

Su3aN



u3a learn,  
laugh,  
live

## Sudbury Newsletter



Dear Members,

I write this just days after the death of Her Majesty Queen Elizabeth II. I, like all of us, am aware of the end of an historic era and I think I am very typical of most of us that we can remember no other Monarch in our lifetimes and I feel a great sadness at the Queen's passing.

One of my earliest memories is, as we did not have television in 1953, being invited to neighbours just down the road to gather round their tiny TV to watch the Coronation. I'm not sure which was the most exciting for me as a seven year old, the Coronation or to see the magic of a very grainy black and white television. Later we went to the Odeon and saw it all again in glorious technicolour.

In my working life I travelled to many parts of the world and met many people and it was always surprising to me how often during a meeting I would be asked how the Queen was, as if I were on intimate terms with our Monarch and her family. I think in many cases there was a sort of unspoken envy that we had the stability and constancy the Queen brought to our country. Looking at the numerous items of news from around the world in the last day or two I think this is reflected in the tributes that have been paid. Not only the official tributes made on behalf of Nations, but by individuals across the globe who had the greatest respect and affection for her. She really seems to have been Queen to the world.

It occurs to me that perhaps some of you have met the Queen at some time and may be willing to recount how or why you met and have anecdotes associated with the meeting. If you are willing to share your memories we could perhaps publish them in the next Su3aN.

The Second Elizabethan age has ended. We have entered the reign of King Charles III.

**God save the King!**

## Chairman's Message

Following the speaker at the monthly meeting on the 25<sup>th</sup> October, starting at 11.45, we will have a demonstration on the use of Defibrillators. This will be given by Martin Richards of Gryphon First Aid Unit.

In the UK there are over 30,000 cardiac arrests a year outside of hospital. In a cardiac arrest, a person's heart stops pumping blood around their body and to their brain. The person will not respond to you or be breathing normally.

Quick use of an Automated External Defibrillator (AED) can lead to survival rates of 50% to 70% and, if someone is unresponsive and not breathing, every minute that passes without chest compressions and defibrillation reduces their chance of survival by up to 10%. It's a sophisticated yet easy-to-use medical device that, through pads applied to the chest, can analyse the heart's rhythm and, if necessary, deliver an electrical shock to the heart.



Defibrillators are becoming increasingly common, for example Sudbury Rugby Club, The Stevenson Centre, Waitrose all have them and I am told that Long Melford alone has 12 available. The point of this demonstration is to help us use the equipment should the need arise, it could save a life. I hope as many people as possible will attend. If you only want to attend the demonstration and not the earlier speaker please come along to the Rugby Club at 11.30 for an 11.45 start.

Please note that the 39th Annual General Meeting of the Third Age Trust will be held as a hybrid meeting at 11.15am on Thursday 6<sup>th</sup> October. If you would like further information please see the Third Age Trust website (<http://www.u3a.org.uk>) for details, or contact myself.

*Brian.*

### Next Newsletter

**For the November issue please send your contributions no later than 3 November 2022. 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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Telephone: 01787 880260**

## Speaker's report for July



### Solo walk across Africa ... Fran Sandham

Could you ever in your wildest dreams envisage walking over 3000 miles across Africa from the Atlantic Ocean coast to the Indian Ocean coast and taking over a year to do it, across some inhospitable terrain and told by the doom-sayers to be careful of the bandits, dangerous animals and the lethal snake bites that you could well encounter en route? Me neither, but that is exactly what our July speaker, Fran Sandham, did and gave us a highly entertaining and inspirational talk of his endeavours. Spurred on to do it by a childhood fascination with Africa since reading Tarzan books.

Fran started his solo walk on the Skeleton Coast in Namibia and quickly decided he could do with some assistance by enlisting the help of a donkey, quickly followed by a mule but this met with little success and only delayed his progress. Once on his planned route he was never far from the local population and the Africans he encountered were full of kindness and generosity. He must have looked an oddity to them as they seldom saw strangers, kitted out with an enormous rucksack, walking poles and bandana. He would be welcomed by the children, have their photos taken and often escorted him to the next hamlet.

His route passed through many of the areas that Dr Livingstone had discovered on his renowned travels in the 19<sup>th</sup> century, especially the Victoria Falls, so-named by Livingstone and reached the Indian Ocean coast near Zanzibar at Bagamoya.

Concluding his undertaking was not one of elation for Fran as he now realised that his journey was at an end he had to return to London but had no money or work and nowhere to live. However his low-key ending may well have been as a consequence of his imminent bout of malaria. The dangers he was warned against never transpired but he, as for many of the African population, succumbed to a nasty parasite carried by an insect, became a reality.

*Nick Partridge*

## Speaker's report for August

### Between Heaven and Earth; Reflections on the Russian Church.

#### Jenny Antill

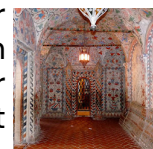
Jenny gave us a whistle stop tour of the history of the Russian Orthodox church, from its inception to modern day.

In 988 Vladimir the Great wanted to unite the peoples of Russia so he decided to create a new church for Russia. A legend states that emissaries of various religions came to see Vladimir. Vladimir rejected the Muslims because of their ban on wine; he rejected the Jews because they did not have their own state; and the Catholic church because of an old feud. The emissary from the Byzantine Empire impressed him immensely so he based the Russian Orthodox Church on the Byzantine Faith and the churches were built in this ornate style.

Church Icons were used to help teach people about God. Icons of Old and New Testament people and events were used to teach the faithful because many Russians at the time could not read. They were not portraits but representations of biblical characters and were often much copied by other artists.



St Basil's Cathedral, Moscow, was constructed in 1555, under the orders of Tsar Ivan IV (Ivan the Terrible) and was built to celebrate victory in the Russo-Kazan Wars and was named after the saint Vasily (Basil) the Blessed. Whilst the interior is interesting with its maze of chapels it is the exterior which is the most impressive aspect of the cathedral with its colourful onion domes.



The church's assets were nationalized in 1918. Many churches were destroyed during this time. 6.5 thousand tons of treasures were taken from the churches, gold was melted down, some icons destroyed but some managed to be saved and placed in art galleries.

There is a legend saying that it was a miracle that saved Moscow in the winter of 1941, when the Germans were approaching the city: Joseph Stalin supposedly ordered the icon of the Theotokos of Tikhvin to be flown over Moscow in a plane and the capital was saved. Two years after the Battle of Moscow was won, he allowed the clergy to perform religious services, celebrate Easter and Christmas, and even promised to give the church back some of its monasteries (confiscated after 1917) and release imprisoned priests.

Mr Putin presents himself as a defender of the values of the church. Since his ascent to power, he has overseen the reconstruction or refurbishing of some 23,000 Russian Orthodox churches that fell into disrepair or disuse under Communist rule.

*Helen Holton*

#### Future Speakers

**Tuesday 25<sup>th</sup> October** Mark Mitchels "The Genius of Charles Dickens" Mark is an entertaining speaker and speaks on various subjects and a well-known lecturer in East Anglia. He will be describing his fascination of this great man who was a master of the English language.

**Tuesday 22<sup>nd</sup> November** Amanda Richmond "The Climbing of Mount Denali" which is the highest point in N America, in Alaska We have had Amanda before relating her climb of Everest. A superb speaker – a talk we all thoroughly enjoyed.

This is our Christmas meeting so don't forget your plate of finger food. We shall be serving mulled wine as well as tea and coffee. As this is our last meeting of the year we would love to see as many of you as possible at the Rugby Club.

*Colette Bentley*

# Group News and Diary

## Rummikub

This new group of eleven members meets once a month and get together to enjoy this strategy game of numbers. They meet on the fourth Thursday of the month at 1.45 for a 2 o'clock start at the leader's home, 37, Nelson Road, Sudbury, CO10 1PW, all welcome to this friendly group. At present they meet once a month but hoping to get a second session in, probably commencing in October.

If you are interested in joining this group, please contact the leader, [Eileen Pearson](mailto:Eileen.johnpearson@yahoo.co.uk) 01787 379582 [Eileen.johnpearson@yahoo.co.uk](mailto:Eileen.johnpearson@yahoo.co.uk)

## Patchwork

Meetings of the Patchwork Group recommenced on Tuesday, 6th September from 2 till 4 and will continue on the 1st and 3rd Tuesday of each month. Should there be demand, sessions will also take place on the 2nd and 4th Tuesday.

Group Leader, [Brenda Turner](mailto:colin.brenda774@gmail.com) 07927 162508 [colin.brenda774@gmail.com](mailto:colin.brenda774@gmail.com)

## Life Stories

This suggested group will not now be formed.

## Spanish Conversation and Making Memories

These groups are no longer active.

## Sunday Singles, Pub lunches

The four existing groups appear to be full at the moment. If you are interested in forming a fifth group, please contact me initially.

[Jennie Leech](mailto:jennieleech@btinternet.com): 01787 373684

## Whist Group

Starting 4<sup>th</sup> October in The Christopher Centre

Contact: [Tony Lee](mailto:tonylee@talktalk.net) 01787 468674



## Sign Language

We have a group of members who want to learn Sign Language, but no Group Leader. If you have the knowledge, can you offer to lead? If so, Anita will be pleased to hear from you.

Contact [Anita Floodgate](mailto:afloodgate@talktalk.net): [afloodgate@talktalk.net](mailto:afloodgate@talktalk.net)

## Sudbury Jivers

The restart in September may have to be delayed.

## Still looking for members

The following groups are still looking for members ..

Current Affairs, Dutch for Beginners, Economics and Finance, Painting and Table Tennis.

The leaders' contact details can be found on your membership card and on our website.

*Jennie Leech*

Groups Co-ordinator

01787 373684 [jennieleech@btinternet.com](mailto:jennieleech@btinternet.com)

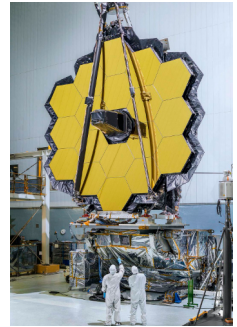
## Science and Technology Group

We started again on 14 September and will continue to meet on the second Wednesday of each month, at 2:00 pm at the Stevenson Centre in Great Cornard.

The talks planned for October and November are “The James Webb Space Telescope” and “Human Hearing”.

Please come along, new members are always welcome.

Contact: [Alan Ryder](#)



## Stained Glass

[Mike Hall](#) is again offering hands-on, taster Sessions on weekday mornings. A 2 hours' session costs £5, for the materials involved, to produce a small item to take away,. Please ring 07469 898283 or email, [tredis3@gmail.com](mailto:tredis3@gmail.com)

## u3a Ten Pin Bowling Group

Why not join us now for some autumn and winter warmth.

Looking for a new Pastime with a social atmosphere, light exercise, a personal challenge?



Location: Namco, Freeport, Braintree

Dates: **October** – 7<sup>th</sup> and 21<sup>st</sup>. **November** – 4<sup>th</sup> and 18<sup>th</sup>, **December** – 2<sup>nd</sup>. and 16<sup>th</sup>.

Time: 10:15 for 10:30 Duration: 4 games (2 hours)

Cost: £7 pp including shoe and ball hire and tea / coffee

More info. Contact [Keith Nuttall](#)

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

**30<sup>th</sup> September:** We will be looking to show ‘**The Accidental Tourist**’ starring William Hurt, Kathleen Turner and Geena Davis. After the murder of their young son, the marriage between Macon (William Hurt) and his wife Sarah (Kathleen Turner) disintegrates, and she moves out. After a freak accident puts him on crutches, Macon goes to stay with his quirky siblings at the family home where he meets the spirited Muriel (Geena Davis), a dog trainer with a young son of her own, with whom he begins a friendship. When Sarah learns about this, she attempts reconciliation and Macon is forced to make a decision.

**28<sup>th</sup> October:** We will be looking to show ‘**A United Kingdom**’ starring Rosamund Pike and David Oyelowo. This film is set against the breath-taking backdrops of the African savannah and period London. It tells the inspiring real-life romance of Seretse Khama, King of Bechuanaland (modern Botswana) and Ruth Williams, the London office worker he married in 1948 in the face of fierce opposition from their families and the British and South African governments.

**25<sup>th</sup> November:** We will be looking to show ‘**A Dog Named Christmas**’ starring Bruce Greenwood and Linda Emond. A developmentally challenged young man with a penchant for caring for animals in need sets out to convince his family – and their whole rural community – to participate in a local shelter’s inaugural “Adopt a Dog for Christmas Program”.

## Musicians Group

In October, the **Stane Street Players**, the local drama group for Halstead and Earls Colne, are presenting "Around the World in 80 Days", a play by Laura Eason, directed by John Sanders. It is a light-hearted take on the famous novel by Jules Verne with multiple characters and music provided by the **Sudbury u3a Musicians Group**.

Adventure, misadventure, comedy, pathos and romance. Even a little philosophy and political dogma! Fantastic fun for all the family (and the cast, musicians and crew)!

At The Empire Theatre, Halstead on 1st October 7:30 pm

Telephone their Box Office 07778 025490

Website: [www.empire-theatre.co.uk](http://www.empire-theatre.co.uk)

For the Musicians Group please contact: **Margaret Birkinshaw** 01473 822860

## Walking Group

Leaders:- **Brian & Moira Orton**, 07508 093631/07928 092402

**10<sup>th</sup> October**, Hartest circular via Somerton 5 miles

Meet 9.45 for 10.00am set off. Park at The Crown Inn Hartest IP29 4DH. Closed Mondays but permission to park. Lovely walk in undulating countryside with some beautiful views. Some road walking and the B1066 must be crossed twice so care needed. No stiles.

Led by **Brian & Moira** 07508 093631 / 07928 092402

**14<sup>th</sup> November**, Nowton 4.5/5miles

Meet 9.45 for 10.00 start at Nowton Park, IP29 5LU. Car park charge for 3 hours £3.00. Toilets and refreshments on site. Walking mostly on natural surface paths part of which is along the St Edmunds Way. Some road walking, 2 stiles and gentle slopes.

Led by **Janet & Ian Cruttenden**: 07905 051903



## Tuesday Amblers

Meet at 10.15 for 10.30am start for all walks.

**Tuesday 4<sup>th</sup> October - Clare**

Meet in Clare Country Park car park (CO10 8NW). £2.00 parking charge. An easy three mile walk round the park, town, common, fields and along the river. No stiles. Refreshments and toilets available in the park. Walk leader **Andy**: 01787 371670 or 07766714455



**Tuesday 1<sup>st</sup> November - Acton**

Meet in Acton Village Hall car park, behind The Crown PH (CO10 OAT). An easy walk of about 4 miles in and around the village of Acton with no stiles. Some road walking. Walk leaders **Janet and Ian Cruttenden**: 07905 051903

**Tuesday 6<sup>th</sup> December - Long Melford walk and pre-Christmas meal**

Meet in Long Melford Old School car park (CO10 9DX) - a voluntary donation is requested for parking. A 3.3 mile walk along footpaths and tracks across Bulney Moors to Cranfield returning via Liston and the meadows to Long Melford where we have booked the Cock and Bell pub for a pre-Christmas lunch for up to 20 people. We will need to pre-order so please let **Amicie** know two weeks before if you intend to stay for a meal. (Tel: 01787 379291 or email: [amiciethompson@yahoo.co.uk](mailto:amiciethompson@yahoo.co.uk)). We will send out a reminder and menus nearer the time. For those who don't wish to drive, there are plenty of buses going between Sudbury and Long Melford.

**Reminder: There will be no walk in January.**

## Thursday Amblers

Group Leader **Roger Floodgate**

### 27th October:

Our walk this month will take us around Alpheton. The walk is almost four miles and will be mainly along field edges with some fine views and no slopes or stiles. Will everyone please park at Alpheton Village Hall – postcode CO10 9BS – there will be a suggested donation of £1 per car. Will everyone please meet by 10.15 a.m. ready to leave at 10.30 a.m. Walk leader: **Joe Millard**.

### 24th November:

Our November walk will be approximately 3.5 miles around Great Maplestead. It is up hill and down dale taking in some beautiful North Essex views. We will include a visit to one of only five round churches in England – the tiny church of St John the Baptist. There is free parking by the Village Hall (CO9 2RE) or there are spaces by the playing field. Will everyone please meet by 10.15 a.m. for 10.30 a.m. start. Walk leader will be **Roger Floodgate**.

If you have any questions about either of these walks please contact **Roger** on 01787 312904 or email [afloodgate@talktalk.net](mailto:afloodgate@talktalk.net)

## Architecture – a look back at July and August 2022

In July we completed our Regent's canal walk, starting with two churches. Here is our group in the outstanding St. Mary Magdalen one of the finest neo-Gothic churches in the country. Grade 1 Listed, built in the 1860s and 70s by G E Street, who orchestrated the very best artists and craftsmen of the day to produce a masterwork combining architecture, sculpture, stained glass, and arguably the most remarkable painted ceiling in an English parish church.



In August we visited Cambridge Central Mosque, Eden Rd Baptist & Beth Shalom reform synagogue for three inspiring talks and tours and a chance to sample the eateries in the Maids Causeway area.



## Coffee mornings

Our drop-in coffee mornings continue to be popular. They give an opportunity to meet some committee members and other u3a members in a relaxed, friendly atmosphere. Everyone is welcome – whether you are a new or prospective member, or you have been a member for a while. You may wish to learn more of our activities and Groups or you may just want to sit and chat. Coffee mornings are free and held on the 3rd Wednesday of each month so our next meetings are: 19th October and 16th November. Venue: The Friends Meeting House, 22 Friars Street, Sudbury. CO10 2AA. Start time: 10.00am, finish around 11.30.

If you would like any further information please contact myself or any committee member. I look forward to welcoming you.

*Brian Orton*