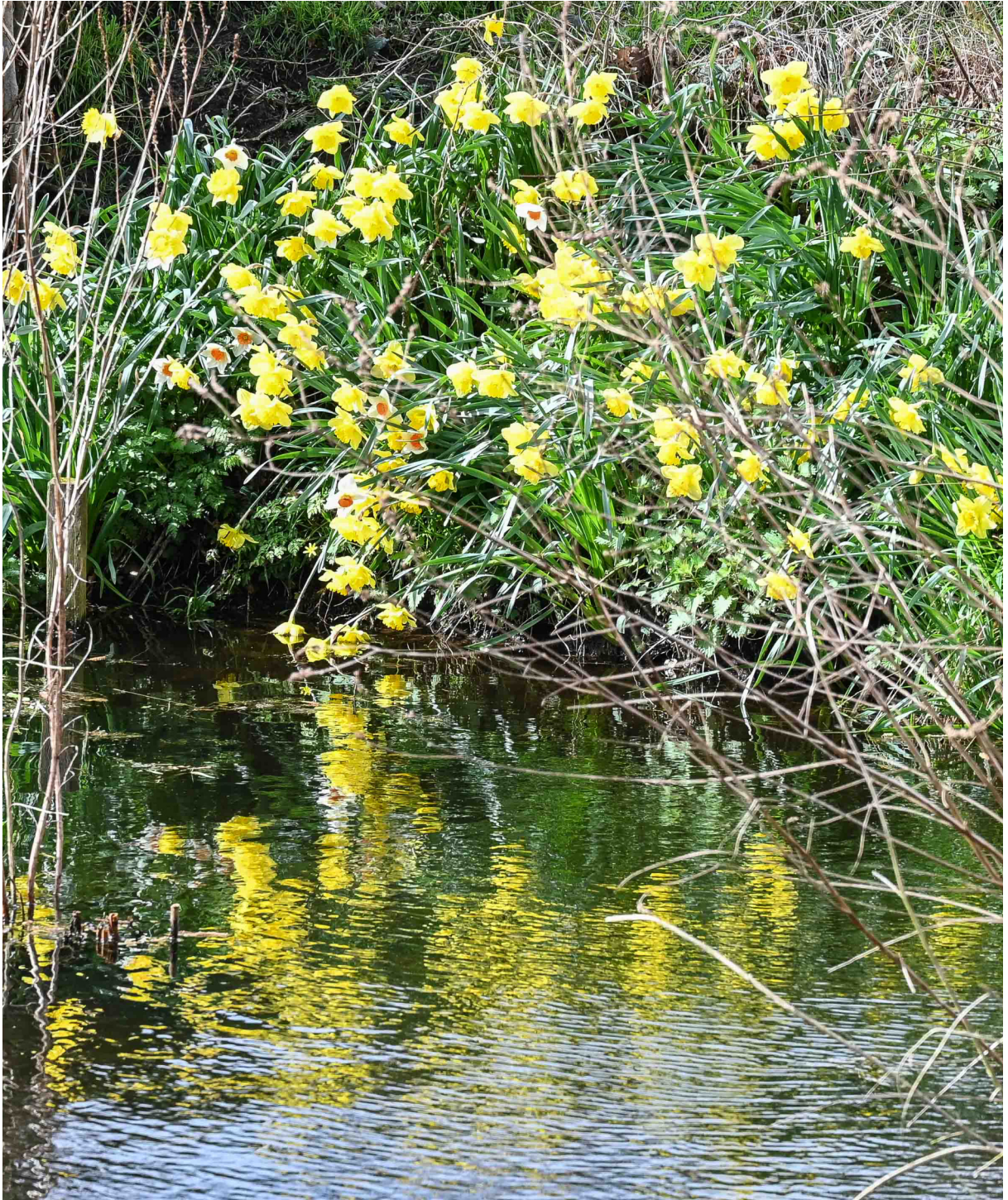
Su3aN



u3a learn,  
laugh,  
live

## Sudbury Newsletter

March 2024



Reflections in our pond by Bruce Clegg



## Chair's Message

Dear Members

I am very grateful for the support of the membership and Committee in my nomination and subsequent election to Chair of Sudbury u3a.

In my past life I have been secretary, vice-chair and chair in another u3a group and so believe I have the necessary experience to carry out my current role as your chair – a role I am certainly looking forward to.

Before I proceed further I would first of all like to thank the previous chair, Brian Orton.

Brian! in your final Su3aN message you said "I leave the Committee knowing that our u3a, unlike many, is in a very good place with a full Committee standing for election, a record number of members and interest groups, and financial strength" and indeed you have! It is my intention to continue in maintaining that mantra.

In recent changes to the committee my thanks go to Jennie Leech, Colette Bentley in standing down from their roles of Groups' Coordinator and Speakers' Secretary respectively. In addition, thanks also go to John Freeborn past membership secretary and committee member and Nicola Godwin for their support as committee members.

Finally, I welcome to the Committee, Anita Tuddenham as Speakers' Secretary, Terry Straight as Groups' Coordinator and Colette Bentley, Derek Connah, Denise Golding and Lyn Gray elected as Committee members.

Finally, it is you, the members and group leaders who make Sudbury u3a the success it is.

I am there to support all of you, the members, group leaders and committee in continuing to learn, laugh and live.

Thank you

**Ian Mathews.**

### **Next Newsletter**

For the May issue please send your contributions no later than 3 May 2024. If you miss the deadline we may not be able to include your copy. Please send details by email as a Word or Pages attachment in Arial 12p font in plain text, 350 words maximum, plus, if available, a photograph illustrating your contribution, to:

**Su3aNeditor1@outlook.com**

Whilst every care has been taken in the compilation of this newsletter, errors and omissions are not the responsibility of the publisher or of the editor. Opinions, where expressed, are not necessarily those of the publisher or the editor. If a group isn't mentioned in Su3aN, please check your Membership Card or the Sudbury u3a website, for details of Leader and Telephone Number.

Printed by Indigo Ross, Spectrum House, Woodhall Business Park, Sudbury CO10 1WH  
Telephone: 01787 880260

## Group News and Diary

### Pétanque Group

The first meeting of the year is to be on Easter Monday 1st April at 4 pm at the usual venue

### Carla Broderick

### Rummikub

We are a group who get together on the 4th Thursday of every month. Our group consists (on paper) of 12. But we can enrol a few more members. The game is held at my house and tel no 01787 379582 or email me on eileen.y.p@outlook .com.

### Eileen Pearson

### Calligraphy

This very popular group is aimed at those who wish to improve their handwriting skills. It meets at 1 pm on the 3rd Wednesday of the month at The Stevenson Centre, Stevenson Approach, Great Cornard, CO10 0WD.

### Terry Straight

Mob 07515 881032 Home 01787 460534 [terrystraight3@outlook.com](mailto:terrystraight3@outlook.com)

### Film Group

Meets on the last Friday of the month at 2pm at The Christopher Centre, 10 Gainsborough Street, Sudbury, CO10 2EU

**April 26th** We will be looking to show 'Living' starring Bill Nighy, Aimee Lou Wood, Alex Sharp and Tom Burke. This is a remake of the 1952 Japanese film 'Lkriu (To Live). In 1950s London, civil servant Mr Williams (Nighy) is left devastated when he discovers he has only six months to live. Dissatisfied with his life's work, he uses all the influence of his 30-year service in the Public Works office to gain approval for a dilapidated area to be transformed into a children's playground.

**May 31st** We will be looking to show 'Woman in Gold' starring Helen Mirren and Ryan Reynolds. This is the remarkable story of one woman's journey to reclaim her heritage and seek justice for what happened to her family. Six decades after fleeing the Nazis in World War II, Maria Altman (Mirren) sets out to reclaim her family's stolen artwork with help from a young lawyer. This drama is based on a true story involving the titular painting by Gustav Klimt.

### Jennie Filby

## Walking Groups

### Strollers

After this wet winter with hard path walking we are looking forward to Spring walks across the meadows. Unfortunately we will only walk on the 1st Friday in April (5th) and May (3rd) as I am not available on the 3rd Fridays. Our numbers have dropped over the winter, so if you would like to walk and for 90 minutes and enjoy the fresh air, why not join us? We depart end of Quay Lane at 10.30am.

**Lyn Gray** 01787 883368

### Tuesday Amblers

Meet at 10.15 for 10.30 am start for all walks.

#### April 2nd – Twinstead

Meet at Twinstead church, St John the Evangelist, Church Rd, Twinstead, CO10 7NA. Park on the grass to the right of the church. This is a 3.3 mile walk over undulating countryside, mainly along field edges and the edge of three small woods. Footpaths are generally well defined but one area will be very muddy if there has been recent rain. There are three bridges over ditches, one rickety and three stiles to negotiate. **Please note, one is a ladder stile over a 4ft high wall.** The stile is well constructed and in good condition and there is a handrail.

Walk Leader: **Paul Tetley**: 01787 269466

#### May 7<sup>th</sup> – Assington Spring Walk

Meet at the Suffolk Wildlife Trust Arger Fen car park, CO8 5BN. Beware of narrow roads and pot-holes on the approach to the ford. The walk is 3.5 miles across fields with open views and even a dragon. We will stop at St Stephen's chapel, which we hope will be open. Some steep paths and a steep incline up the lane at the end. You can go into the woods at the end of the walk to see the bluebells. Refreshments afterwards at The Barn at Assington café.

Walk Leader: **Andy Edgecombe**: 07766 714455.

### Thursday Amblers

#### April 25th

Meeting at 10.15am for 10.30 start at the playing field car park opposite Maplestead Primary School CO9 2RG.

A circular Essex walk of three to four miles through the ancient countryside of the Maplesteads via the round church, through valleys, streams and spring wild flowers to enjoy on the way.

Leader **Rob Worsley** 01787 460664

#### May 23rd

Meeting at 10.15am for 10.30 start at the former White Hart Public House Boxford CO10 5DX or street parking in the village.

A rescheduled circular walk from Boxford centre to Stone Street and return. A walk just over 3 miles with undulating countryside and views towards orchards and Stoke by Nayland.

There are four stiles, some steep, also short distances of road walking.

Hopefully by May the ground should be drier underfoot.

Leaders **Ian & Janet Cruttenden** 07905 051903.

## Walking

Group Leader – Ian Mathews 07471 211347

April 8th Walk will be led by me and I will inform the group closer to the time as to the route and other logistics.

As yet there is no volunteer for May 13th walk but I will endeavour to again inform the group closer to the event.

I have 2 volunteers to lead a walk of approximately 10 miles on June 3rd. Stay tuned for this.

I am also planning evening walks in July and August. All the above are in addition to our normal walk on 2nd Mondays.

## Ten Pin Bowling Group – Ninth Year and We Are Still On Strike!

Want a new social activity, consider ten pin bowling?

Even if you have little experience there is always friendly encouragement from others and you will meet and play with a different group of members on each occasion.

We meet regularly usually on the 1st. and 3rd. Friday each month at Namco Leisure Centre, Freeport, Braintree. Start time: 10:30am.

Games are unlimited and play is for 3 hours, if desired, we normally play for 2 hours ~four games.

Price for the session is £7 including ball / shoe hire and tea / coffee.

Next meetings – April 19th, May 3rd and 17th.

All are welcome. No waiting list but please register to assist administration.

For more details please contact **Keith Nuttall** (Group Leader)

Tel: 01787 464972 or email: [keith.nuttall@outlook.com](mailto:keith.nuttall@outlook.com)

## Future Speakers

### Tuesday April 23rd

Speaker **Fran Sandham** Talk “Stanley and Dr Livingstone.” Fran is a very experienced lecturer and former Rough Guides editor and the author of the nonfiction book Traversa which was serialised in the Sunday Times. He has spoken to us before on his solo journey across Africa but today we shall follow the story of how Stanley meets Dr Livingstone in Ujiji Tanzania.

### Tuesday May 28th

Speaker **Tania Harrington** Talk “Selfie Power the History of Self Portraits.” Tania has given us talks before and is very popular with our members as she always gives a touch of humour to her subject. The Selfie as we know it today is not new. A look over time at the fascinating history of self-portraiture.

## Colette Bentley

## Sudbury u3a 2024 AGM

Since the last Su3aN we have held our Annual General Meeting and below is the list of the elected committee members:-

Chair	-	Ian Mathews
Vice-chair and Treasurer	-	Tony Lee
Secretary	-	Dorothy Beal
Membership Secretary	-	Richard Thomas
Groups' Coordinator	-	Terry Straight
Speakers' Secretary	-	Anita Tuddenham
Publicity/Su3aN	-	Bruce Clegg
Committee Member	-	Colette Bentley
Committee Member	-	Derek Connah
Committee Member	-	Denise Golding
Committee Member	-	Lyn Gray
Webmaster	-	Brian Hemmings

### Membership renewal.

If you have joined since the 1st of January 2024, or already renewed for 2024/5, you need read no further as you will automatically receive your new 2024/5 membership card.

For everyone else, now is the time to renew your subscription.

Both the printed and email editions of this Su3aN will have the renewal form as an attachment. Please complete it and post to me at the address shown on the form.

The simplest way to pay is by bank transfer. If you use this method you do not need to complete a form when you pay, unless your personal details have changed. Please include your surname, and membership number in the reference. If you do not know your membership number, please write your post code instead.

It would be very helpful to me if you would deal with your payment immediately, as a great deal of time and effort is expended in chasing up members who have not paid.

Many thanks for your co-operation.

**Richard Thomas**

Membership Secretary

[memsec.sudburyu3a@gmail.com](mailto:memsec.sudburyu3a@gmail.com)

01787 310607

## Speaker's report for January

### **The Science of Magic by Brian O' Leary**

Brian is a member of the prestigious Magic Circle and has a Bachelor of Science degree, as well as being the current President of the Ilford Magical Society. He performs and entertains regularly for local charities.

Brian explained at the beginning of his talk how in the past magic tricks were often thought to be linked to trickery or conning people but in more recent times people have been investigating the link between magic and the way we see, remember and perceive our world.

He continued to explain how illusions are based on the principles of physics and mathematics and also involve misdirection by creating high and low levels of interest. A magician's job is to get the audience to pay attention to high areas of interest, when secretly the method/trick is carried out in the low area of interest.

Brian then showed us a short clip called the "Monkey Business Illusion" by Simons and Chabris (1999) highlighting unintentional blindness. In this film, we were asked to count how many times the members of one team passed the ball, while ignoring the passes from the other team. While attention was directed towards this task, many of us failed to notice a person in a gorilla costume that walked in beating its chest.

Brian then entertained us with a wide range of magical tricks and illusions, which even knowing that we were being manipulated, we could appreciate his ability to misdirect us using simple psychological science.



### **Sally Card**

## Speaker's report for February

### **The Name on the Bag: 2nd Lt. Clyde R. Simmons. Written and researched by Anne Grimshaw**

The eBay listing would have been somewhat unassuming – a photograph of a tatty, rugged looking flight bag with the name of Clyde R. Simmons etched on it. An acquaintance of Anne's bought the bag and so began a search for the identity and history of the bag's owner, who was an American airman from Joplin, Missouri and local old newspapers divulged that Clyde appeared in the lists of high school achievers. Clyde's nephew, Andrew, provided photos and other information. Clyde enlisted in the USAAF in October 1940. Clyde did his training in sunny California and he initially came to Northamptonshire in May 1943 from where he undertook 28 bombing missions. He returned to America for Christmas 1944 and became a flying instructor in South Dakota. January 1945 he returned to the UK and was assigned to 486<sup>th</sup> Bombardment Group in Station 174, just off the Waldingfield Road, Sudbury. He was killed in an air crash after colliding with another B17 bomber also from Sudbury, whilst flying in a box formation on the 26<sup>th</sup> April 1945 over Luton Marsh, Lincolnshire. Clyde's plane crash landed onto farmland killing him and only two crew members survived. The official verdict on the accident report was pilot error. Clyde was buried at the Cambridge American Cemetery and Memorial.

### **Nick Partridge**



## Footnote to the Speaker's Report for February

Further to February's talk, *The Name on the Bag: 2nd Lt Clyde R. Simmons* about an American airman who flew from Sudbury during World War II, as Anne mentioned there is a film of this available to watch on YouTube with the link:

<https://www.youtube.com/watch?v=v1n9-03Bcg0>

## Forthcoming events from Architecture, Art Visits and Holidays

**Tuesday 21st May.** Medieval Hadleigh and Benton End. Bus or car share. Morning-10 to 12.00 A tour of medieval Hadleigh including the Deanery Tower and the church (toilets and refreshments). Cost £10.

Afternoon-13.00 to 15.30 Benton End-To catch the garden at its best. A house and garden tour with a cup of tea/coffee and a biscuit in the middle. Maximum group number 30.

**Tuesday 18th to Thursday 20th June** Twickenham Art and Architecture Plus trip. Train from Sudbury and buses -unless we get enough people for a coach.

Tuesday Travel to Twickenham-ferry to Ham House.

Wednesday Strawberry Hill, Marble Hill and York House Gardens.

Thursday Turner, Orleans gallery and Eel Pie Island Museums.

Traditionally A&A plus trips involve the participants arranging their own transport and accommodation (with some ideas from Jane).

**Sunday 8th September to Monday 16th September 2024** Berlin by coach with the Holiday group- 9 Days / 8 nights (2 at overnight hotels). Twin and double rooms available.

Cost: £1,941 Per person. This cost includes coach and ferry travel, bed, breakfast and evening meals, a 3-day Berlin Welcome Card travel pass, services of a 'Just for Groups' courier throughout the holiday; guided tours of Cologne, Aachen and an orientation tour of Berlin, guided visits of the Hohenschönhausen Memorial museum, key modernist housing estates, the Bauhaus at Dessau, the Memorial and Museum Sachsenhausen, and the Jewish Museum. Not included - lunches, drivers and other tips.

For more information on these and other group events, including how to book please contact **Jane Crumpton-Taylor** [jane@crumpton-taylor.com](mailto:jane@crumpton-taylor.com) (preferred) or 01787 460277 or 07.

## Coffee Morning

Coffee mornings are held on the third Wednesday of each month. They give an opportunity to meet committee and Sudbury u3a members in a relaxed, friendly atmosphere. Everyone is welcome - whether you are a long-established member or one who has just joined us. Non-members are always welcome as it gives a chance to find out exactly what Sudbury u3a has to offer - no pressure just coffee/tea and a chat.

Coffee mornings are free and our next meetings are: 17th April and 15th May. Venue: The Friends Meeting House, 22 Friars Street, Sudbury. CO10 2AA. Start time: 10:00am, finish around 11:30am. If you would like any further information please contact myself or any committee member. I look forward to welcoming you.

**Ian Mathews** 07471 211347