

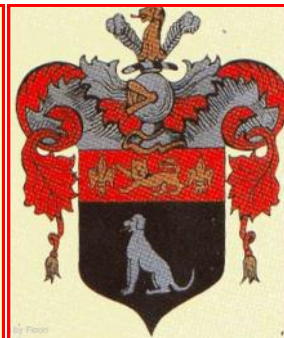
SU3AN

Sudbury U3A Newsletter

Issue No 90 May 2018

Registered Charity No 1101615

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



Bluebells at Ager Fen, taken on an Amblers walk

Chairman's message

I would like to start by welcoming our new members who will be reading SU3AN for the first time. I hope you will enjoy reading it and that you find it interesting and informative.

At last the sun is shining (at the time of writing, anyway!). We are enjoying some much needed heat, and all around us everything is blossoming - lovely!

Our U3A is also flourishing. You will have received your new membership cards by now, and you will see that there are more groups than ever before. Perhaps there is something new you would like to try? Don't forget, you can go along to a group for a 'taster' session - contact the group leader for more information.

A reminder that we do need more help please - more committee members, more Really Useful Group members, more volunteers to help with refreshments at the monthly meetings. Contact me or any committee member for more information.

There has been much talk about data protection recently and, as you will no doubt be aware, the General Data Protection regulations come into effect on 25 May. Our updated Data Protection Policy will be on the website very shortly, along with our Equal Opportunities Policy.

Finally, to all members: SU3AN is *your* newsletter so please help us to keep it fresh - we welcome *your* contributions and feedback.

Anita Floodgate

Would you like to be a deputy editor?

We are looking for a deputy editor for SU3AN, primarily to step in if I cannot produce an issue at any time. You would need to have a publishing programme on your computer and I would be happy to talk to you about what is needed. Please contact me on [heavenly white one@yahoo.co.uk](mailto:heavenly_white_one@yahoo.co.uk) if you might be interested and would like to discuss further.

Jean White

Learn, Laugh and Live: Activity Day

What is it?



As a committee we aim to give our members more opportunities to take part in group events, enjoy one another's company and have fun. We hope our new venture will fulfil this criteria. We plan to do this by using some of our financial resources to introduce a programme of varied activities in a social, fun atmosphere.



What type of activities? Here are just a few examples: board games; short quizzes; music; singing together; demonstrations on, for example, simple first aid; yoga, dance, and chair exercise; short talks on various subjects. We have lots of ideas and the activities will vary from session to session.



When? Starting in July, for a three month trial period, on the second and fourth Wednesdays of each month.

Where? St Peters, Market Hill, Sudbury. Doors open at 10.00 am, finish at mid-day. Coffee and tea mid-morning.



Do come along and join in, but in the meantime, watch out for further updates on the website and at the monthly speakers' meetings.

Next Newsletter

For the July issue please send your contributions by Thursday 5 July 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 March and April

Farming with wildlife in mind



Brian Barker, a farmer from Stowmarket, works on his family's farm which has been in his family for many generations.

Brian gave us a whistle-stop tour of the issues facing farmers today in answering this key question: 'How can high quality yielding crops be grown while increasing wildlife diversity over the farm?'

He explained that farming has changed considerably over the years. In **World War 2** the emphasis was on 'Dig for Victory'; in the **Early Post War era** it was changing from the horse to the tractor; and in the **Good Old Years** it was production and more production with advances in the development of chemicals. Finally came the **Years we want to forget**, with many food scares such as Foot and Mouth Disease, Swine Flu, Bird Flu, etc.



There has been a massive decline in wildlife on farms due to many reasons, including hygiene concerns. These have meant that grain stores are no longer open, so wildlife cannot gain access to grain, and climate change has also taken its toll.

Brian explained that in order to combine good crop production with wildlife conservancy you had to 'think outside the box' and not 'that's the way we have always done it'. Consequently, Brian has made considerable changes on his farm.



Helen Holton

Solitude by Terry Waite



Terry Waite began by talking about his early career working with the then Archbishop of Canterbury, Robert Runcie. He immediately gained the interest of his audience by relating humorous stories from this time.

His first experience of negotiating was in Uganda in 1969 when he saw the atrocities involved in the coup of Idi Amin. He managed to speak with Amin and succeeded in gaining the release of people who had been imprisoned unfairly.

After his return home he continued to travel to troubled parts of the world and in 1978 he became special envoy to the Archbishop of Canterbury, Robert Runcie. I particularly sympathised with his tale of how Robert Runcie cheered himself up at the end of a trying day by visiting a pig he kept at the end of his garden who, unlike many of the people he had to deal with, always seemed content with its life.

As the 70s hostage crisis began to develop in different parts of the world desperate families came to Lambeth Palace asking for help and support. Terry Waite went to Iran and successfully negotiated the release of Jean Waddell and three other hostages. In 1984 he visited Libya and managed to persuade Colonel Gaddafi to release the remaining British hostages from the that country's hostage situation. At the end of this negotiation he was given a gold watch on which was the face of Gaddafi, perhaps an unexpected memento.

The families of John McCarthy and Brian Keenan came to ask for the help of the church to try and gain their release. Eventually Terry Waite agreed to go to Beirut to try and negotiate this. He met the kidnappers, but unfortunately was taken hostage himself and spent the next five years in solitary confinement.

The recount of this imprisonment and Mr. Waite's treatment at the hands of his captives made me feel ashamed of man's inhumanity to man, but also the strength people find to cope (the worst and best of humankind).

After his release Terry Waite wrote several books, two inspired by his years in captivity "Solitude" and "Out of the Silence" as well as a recount of stories about his time spent working with the Archbishop, "Travels with a Primate"

Sally Card

Diary and Group news

Groups' corner



Learn a new skill - stained glass work

This is the hobby of Mike, one of our members, and he would like to share it with you. He is offering short taster courses at his home in Bulmer, where he has the materials and tools required, and can accommodate 2-4 people at a time. The initial taster courses will be two sessions of 2-3 hours, during which you could complete a small item to take home with you. There would be a charge of £2 per session to cover the cost of materials. If you 'get hooked', additional sessions could be arranged.

Six Craft group members have already attended and enjoyed the experience. Please talk to Mike on 01787 464915 to find out more - you can leave a message.

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

June 29th - "The Sense of an Ending", 2017. Based on the Man Booker prize winner Julian Barnes. Jim Broadbent, Charlotte Rampling, Michelle Dockery and Harriet Walter star in this intriguing journey about the how the effect of paths chosen in early life can be mitigated by memory, love and forgiveness.

July 27th - "Film Stars Don't Die in Liverpool", 2017. Starring Jamie Bell and Annette Bening, plus several other famous names, this biographical romantic drama is the story of British Actor, Peter Turner's vibrant affair with ageing Hollywood actress, Gloria Grahame, tested to the limits by her subsequent illness.

Croquet taster - Wednesday, 6 June at 10.00am at Quay Lane Sudbury. The Croquet Club have invited us to this taster session and if we have enough interest we could start a U3A group there. Average cost would be £3 for a half day session, time/day to be decided. Please let me know beforehand if you are interested.

Carpet Bowls - Anyone interested in forming a group? Contact me.

Lyn Gray - Tel: 883368

Amblers Summer Programme

Reminder: Please share lifts if possible to ease the parking. Sorry, but we are unable to take new members. Please contact Roger Floodgate if you wish to join Amblers 2 on the fourth Thursday.



Leader Colette: 374249

Tuesday 5 June: meet in the field next to **Little Cornard Church**, CO10 OPE, for 10.30am start. Come from Sudbury/Cornard up Prospect Hill and bear right at the top, or from A134 go past the old Wheldons fruit farm and keep winding along then bear left at the top of Prospect Hill. This is a repeat of last year's three mile walk to Yorley Farm and back, with coffee and cake provided at the end, for a donation to the church.
Leader Andy : 371670

Tuesday 3 July: meet at the clock tower in **Bildeston**, IP7 7EN, for a three mile walk with refreshments at The Peacock, Chelsworth on the way back.

Ten Pin Bowling



U3A Ten Pin Bowling is played at Namco, Fun Centre, Freeport, Braintree. Currently our register list of active players is 43 with over 30 bowling at each session. More are joining us all the time.

Meetings are usually held **fortnightly on Friday mornings starting at 10.30**. Occasionally this may change during school holidays. Please check with SU3AN for updates.

Forward dates are **8 and 22 June; 6 and 20 July**. We play unlimited games, usually four over two hours, more if you wish. The cost is £5 per person including shoe/bowl hire and tea/coffee.

Regular players are willing to assist with travel arrangements to Braintree. Generally, we leave Sudbury by 09.30 and can return by 13.15. Parking is free.

An added advantage is that you can extend the morning by a visit to the adjacent Cineworld, take lunch, or even a tour through the Freeport Shopping Village.

So, if you seek a social atmosphere, some light exercise and a personal challenge, come and join us.

Experience is not essential, and you will find that encouragement abounds.

For further information contact: Keith Nuttall.

Telephone: 01787 464 972 or email: keith.nuttall@live.co.uk

Art Visits



The newly-formed Art Visits group made its second visit in early March by going to Bury St Edmunds to see an exhibition by talented East Anglian artists at The Apex (see photo left). Our first trip in January was to the Grayson Perry exhibition in Colchester.

More excursions are being planned, both locally and further afield as the weather improves. Please contact me for more information.

Eileen Jenkin

Thursday Amblers

On 26 April, 21 members had a three mile amble around Bures, seeing some wonderful views over the village. Leaders Jenny and Ray Filby had arranged for St Stephens Chapel to be opened and this, along with the Bures Dragon, was much enjoyed by everyone.

The June amble will take place on Thursday 28 June. This will be a three mile amble around Rodbridge and Borley, finishing either at the picnic area in the Country Park or at the Nethergate Brewery. This amble will be led by Conrad Bentley (01787 374249). Please meet at the Quay Theatre at 10.00 am to offer or accept a lift.

Our July amble will be on Thursday 26 July. This will a gentle amble of just under three miles from Little Waldingfield around Upsher Green - there are no hills or stiles. This amble will be led by Roger Floodgate (01787 312904). Please meet at 10.00am as usual at the Quay to offer or accept a lift.

Roger Floodgate

Walking



Monday 11 June : Alpheton to Shimpling

Meet 9.45 for 10.00am start. Directions: Approaching Alpheton from Sudbury (A134) turn left on Church Lane after the left hand bend in front of the green. Signed Alpheton Church. Follow the narrow lane for about half a mile to a large car park. Park here. You will see the church and Alpheton Hall ahead. Postcode CO10 9BL. The walk has one or two stiles and a little walking on main roads. The nearest pub for lunch is probably The Hare, or plenty of other options in Long Melford.

Leader Anne Grimshaw. Tel: 375736

Monday 25 June : Evening Walk, Long Melford

Meet at car park next to the Old Schoolroom and opposite Melford Hall at 17.15 for 17.30 start. A circular walk of approximately four miles, including two stiles, with some beautiful views. Various options to eat and drink upon our return to Long Melford.

Leader Brian. Tel: 269432

Monday 9 July : Hundon

Meet at 9.45 for 10.00am start. Parking in the Village Hall car park, Hundon CO10 8EE. A pleasant circular walk of 5 - 6 miles from Hundon to Poslingford and back.

Leader Dee Hoile. Tel: 373086

Monday 30 July : Evening Walk, Brockley Green and Hundon

Meet at 17.15 for 17.30 start at The Plough, Brockley Green, CO10 8DT, three miles north of Clare, for a walk of approximately 4 miles in the quiet country lanes between Brockley Green and Hundon. For those requiring food, orders must be placed prior to the start of the walk.

Leader Ian Cruttenden. Tel: 311208

Walk Leaders

We still need volunteers please to lead walks for 27 August (evening), 24 September, 8 October and 12 November.

Learn, Laugh and Live: Activity Day

Have you read about this on Page 2?

“As a committee we aim to give our members more opportunities to take part in group events, enjoy one another’s company and have fun. We hope our new venture will fulfil this criteria. We plan to do this by using some of our financial resources to introduce a programme of varied activities in a social, fun atmosphere....”

If you missed it, please go back to p2 to read all about this exciting new initiative with something for everyone.

News from Writing Group 1

By group leader Lorna Hoey



On Tuesday 3 April we assembled, rather nervously, to begin our first Writing Workshop with Suffolk author and Cambridge law lecturer Rosy Thornton.

She had inspired us so much with her talk at a U3A meeting that we asked her if she'd be willing to help to improve our writing skills. She promptly agreed to run a workshop and asked only that we each email her a piece of writing, so that she could get an idea of the sort of writing we did in order to decide how she could best help us.

The day was tightly planned. After a 9.00am start with coffee and a chance to get to know Rosy, it was straight to work with a presentation from Rosy on Viewpoint in the Short Story. She then set us some written exercises to illustrate her points, which felt very scary at first – rather like being back at school! As the morning progressed, however, we settled in to enjoy it, and Rosy commented at one point that she wished some of her undergraduate students were as responsive and willing to participate as we were!

After lunch, with food provided by members, we resumed with a discussion on A Sense of Place, and were set an exercise where we had to imagine a character who has been blind from birth, and then describe their surroundings, bringing in all of the senses. No easy task, but with new-found confidence, we were soon scribbling away.

Meanwhile, Rosy took each of us aside and gave us a detailed one-to-one critique based on the stories we had sent her. She also provided written feedback for each of us which we all felt was amazingly generous of her time, given that she is a very busy author and lecturer – and dog walker!

Our plenary session at 4.30pm was very positive and we all felt that we had gained much more from the day than we had anticipated, and we had wholehearted thanks for Rosy. We've probably all gained a few pounds too – it was a very large lunch!

Monthly Coffee Mornings



The coffee mornings are held on the third Wednesday of each month at The Friends Meeting House, 22 Friars Street, Sudbury CO10 2AA. Everyone is welcome - both new members and those who have been members for a while.

We also welcome those who are not yet members and would like to find out more about the organisation, group activities on offer, etc.

Please come along - you will have an opportunity to speak to some committee members and other U3A members in a relaxed atmosphere.

Start time: 10.00am and finish around 11.30.

For further details: telephone: 01787 312904 or email: anitafloodgate@yahoo.co.uk

From Chester to China... by way of Shrewsbury, Snowdonia and Liverpool!



The first day of the U3A trip to North Wales in March just caught the final chill of the Beast from the East as it departed across the Atlantic (or somewhere), and after that the weather was fine, sometimes sunny and not particularly cold.

First stop was Shrewsbury, Shropshire, where we went our separate ways: some to find a cup of tea, others to explore the town and its lovely buildings, some went as far as the castle with wonderful views from its walls.

Then it was onto the coach and heading to the Beaufort Park Hotel on the outskirts of Mold, Flintshire. I was hoping we could have had a quick tour of Mold in the coach as it was about a mile or more from the

hotel, but no, not then or anytime during the week, which was a shame.

The visit to Chester was a delight. Beautiful old buildings in The Rows with only one or two brutalist horrors from the 1960s. Town walls to walk along, a Roman amphitheatre and garden, a boat trip on the River Dee and the Town Hall modelled on the Cloth Hall in Ypres, Belgium - a typical example of Victorian civic pride.

The next day began with a trip to Conwy and an opportunity to look round the castle. It was a bit chilly up there on the castle walls! After that, there was time for a quick walk into the town centre and buy a sandwich before boarding the coach to go to Porthmadog to catch a steam train on the Ffestiniog railway. The scenery was delightful - pity it wasn't sunny.

Next day was Liverpool to visit the Terracotta Warriors in the World Museum followed by a walk around the Albert Dock with its Merseyside Maritime Museum and fabulous waterfront of three iconic buildings known as The Three Graces.



The last day included a couple of hours in Stratford-upon-Avon before heading back to Sudbury with, incredibly, no hold-ups in the roadworks on the A14 - that was a bonus!

Thank you Trish Gray for organising the trip.

Anne Grimshaw

Power of Attorney

Have you commissioned a Power of Attorney in the last four years or so? If so, you could be due a refund of part of the registration fee you were charged. We are getting £38 each back. To find out if you are eligible go onto www.gov.uk/power-of-attorney-refund, or phone 03004 560300

Lyn Gray