



Sudbury Newsletter

January 2024



Winter Scenes by the Photography Group

Chair's Message

Dear Members,

Now that the festive season is well and truly behind us we can look forward to an active and busy year.

Sudbury u3a is one of over 1000 u3a's throughout the UK who have a combined membership of circa 400,000. In addition to the events and activities that Sudbury u3a offers its members locally, the National Office provides us with further opportunities and events available to all of our members. To ensure you are aware of what is being offered I would suggest that you check the National website <https://www.u3a.org.uk> on a regular basis.

I would mention one event that the National Office is organising which is **u3a Festival 24**. This is the first ever u3a Festival taking place on the **18-20 July 2024** at York University, where members from across the country will be participating in a wide variety of activities – talks, sporting events, musical entertainment and workshops. See further details on the Events drop down tab on <https://www.u3a.org.uk>.

This is my final Chair message as I retire at the AGM 27th February and I would like to take the opportunity to stress the importance of the u3a being an organisation run by the members, for the members and that everyone should play their part. It is no good thinking you can rely on others to do things, because they may be thinking the same of you. So in the forthcoming year please consider how you can help our u3a.

Having said that I would like firstly to take the opportunity of thanking all my colleagues on the Committee for their invaluable time, support and hard work. Also I would like to thank the many Group Leaders for the fantastic opportunities they offer our members, and members of the Really Useful Group for the all the help they provide. Finally all the other unsung volunteers that help to keep Sudbury u3a so active and strong.

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.

Our AGM this year is the 27th February at the Rugby Club. It is important that the AGM is well supported so please make a special effort to attend. After the formal business is concluded **Anne Grimshaw** will be giving her talk **The Name on the Bag 2nd Lieutenant Clyde R Simmons**. Those of you who have heard Anne speak previously will know it will be an interesting, meticulously researched and well presented talk.

Brian

chair.sudburyu3a@gmail.com

Next Newsletter

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

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Group News and Diary

Mahjong 2

This is now an established group which takes place on the 2nd and 4th Monday morning of the month at 10 o'clock at The Jetty in Quay Lane. There is free parking nearby. Please bring your own refreshments.

The leader, **Lillian Austin**, will be pleased to hear from any members who would like to join the group, to boost her number; some experience is necessary.

lily.austin9802@gmail.com

01787 229930

British Sign Language

A new group, started in January.

It meets on Wednesday mornings from 10 o'clock in the Freemans Room at The Christopher Centre. (First floor, up one flight of stairs.)

Come and meet **Sarah Smiles** and **Romeo**, her hearing dog.

Please bring your own refreshments.

If interested, please contact **Jennie Leech** or **Terry Straight**.

Jennie Leech

Groups Coordinator

01787 373684

Terry Straight

01787 460543

Group Leaders – Publicise Your Group

Why not write a piece to publicise your group to be published in the Su3aN. Maybe you need more members or you are putting on an event that you wish to open to all members, or you just want to brag about how good your Group is.

Contact: **Terry Straight**: 01787 460534 terrystraight3@outlook.com

or the editor at "Su3aNeditor1@outlook.com"

Singing Group

Our very informal Singing Group requires more members. We meet twice monthly in members' homes on Friday afternoons, 2 pm start. We mostly sing folk songs, sea shanties and retro pop and, most importantly, have fun!

Contact: **Gill Rose** rosegillian15@gmail.com or 07940 565247.

Photography Skills Group.

Our December meeting held in the Stevenson Centre was well attended. Apart from discussing past subjects we took the opportunity to discuss individuals' cameras.

The topic for our image submissions for November was 'Texture'. Our chosen 'Image for the Wall' is opposite.

Future meetings will be held on the 3rd Tuesday of the month.

Ian Mathews. 07471 211347 (note new number)



Painting and Drawing

The leader of the Painting and Drawing Group is well known local artist and member of our u3a, **Vernon Lever**, who brings his knowledge and techniques to the group to help members develop their own skills.

The friendly group is mixed ability, from novices to experienced artists. Enthusiasm to paint is the common denominator.

Members are encouraged to use the mediums they prefer including watercolour, pastels, acrylics, oils or pencil. Members provide their own materials.

New members are always welcome and are encouraged to have a free taster session which provides the opportunity to meet the leader and members of the group and learn more of the group's activities.

There is a very modest quarterly charge to cover the cost of the room hire.

The group meets in a friendly atmosphere at the **Long Melford Old School on Tuesday afternoons 2 – 4pm.**

If you would like further information please contact **Vernon Lever** on **01787 310511** or simply come along any Tuesday afternoon. You will be very welcome.

Film

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

26th January 2024: We will be looking to show 'A Man Called Otto' starring Tom Hanks, Mariana Trevino and Rachel Keller. This film tells the story of Otto Anderson (Tom Hanks) a grumpy widower who no longer sees purpose in his life following the loss of his wife. When a young family move in next door it results in an unlikely friendship that turns his life around. This movie is about love, life, loss and new hope.

23rd February: We will be looking to show 'Le Havre' starring Andre Wilms, Kati Outinen and Jean-Pierre Darroussin. **This is a French Film with English subtitles.** Marcel Marx, formerly both a bohemian and struggling author, has given up his literary ambitions and relocated to the port city of Le Havre. He leads a simple life based around his wife, Arletty, his favourite bar and his low income profession as a shoe shiner. As Arletty suddenly becomes seriously ill, Marcel's path crosses with that of an underage illegal immigrant from Africa. Marcel and friendly neighbours and other townspeople help to hide him from the police. The police inspector may, or may not, be hot on their heels.

22nd March: This will be a week earlier than the last Friday in the month due to **Easter:** We will be looking to show 'The Shawshank Redemption' starring Tim Robbins and Morgan Freeman. It is 1947 and the film tells the story of Andy Dufresne (Tim Robbins), a successful banker in Maine who is convicted for the murders of his wife and her lover, a golf pro. Since the state of Maine has no death penalty, he is sentenced to two consecutive life sentences and sent to the notoriously harsh Shawshank Prison. This film, however, runs for **2 hours and 22 minutes.**

Jenny Filby



Walking Groups

Strollers

Leaving Quay Lane car park at 10.30am, on the 1st and 3rd Friday of each month, please join us for a 90 minutes slower pace walk across and around Sudbury Water Meadows.

Contact: [Lyn Gray](#) 01787 883368

Tuesday Amblers

Tuesday 6th February – Bulmer.

Meet at Bulmer Village Hall car park next to Bulmer Church, Church Road, Bulmer CO10 7EH, from 10.15 for 10.30am start. A 3.5 mile walk on tracks and field paths with a couple of short sections of road walking on quiet country lanes. No stiles.

Walk leader: [Amicie Thompson](#): 07530 269813

Tuesday 5th March – Stoke by Nayland.

Meet at the Recreation Ground Car Park, School Lane, Stoke by Nayland CO6 4QY, from 10.15 for 10.30am start. A figure-of-eight walk of 3.7 miles within sight of Stoke by Nayland Church. This is an undulating walk with a couple of steepish slopes rewarded by some fine views. There are some steps, two stiles and some road walking along School Lane and quiet by-roads.

Walk leaders: [Janet and Ian Cruttenden](#): 07905 051903

Thursday Amblers

Thursday 22nd February

A circular walk from Boxford centre to Stone Street and return.

Meeting at 10.15am for 10.30 start at the former White Hart Public House, Broad St Boxford, CO10 5DX. Parking may be possible at the pub, alternatively street parking in the village.

A walk of just over 3 miles with undulating countryside and views towards orchards and Stoke by Nayland. Areas can be muddy so boots are advisable. There are four stiles some steep, also short distances of road walking.

Walk leaders [Ian & Janet Cruttenden](#) 07905 051903

Thursday 28th March

A circular walk around Pebmarsh.

Meeting at 10.15am for 10.30am start at Pebmarsh Village Hall, The Street, Pebmarsh CO9 2NH. Parking £1 per car.

The walk is just 3.2 miles with no stiles, mainly field edge walking which takes in the old lake and across a 100 acre field which will be muddy if the sheep are still in it. Undulating countryside with three short stretches of road walking.

Boots are advised.

Walk leader [Paul Tetley](#) 01787 269466

Walking Group

Walking Group Leader:-[Ian Mathews](#) 07471 211347

February 12th- Winter Walk

Meet at the Quay Lane car park at 9.45 for 10.00am start. Approx. 5.5 miles circular walk via Bulmer village, mostly on quiet lanes and tracks – possibly a little muddy in places so boots are advised. No stiles nor steep inclines, nice views.

Walk leaders [Lyn and Rod Gray](#) 01787 883368

March 11th

This walk yet to be arranged. All members will be advised once it has been arranged

A New Year, so why not a try a new activity – Wood Carving

The **Wood Carving** group meets 09.30 to 12.30 on Friday mornings at The Jetty, Quay Lane during school term time.

We welcome members who are either experienced carvers with their own equipment or members who would like to try something new. We have the tools, benches and wood available so inexperienced members are able to try carving before making a financial outlay for equipment. To



cover our expenses including hire of the hall there. is a charge of approx. £30.00 per term. Existing members will provide instruction and guidance if required.

This is a very friendly and sociable group, we break for coffee midmorning, solve the problems of the world and tell really bad jokes.

If you would like further details please contact [Brian Orton](#) 07508 093631 brian.orton2@gmail.com or come along on a Friday morning.

Photography Group

The photography group met in December at the group leader's home in Groton and showed a wide selection of photographs on the topic: **Autumn**. Some of which are here on the right.

The next meeting is outdoors in Long Melford where we will be taking photographs illustrating the **Sky**, which is our topic for the February indoor meeting.

Contact: [Bruce Clegg](#)
redbloodcorpuscle@yahoo.com



Speaker's report for November



ShantyFolk

ShantyFolk are a landlocked shanty group from the Lavenham area. They have been singing together since 2014.

They entertained us with some lively renditions of sea shanties.

Two shanties were about Nelson. It was tradition for sailors to be buried at sea in their hammock. But when Nelson died, he was too important for this and needed to be buried back in England. How to keep his body "fresh" was a dilemma. He was encased in a barrel of rum and legend has it that holes were drilled into the sides and the liquid drained! Sailors essentially drank his blood during the long journey; therefore, it was called: "Nelson's Blood". The other shanty was about Nelson's favourite ship: HMS Agamemnon. She was a 64-gun third-rate ship-of-the-line of the British Royal Navy.



Changing the atmosphere completely was a very moving modern shanty. "The Last Leviathan" was about the death of a species from the perspective of a whale.

Another memorable one was "Itches in the Britches" which tells the story of a man's vital parts from birth!

Shanty Folk to date have raised £10,000 for various good causes including the RNLI. A lively and fitting end to the last u3a meeting of 2023.

Helen Holton

Membership Renewal

Our new membership year runs from April 1, 2024 to March 31, 2025.

However, you can renew early if you wish to do so and the 2024/25 Membership Renewal form is on the website under the CONTACT and MEMBERSHIP tabs - this contains full details of the process should you not already be familiar with it.

Early renewal is always appreciated as it enables me to spread the effort over a longer timescale...!!

Many thanks for your co-operation and please do not hesitate to contact me if you have any queries at all.

Richard Thomas

Membership Secretary

memsec.sudburyu3a@gmail.com

01787 310607

AGM

The AGM of Sudbury u3a is being held at the Sudbury Rugby Club, Whittome Field, Spicer Way, Great Cornard, CO10 0GB at 10 am on Tuesday 27th February.

A copy of the Agenda and Nomination form is included with the printed copy of this edition of Su3aN. A digital copy of the form is available for download on the website under the AGM tab.

Coffee mornings

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 the u3a has to offer - no pressure just coffee and a chat.

Coffee mornings are free and our next meetings are: 21st February and 20th March.

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