

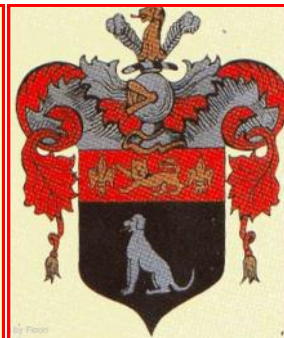
SU3AN

Sudbury U3A Newsletter

Issue No 91 July 2018

Registered Charity No 1101615

Sudbury U3A Website: www.u3asites.org.uk/sudbury



Members of the Art Visits group at the Henry Moore Foundation in Much Hadham



Chairman's message

Well , summer is well and truly here - sunshine, barbecues, picnics, strawberries and cream, cricket and croquet, Wimbledon and World Cup. Lovely! Aren't we fortunate to live in this area? We have a beautiful wildlife site on our doorsteps and as we stroll around we benefit from the wonderful work done by the unseen volunteers who manage the site. There are countless volunteers beavering away across so many other Sudbury and district projects, all working to keep our area the place we want it to be.

A few weeks ago the annual Sudbury Food and Drink festival was held, and once again it attracted a large number of people, enjoying tasty snacks, drinks and great music. I spotted many of our members singing along in the crowd - and there were some notable dance moves! I felt a real sense of being part of a community.

Our U3A is also a big part of our community with almost 800 members, many of whom are currently volunteering in different roles, such as helping at the monthly meetings (meeting and greeting, stacking chairs, tea/coffee making etc), coffee mornings, those who edit, proof-read, sort and distribute SU3AN, not forgetting our group leaders. One person has been leading a group for 17 years - isn't that wonderful? Could **you** help with any of the above? Get in touch with any committee member - we would love to hear from you.

You will see more details of our new **U3A Members Activity Mornings** in this newsletter. We are trialling this for three months on the second and fourth Wednesday starting 11th July. Do come along and join in - and if you would like to help in any way then speak to one of the sub-committee - we will be wearing the U3A yellow polo shirts!

Don't forget - we would like to see more of *your* entries in SU3AN.

I wish you all a great summer.

Anita Floodgate

Transport to the Rugby Club for Speakers' Meetings

We are concerned that some members find it difficult to attend the monthly speakers' meetings at Sudbury Rugby Club because public transport is very poor.

The committee is considering if - in conjunction with GoStart Community Transport - it would be viable to organise transport for members who wish to attend but lack their own transport. Initially we are looking at a mini bus making a pick up from the centre of Long Melford and Sudbury and return.

The U3A would guarantee a payment to GoStart covering the cost of the service and would expect to make a low fixed charge to members, regardless of how many were on the bus.

Whilst at this stage we are only thinking of Long Melford and Sudbury for pick up, consideration could be given to other pick up points if there was sufficient demand.

If this would be of help to you perhaps you would contact Anita or myself, either by phone or email.

Brian Orton - 01787 269432
brian.orton2@gmail.com

Anita Floodgate - 01787 312904,
anitafloodgate@yahoo.co.uk

August and September Speakers

I have been asked by some members to put more information in SU3AN regarding upcoming speakers so here goes.

Monthly Meeting 28 August will be Martyn Roper who lives in Great Cornard who will be giving a talk on *History and the Printed Cartoon*. A look at how published cartoons have illustrated the events and infatuations, important and trivial, of the last three centuries, with illustrations from Hogarth to Mac.

Monthly Meeting 25 September: *Songs from East Anglia* by the Harbour Lights Trio. A performance of entertaining and humorous local songs played on different instruments, singing both individually and together in harmony.

Collette Bentley

Membership cards

A reminder please that you should now have a **blue** membership card. If not, your membership has expired and you will need to renew as soon as possible so you can continue to enjoy the benefits of being a member. If you have any queries, difficulty with renewing etc please contact me or John Freeborn, Membership Secretary 01787 827315.

Anita Floodgate

Next Newsletter

For the September issue please send your contributions by Thursday 6 September 2018. If you miss the deadline we may not be able to include your copy. Please, wherever possible, send details by email **as a Word attachment to the email in Arial 12p font in plain text, 350 words maximum, to heavenly_white_one@yahoo.co.uk**

Alternatively handwritten contributions may be sent to:

Jean White, 64 Vicarage Lane, Acton, Sudbury CO10 0UQ. Tel: 01787 370654

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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Speaker's Reports for May and June

The Essex Scrubber



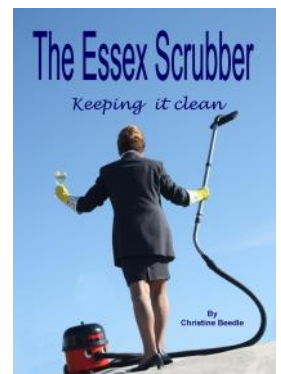
Christine Beedle MBE is an Essex cleaner and proud to be so. That is what she told us during an inspirational and entertaining talk detailing the formation of her cleaning business, through to penning a trilogy of books as a testimony to her colourful story.

It was a case of needs must after tragedy struck and her husband became terminally ill with cancer. With two young children and a mortgage to pay, she formed Monthind in 1975 with a £2,000 loan and set up her first major cleaning contract with Willis Corroon in Ipswich.

This was followed by other leading companies in the area, and when a new contract was won Christine was not adverse to donning overalls and doing some shifts to investigate the territory and staff. She realised there were many dedicated members of staff and saw to it that there was steady promotion through the company that highlighted her philosophy that a company's strength is its workpeople. In 2000, when she sold the company, 800 of the 850 staff were women.

Her success didn't go unnoticed by the establishment. In 1992 she was voted East Anglian Businesswoman of the Year and won the Women into Business Award, presented by Kenneth Clarke, in 1995. An MBE followed in 1998 for Services to the Cleaning Industry, presented by the Queen.

Never one to let the dust settle, her first book *The Essex Scrubber – Keeping it clean* was published in 2014, followed by *The Essex Scrubber – Down on her knees*. Her remaining volume is now in the pipeline and due to be published soon.



Nick Partridge

Theobalds: England's Lost Royal Palace

by Stephen Poulter (auctioneer, bookshop owner and seasoned public speaker)



Theobalds; "rose and disappeared in fourscore years and ten".

Sir William Cecil, who rose to Lord Treasurer in Queen Elizabeth's household, was instrumental in having Theobalds built. He wanted a residence near London, but not too near! He purchased the manor of Theobalds in Hertfordshire in 1564, spending many years and plenty of

money enlarging it and making it very grand.

The exteriors of grand houses were very important to the Elizabethans with plenty of arches and columns to impress the passer-by. Stephen gave us a "3D fly-through reconstruction" of what Theobalds would have looked like at this time.

Theobalds is thought to have been similar in design to Hatfield House; there is only one surviving exterior illustration, produced in 1653, and only one interior illustration dated 1635.

Continued...

Elizabethans saw gardens as “nature tamed by architectural design”. Consequently, their gardens were very geometrical, as can be seen in the existence of nine knot gardens at Theobalds. The garden consisted of seven acres of land featuring fountains, columns and pyramids in stone and wood plus a Venusberg (a viewing platform).

Elizabeth 1 was a very thrifty monarch who liked to travel around the country staying at fine homes, all at the expense of the owners! She came to Theobalds at least 11 times and sometimes stayed for three weeks. Of course, this meant that the accommodation had to be very sumptuous, with rooms for courtiers, ambassadors and many more.

In 1598 Lord Burleigh died and the house passed to his son Robert Cecil. In 1607 Theobalds was given to James 1 who spent a lot of time there following his favourite pursuit: hunting. James spent a lot of money enclosing the land with a huge wall. (Is this where Donald Trump got his idea?)

Theobalds was stripped of valuables by soldiers during the Civil War, and in 1666 the dilapidated house was given to The Earl of Portland.

Stephen’s talk finished here, but he has another talk taking us further into the history of the palace.

Helen Holton

Diary and Group news

Groups’ corner



We had nine people come to the U3A Croquet taster, then a couple more registered interest and, with the addition of more members who had already visited, it looked like we were on target to set up a group – negotiations continue!

Film Group - meets on the last Friday in the month at 2pm at the Bridge Project.

31 August: “All the Money in the World”, 2017, starring Christopher Plummer. This ‘smart, stylish thriller’ is based on the true story of the kidnapping of John Paul Getty the third and the desperate attempt by his mother to convince his billionaire grandfather to pay the ransom. What really is the value of love over money?

28 September: “The Constant Gardener” 2005. An oldie you might have missed, starring Ralph Fiennes and Rachel Weisz. John Le Carré’s take on shady dealings between governments and business and the lack of morality therein.

Carpet Bowls - any takers??

Much to my surprise, no one was interested in playing carpet bowls. We have the equipment and hope to get a group off the ground. This is your second chance!

Group Visits

Jennie Leech and I are starting our group visits with the newer groups and those where the leader didn’t get to the workshop, so don’t be surprised to get a call.

Painting Group

This group goes from strength to strength. Thank you Vernon for your leadership. They played a big part on the Suffolk Day Art presentations on Market Hill. Unfortunately I didn’t find out until recently – if you have a “presence” anywhere let us know so we can all support you.

Lyn Gray

Groups Co-ordinator, Tel: 883368

U3A Members Activity Morning

July 11th & 25th, August 8th & 22nd, September 12th & 26th



Come along to St Peter's Market Hill Sudbury at 10am for a couple of hours of Learning, Laughing and Living. We have planned a programme, but would also like to hear your suggestions, why not try it and stay as long as you like.

Activity tables available: Board games (traditional and modern), Book swap, Painting/Craft, Health, Quizzing, Ask Bruce (pc advice), and more.

Light refreshments provided by the Bridge Project.

Typical Programme

10 am	Arrive
10 10am	Talk of the Day (a topic of interest)
10.30	Activity/Demo exercise, etc Table activities all morning
12 Noon	Depart



Garden Visits

Monday 6 August: 5 Parklands Green, Fornham St Genevieve, near Bury St Edmunds.

Monday 13 August: Social Occasion

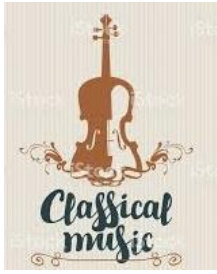
Will members please note this addition to our programme: Each of us (plus one) is kindly invited by Geoff Chatters, to drinks and nibbles in his garden at 6pm. Geoff is providing drinks but please bring along some nibbles. Also, if you have a folding garden chair that might be useful. This is sure to be a very sociable occasion and I hope to see you there.

Monday 3 September: 1 Redbricks, Worlds End Lane, Buxhall

Please see your schedule for details of both visits and your membership lists for Geoff's address.

Maira Orton

Music Appreciation



We are a small, friendly group of people who enjoy listening to classical music in comfortable surroundings. We meet on the last Monday afternoon of the month at 2.30pm, and after listening to the music we have a chat over a cup of good coffee or tea and biscuits.

If you are interested in joining us you can contact me by email at roy@collin7.eclipse.co.uk or you can 'phone me on 01787 373789.

Roy Collins

Amblers (Tuesday)



Tuesday 7 August: Leavenheath, 10.30 start. Meet at Leavenheath Village Hall car park in Wrights Way, CO6 4NR - second turning right off the High Road, Leavenheath. High Road and Village Hall are signed from the A134 after passing the Hare & Hounds Pub. A 3.5 mile walk with views of Nayland church. Refreshments in Vic and Grace's garden afterwards for a donation, or the Hare & Hounds Pub is open. Leader Grace Lewis: 01206 263248.

Tuesday 4 September: Rodbridge, 10.30 start. Meet at the Long Melford Country Park. Easy four mile walk via Borley Church, finishing at the Nethergate Brewery for refreshments. Leader Colette: 01787 374249.

Amblers (Thursday)

Our May amble took us around the pretty village of Kersey. On a beautiful day, 21 of us enjoyed both the views and the company. A welcome break was taken in St Mary's Church before rounding off the morning at The Bell for lunch.

In June, we met at Rodbridge Country Park before starting down the valley walk and out to Bardfield Bridge. We then made our way to Borley Church, which Conrad Bentley had arranged to be open, before finishing up for tea at the picnic site.

Our walk on 23 August will be led by Conrad Bentley, 01787 374249. This will be approximately 3.5 miles and will take us around Assington (we will not be including Arger Fen in this walk). Meet either at the Quay at 10.00am to either offer/accept a lift, or meet at the Assington Farm shop at 10.30am.

27 September will see us go over the border as we take a stroll around Castle Hedingham. Meet at the Quay at 10.00am to either offer/accept a lift. There is on-street parking in Castle Hedingham. Can everyone meet outside the Bell Inn at 10.30am. This walk will be led by myself, 01787 312904.

Roger Floodgate
Group Leader

Art Visits



The Art Visits Group has recently enjoyed trips to The Munnings Museum in Dedham, The Henry Moore Foundation in Much Hadham and The Royal Academy's Summer Exhibition in London.

So far, the following trips have been organised for the Autumn: Tate Modern on 20 September, Kettle's Yard in Cambridge on 11 October and Saffron Walden galleries on 8 November. Please contact me via email if you want to join the mailing list and receive further details.

Eileen Jenkin jenkinkemp@gmail.com

Walking



Monday 13 August: Linear walk on part of the St Edmund way from Gt Welnetham to Bury St Edmunds

Meet at 9.45 at Sudbury bus station for the 753 bus to Bury St Edmunds at 10.00am. (Alternatively meet at Raynsford Road bus stop in Gt Welnetham at 10.55).

Five miles along mostly country lanes and field paths. 5 stiles, entering BSE via Hardwick Heath and ending on Angel Hill.

Plenty of opportunities for food & drink in BSE. Buses return to

Sudbury at 14.05 or 15.12 from the Bus Station. **Leaders:** Amicie Tel: 379291 & Sheena Tel: 311341.

Monday 27 August : Evening walk Clare Country Park

Meet at the Country Park car park, CO10 8NW, at the end of Malting Lane (chargeable £2) for a 4.5 mile walk taking approximately two hours. Alternative parking on the square or streets around.

The walk takes you past the remains of the old Mill and across the Meadows, up ancient drovers' road and with views across the town and castle on the descent back to Clare. A number of pubs to eat at in Clare. **Leaders:** Ian & Janet Cruttenden Tel: 311208

Monday 10 September: Hintlesham

Meet 9.45 for 10.00, at the Village Hall in Timperleys, off George Street (A1071) on the right opposite the Church (just under 30 minutes away from Sudbury). A five mile walk in rolling countryside around Hintlesham. **Leader:** Lyn Gray Tel: 883368

Monday 24 September: Lavenham/Brent Eleigh

Meet 9.45 for 10.00 start at the public car park in Lavenham next to the Cock Horse public house for a 5 mile circular walk via Brent Eleigh through undulating countryside with no stiles. Plenty of choice for refreshments on our return. There can be some mud if there has been recent rain.

Leaders: Brian & Moira Tel: 269432

Wine Group 1

Puglia Wine Experience

Seven members of Wine group One, departed from Sudbury at 3.15am heading for Stansted for a 6.20 flight to Brindisi. There we were met by our guide who drove us to Ostuni for a brief tour of the town. After this we had a three course lunch with our first tasting of the unique Puglian wines.

After lunch we were taken to our hotel in Cisternino which would be our base for the next three days. The hotel was a converted estate consisting of renovated Trullis, the archetypical Puglian houses with peculiar classic coned roofs.

The following day we had three tastings, including lunch. The signature grape of the area is red Primitivo. However, we were pleasantly surprised to find unusual white wines, for example Fiano, Verdea and Minutolo.

The area also produces wine from the more well-known grapes such as Chardonnay and Pino Noir, and many blends with great complexity

Continued...



Puglia is a fascinating area with almost no high rise building (I think the highest we saw was six storeys), picturesque towns and villages, interesting architecture, wonderful churches and cathedrals, large and small vineyards and huge plantations of olive trees, some up to a thousand years old.

The next day we visited a wine museum and had a tasting lunch followed by a tour of Brindisi.

We were all looking forward to the next day and attending a cookery class, where we would make all our own dishes in the Apulian tradition and later sit down together to enjoy the results of our hard work. The menu consisted of a pasta which we made from semolina flour and water and, after kneading studiously, shaped into the Orechiette (little ears). Then came the medley of vegetables, a Parmigiana and finally the tiramisu. This, all accompanied by an inexhaustible supply of the local wines.

Following our busy days of wine tastings we had decided to finish our tour with a couple of days relaxing by the sea at Polignano a Mare, a small town on the Adriatic coast.

Then it was back to Stansted, with great memories of an enjoyable and interesting tour.

Anthony Galer

A gap year

by Lindsey Evans, a member of the Writing group

When I was growing up, a gap year was a year with VSO, doing good deeds. Now it's: *Will you sponsor me to trek up a mountain? Canoe down a river? Or how about floating around the Far East for a year?* In other words, will you pay for my holiday?

My daughter informs me that she's heading for India and there is a good deed at the end: an orphanage. I ask for more detail but this leads to more countries. 'We might move on to Cambodia or Borneo,' she says. I'm engaged in a moment of mindfulness, chewing all this over, hearing the we and trying to think of the right thing to say. I don't want to talk about money. 'Who is we? I say eventually.

'Me and Rob.'

'Oh,' I say. 'I've got a sleeping bag up in the loft.' I suppose I'm mentally zipping her up in it, nice and tight so Rob can't get in.

'We're not camping mum,' she smiles. 'We're travelling.'

Well that sounds fun. I'm inclined to say, *can I come too?* 'Hostels then is it?'

'No mum we're staying with Zabed from Uni. He lives just outside Mumbai. So we'll do the Golden Triangle before we head south.

'Very nice.' Now I really want to say, *can I come too.* Silly me, all those years paying for the family to stay in hotels when we could have been staying with Zabed and friends dotted all around the world.

'I thought it would be good mum, for Zabed and a few others to come and stay here for a few days, so you could get to know them before we go.'

I'm thinking that sounds like a large Waitrose bill. I'm not asking who is going to fund this trip. I'm not asking about trains and planes. They're free spirits and who am I to dampen their enthusiasm? But if they don't get insurance it will be me flying out with my credit card to ship them safely home, won't it?