

Su3aN



u3a learn,
laugh,
live

Sudbury Newsletter

July 2023



Message from the Chair

Dear Members,

Thursday 21st September will be **u3aday** in Sudbury and as last year we will have a stand in the Market Place to take the opportunity to promote and raise the u3a profile and show the activities and benefits membership of the u3a has to offer to the retired and semi-retired community. It would be very helpful if there were members able to give a little time to help on the stand. Please contact me if you can assist.

Please don't forget as per previous years, for August only, our monthly meeting on the 22nd August will be held at The Granary, Quay Lane, CO10 2AN, so please do not go to the Rugby Club. The meeting is on the first floor and unfortunately there is not a lift.

In the last issue I asked for volunteers willing to help members who are unable to get to our monthly meetings at the Rugby Club and I am pleased to say I have been contacted by a number of members who are willing to offer lifts. If you have difficulty getting to our monthly meetings and would like a lift please contact me in the first instance and I will try to organise transport for you.

Currently Jennie Leech is establishing several new groups and you will find details of these groups in this edition of Su3aN as well as on the Groups page of our website: www.u3asites.org.uk/sudbury

With almost 90 interest groups to choose from perhaps now is the time to try something new? Don't forget, you can go along to a group for a 'taster' session - with no obligation - just contact the group leader or Jennie for further information.

Enjoy the summer and remember the strap line which I think sums up everything the u3a represents: **learn, laugh, live.**

Brian

chair.sudburyu3a@gmail.com

01787 269432

Groups' News

New groups about to launch



Archaeology

I am taking some advice about the best way to launch this group since the possibilities are so vast and digging would be complicated. If you have signed up as being interested, you will hear from me in due course.

Astronomy

A meeting of interested members was held on Wednesday, 21st June. Derek Connah will lead the group.

The group is likely to meet one evening per month from September to May. Summer meetings are likely to be during the day and could take the form of visits to observatories or general discussion. Derek is seeking a venue with a good vantage point, The Lamarsh Lion and The Wormingford Crown were both mentioned.

Further details will be sent to those interested shortly, once Derek has obtained certain information.

Contact **Derek Connah** 07895 022723 derek.connah.dc@gmail.com

Calligraphy

A meeting will be held for interested members on Wednesday, 19th July at The Friends Meeting House in Friar Street, at 10.30am, to coincide with the coffee morning. Please get your coffee or tea and go through to the back meeting room.

Terry Straight (prospective leader) and Ian Mathews will be presiding.

Contact **Terry Straight** 01787 460534

Mahjong 2

The group will meet on the 2nd and 4th Monday mornings, 10.30 to 12.30, commencing on 12th September, at The Jetty in Quay Lane. Lilian Austin is willing to get the group started and lead it at first. Some of the more experienced players have been getting together to establish a set of rules and a plan to include those who wish to learn the game, the aim being it will be a pleasurable morning for all.

Contact **Jennie Leech** 01787 373684 jennieleech@btinternet.com

Quilting

Two small groups have been formed to meet during the first and third weeks of the month. One, under the leadership of Dorothy Slatter, will meet on Tuesday afternoons at Dorothy's home in Sudbury. The other, led by Brenda Turner ('Patchwork') will be on Thursday mornings at Brenda's home in Great Cornard. The aims of both groups will be similar, to make a sampler quilt, but Brenda's group will be more flexible.

There are a couple of vacancies in both groups.

Contact **Dorothy Slatter** 07981 027288 dotslat@icloud.com

Contact **Brenda Turner** 07927 162508 colin.brenda774@gmail.com

Poetry

There are eleven members who would like to join. This is considered enough so the number has been capped and there is a waiting list. A preliminary meeting will be held in Long Melford on 28th July.

The small section of The Quay bar has been booked for the fourth Friday of the month commencing 25th August.

The fee will be £2.50 a session, to cover the booking fee, for 1½ hours.

Contact [Andy Edgecombe](#) 01787 371670 and [Gillian Rose](#) 01787 312593

Sewing/craft has been temporarily suspended due to illness of the leader.

Jennie Leech

Groups Co-ordinator

01787 373684 jennieleech@btinternet.com

Walking Groups Diary

Walking Group

Group Leaders:- [Brian & Moira Orton](#), 07508 093631 & 07928 092402

14th August: Bures Approx. 5 miles.

Meet at 09.45 for 10.00am at Bures Car Park, Nayland Road, CO8 5BX. The car park gets quite busy so please car share if possible. Anita can take three people.

Pleasant summer walk but it can be boggy in places (even in August) so please wear suitable footwear. Two stiles and some walking on narrow roads. Toilets and refreshments are available after the walk at The Eight Bells.

Led by [Anita Tuddenham](#) 07789 251211

28th August: (bank holiday). **Early evening walk Fordham Heath towards West Bergholt mainly along Essex Way** 4 miles approx.

Meet at 17.15 for 17.30 start at Spring Lane car park, CO3 9TG, opposite The Cricketers pub and adjacent to the cricket pitch. Additional parking on Heath Road – walk across cricket pitch to the main meeting point.

Walking in undulating Essex countryside with no stiles, a number of kissing gates and wooden bridges over river and ditches. Some parts can be muddy when wet. A little road walking on footpaths. Refreshments available afterwards at The Cricketers.

Led by [Ian and Janet](#) 01787 222179

11th September: Leavenheath to Nayland circular walk. 5.2 miles.

Meet at 09.45 for 10.00am at Leavenheath Village Hall car park, Wrights Way, CO6 4NR. The walk route consists of undulating countryside with great views in part of Stoke by Nayland church spire. Minimal road walking, five stiles. If there has been recent rain, some parts may be quite muddy. Please wear suitable footwear. £1 donation for parking.

Led by [Ian Mathews](#) 07421 776829

25th September: Henny Circuit 4.5 to 5 miles.

Meet at 09.45 for 10.00 at The Quay Theatre for a lovely walk in rolling Essex countryside beyond Ballingdon. No stiles but fairly steep in a couple of places. About 300 yards of road walking on the way to Middleton. Outstanding views in several directions.

Led by [Rod and Lyn Gray](#) 01787 883368

Tuesday Amblers

Meet at 10.15 for 10.30am start for all walks.

1st August: Belchamp St. Paul.

Meet in Belchamp St. Paul village car park, Gage's Road, Belchamp St. Paul, Sudbury CO10 7BX. Parking there will be a suggested contribution of £1 per car.

This is a slightly undulating 3.7 mile walk mainly on field edge paths in quiet countryside with some long distance views. There are three stretches of road walking but the roads are fairly quiet and in each case no more than ¼ of a mile. There are no stiles.

Led by **Paul Tetley** 01787 269466

5th September: Monks Eleigh and Chelsworth

Meet at Corncraft, Hadleigh Rd, Monks Eleigh, IP7 7AY. Please park in the back car park down the slope behind the café.

An easy 3.3 mile walk, mostly on field edge paths and tracks with no stiles and with some lovely open country views. There is some road walking on quiet lanes and we have to cross the A1141 twice at the start and end of the walk. Corncraft café will be open for refreshments after the walk. If you intend to eat there, they suggest you book a table when you arrive as the café can get quite busy at lunch times.

Led by **Sue Lane** 07879 821641

Thursday Amblers

24th August: at 10.15am for a 10.30 start. Please park at Leavenheath Village Hall, Wrights Way, CO6 4NR. A donation of £1 for car park maintenance. A gentle pretty walk of 3.5 miles on field edges and through some ancient woodland, part of Arger Fen and Spouse Vale. No stiles.

Led by **Grace and Vic Lewis** 07806 46215

25th September: at 10.15am for a 10.30 start. Please park at Clare Country Park which has a parking fee, CO10 8NW. This walk is just under 3 miles starting with a short climb to the Castle Motte across a short wood and field and through the Priory. No stiles.



Led by **Jenny and Ray Filby** 01787 374205

Strollers Group

Meeting 1st and 3rd Friday starting our 90 minutes walks at Quay Lane we go onto the Valley Walk dropping down onto the meadows, chatting and enjoying the fresh air. Walking through fields of buttercups, passing close by our young bullocks, noticing the willow trees have been coppiced and the swans have several cygnets in their care are all part of the experience and we all feel better after it!



Led by **Lyn Gray** 01787 883368

Film Group

Film Group – meets on the last Friday of the month at 2pm at The Christopher Centre, 10 Gainsborough Street, Sudbury CO10 2EU.

28th July: We will be looking to show – ‘**Mrs. Harris Goes to Paris**’ starring Lesley Manville and Alba Baptista. In 1957 London, Mrs Ada Harris, a widowed cleaning lady, becomes obsessed with one client’s haute couture Dior dress, which triggers a longing to buy one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure in Paris that will change not only her own outlook – but the very future of the House of Dior.

THERE WILL BE NO FILM GROUP IN AUGUST

29th September: We will be looking to show – ‘**The Choir**’ starring Dustin Hoffman, Kathy Bates and Eddie Izzard. Stet is a troubled young boy who, after the tragic death of his mother, has led a less than exemplary school life. However, he has a remarkable talent for singing which sees him transferred to a Boy Choir school led by a pertinacious schoolmaster (Dustin Hoffman). But can the strict school vanquish the rebel in Stet and introduce the singer?

Jenny Filby

01787 374205

Featured Group

Upwords

Upwords is similar to Scrabble, but less serious and more fun. Players build words using letter tiles on a gridded game board. The point of difference is that in Upwords letters can be stacked on top of other letters already on the game board to create new words.

Each player starts with seven letter tiles. Play across or down to make new words or stack on top of tiles to change a word. Most games will take around 30 to 60 minutes to play. In Upwords players are competing to score the most points through playing tiles and building rows or columns of words.



Why not come along to the Eight Bells in Bures where we meet on the first Thursday of each month, to give it a try? We start playing about 7:00pm but if you want a meal first, please get there at 6.00pm.

Ros Hardy

07850 904347

Group Vacancies

Table Tennis 2

Table Tennis group 2 meets on Thursdays 10am to 12am at the Stephenson Centre in Great Cornard. We are a mixed ability group. Currently we have vacancies.

Please contact the group leader for more details.

Lyn Gray, 01787 883368 lyngray79@gmail.com



Future Speakers

Tuesday 22nd August: The speaker is Kim Smith. Her talk is entitled “**Constable –the Artist who couldn’t get arrested**”. Kim is a member of our u3a and has given many talks to the History Society. Her talk promises to be enlightening, amusing and full of interesting local details.



Please remember that there is a change of venue for August. We will meet at The Granary in Quay Lane. The meeting is on the first floor. Please note that there are only stairs and not a lift.

Tuesday 26th September: The speaker is Professor Stephen Smith. His talk is entitled “**Religion in the People’s Republic of China**”. Stephen is an Emeritus Fellow of All Souls College, University of Oxford and is a Historian of Modern Russia and China. His talk will inform us of how Religion survived in Maoist China.

Colette Bentley

Next Newsletter

For the September issue please send your contributions no later than 3 September 2023. 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

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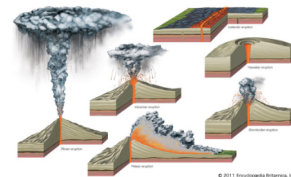
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May Speaker

“Earth and Fire” by Adrian Wright

Adrian is a fellow of the Royal Geographical Society and former head of Geography at a grammar school.

A little-known disaster in 1902 prompted the study of volcanoes. The eruption of Mount Pelee was the worst volcanic disaster of the 20th century. In less than a minute, the volcano destroyed the entire city of St. Pierre, the biggest city in the Caribbean Island of Martinique. More than 30,000 people died – and only three made it out alive.



Even as late as 1944 scholars did not know much about volcanoes. Much research is being done now and scientists go up to craters to collect samples of minerals and take temperature readings.

The Earth's crust is only very thin about 60 miles thick and pieces of the Earth's crust, called tectonic plates, fit together a bit like a jigsaw and move very slowly. Most sites of volcanic activity are along boundaries of tectonic plates. Adrian explained that some volcanic eruptions such as Krakatoa were highly explosive whilst others such as the Icelandic eruption were not.

In Britain examples of volcanic activity include Dartmoor which is a dome of volcanic rock exposed by erosion and Hadrian's wall which was built on a sill which was created by volcanic activity.

Helen Holton

June Speaker

“Gainsborough and the Development of Gainsborough's House” by Emma Boyd

Thomas Gainsborough was born in Sudbury in 1727, the fifth son and ninth child of John and Mary. He was expected to follow in his father's footsteps and enter the wool trade, however an uncle left him an inheritance enabling him to go to London and be tutored by prominent artists of the day.



His first love was for painting landscapes but he soon discovered that portraiture would be his bread and butter, working on commissions at various times from London, Ipswich and Bath and vying with Sir Joshua Reynolds who became his main rival. He became a favourite of King George III and high society, co-founding the Royal Academy of Arts and exhibiting there himself in 1782.

In 1958 the Gainsborough House Society was formed to purchase the house in which he was born and establish it as a centre for 'all things' Thomas Gainsborough and it was opened to the public in 1961.

Ten years ago Mark Bills became the director at Gainsborough House and his stated aim was the transformation of the gallery. With generous support from the National Lottery Fund, Babergh District Council and other generous donors the new complex was re-opened in November 2022 after a £10 million redevelopment. We now have a handsome new building on the Sudbury skyline. Clad with a 'woven' local hand-made brick facade and knapped flint wall, including zigzag copper roofing, giving a nod to the town's silk-weaving heritage.

With the increased hanging space available there are now three exhibitions running until October 29th.

Nick Partridge

Art Visits and Architecture and Interested others!

Tuesday 15th August.



There is to be a coach trip to see Banksy's and other works –The Urban Frame – Mutiny In Colour – Moyses's Hall Museum, Bury St. Edmunds; the National Horseracing Museum in Newmarket and Haverhill Arts Centre.

Times: 08.45 Leave Sudbury (probably the lorry park beside Waitrose but tbc), return 18.30 (tbc) Sudbury.

The cost is up to you:

- Coach plus Newmarket and Haverhill Banksy's £22pp or
- Coach plus those two Banksy's plus Horseracing Museum general entrance £32pp or
- Coach only £10pp
- Moyses Hall will be pay at the door £7pp or £5.25 for Art Fund members. Do not send ££ for this one.

Please contact **Jane Crumpton Taylor** jane@crumpton-taylor.com for booking and payment information

Coffee mornings

We hold a coffee morning on the third Wednesday of each month. These mornings provide an opportunity to meet committee members and other 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 especially welcome as it gives a chance to find out exactly what Sudbury u3a has to offer – no pressure just coffee (or tea) and a chat. Coffee mornings are free and our next meetings are: 16th August and 20th September.

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 seeing you.

Brian Orton

chair.sudburyu3a@gmail.com

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