

Su3aN



Sudbury Newsletter

u3a learn,
laugh,
live



Spring is here



Chairman's message

Thank you to all members who attended our AGM on the 22 February. I thank all of the Committee for their hard work and commitment in the past year and I am pleased that we continue to have a full committee of 12.

Janet Cruttenden who has been on the committee for the past eight years, most of that time as Secretary, and served under five different Chairs, stood down at the AGM, although she has agreed to be co-opted on to the Committee for a further year. She has been a meticulous and enthusiastic secretary and on behalf of myself and whole of our u3a I thank her for everything she has done.

I am pleased to welcome Dorothy Beal to the Committee who has agreed to take on the role of Secretary.

Also during the AGM the new constitution was ratified and the membership charge for 2022/23 was set at £12.00.

Could I remind all members that the membership fee is payable by 1 April 2022 for the forthcoming year.

I would like to invite members to attend committee meetings as observers, the next is on the 12 April at the Friends Meeting House and you would be very welcome.

The last couple of years have been very difficult and I am proud that we have been able to retain so many of our group activities. We will be holding a group leaders buffet lunch on 29 April at the Hive Centre to show our appreciation to group leaders for all of their work and support. I hope as many leaders as possible will be able to attend.

Government Covid restrictions have been lifted, Spring is coming, I hope you will take full advantage of the activities your u3a offers.

Please note that the copy deadline for all future issues of Su3aN will be the 3rd of the month.

Brian Orton

Coffee morning - third Wednesday of each month

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 have some questions or you may just want to sit and chat. Coffee mornings are free and held on the third Wednesday of each month so our next meetings are: 16 February and 16 March. 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 you can contact me or any committee member.

Brian Orton

Next Newsletter

For the May issue please send your contributions by **Thursday 3 May 2022**.

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

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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 report for January

Travels of a Botanical Artist



Reinhild Raistrick is a botanical artist and an exceedingly good one, too. She is a member of the Society of Botanical Artists who exhibit once a year in London. Born in Tanzania she has now made her home in Suffolk where she also works from, most of the time. She also exhibits both nationally and locally and has been awarded four Gold Medals by the Royal Horticultural Society one of which was for native orchids in Suffolk. She also tutors in painting at the Cambridge University Botanic Garden.

Her great love and interest is painting the wild flora in situ. Armed with her field kit comprising of very little equipment: a palette of coloured paints, drawing book, brushes and water, notebook, and colour notes for future reference, her top priority is getting the drawing correct and recording the exact colours in her sketch book. Sometimes photos are taken but this is to record the features of the flower's habitat with most of the painting being finalised back in her studio and up to two weeks can be spent on a single one.

We were shown several of her very detailed paintings, including one of the striking Paintbrush Lily that grows on the beach in South Africa. One of her endeavours has been to identify as many different species of African Violet as she can, and to date she has identified 27 of which one was found in Edinburgh!

The field trips are not without hazards. In the mountain areas she always takes a guide with her as the wild pigs that inhabit the area can be aggressive and a surprising irritant can be the very strong perfume emitted by some flowers resulting in headaches. Her repertoire has included the Black Vanilla Orchid in Sweden and numerous Alpine flowers growing in Switzerland. On a trip to the Tien Shan Mountains in Kazakhstan where she stayed in their yurts and rode the huge horses, she met up with a Russian botanist. Unfortunately neither could speak the others language, but Latin came to the rescue and identifications were correctly made, and an Anemone found here is one of her favourite paintings.

She is also a member of recently formed East Anglian Icenian Botanical Artists who exhibit annually and the group have started on the task of recording the rare and endangered Breckland flora.

Another of her loves is the Holy Island Project which entails recording twelve species of orchid of which one, (*Epipactis Sancta*), Lindisfarne Helleborine is very camouflaged and sports a green flower and the Coral Orchid whose roots emulate coral.

Reinhild quoted the words of Dr Roy Strong who stated that, "Today's artists paint with the belief that what they record may never be seen again". These flowers are under threat as a result of global warming and the work of botanical artists is of the utmost importance.

Nick Partridge

Future Speakers

26 April: Celia Stephens "Being a Woman Racing Driver and Racing at Le Mans". The most prestigious classic car race in the world. Her experience of racing historic cars - and she still is!

24 May: Nigel Macknight "Adventures of a Dyslexic Author". Writer and founder of the Quicksilver team. He leads the team striving to regain the World Water Speed Record for Britain

28 June: Robyn Lloyd Hughes, Chairman of the Lavenham Royal British Legion and local Historian, "Bringing in the Bombs". How rail brought bombs to wartime airfields in East Anglia.

Speaker's report for February (AGM)

Harbour Lights Trio



Line up: **Alvar Smith** – Harmonica, Banjo, Vocals + local yarns. **Derek Simpson** – Melodeon, Anglo concertina, guitar, vocals. **Rob Neal** – English and Duet concertinas, 'Cello, vocals.

The Harbour Lights Trio are based in East Suffolk and their music is called living traditional, drawn from East Anglian local traditional songs and tunes, music hall and some more recent gems.

They provide light-hearted concerts, folk club spots and after dinner entertainment. They provided lively entertainment

throughout and encouraged audience participation in the choruses

They gave us a quick background about each song and explained the etiquette of folk singing: “don't sing someone else's song if they are sat in the room!” Here is a flavour of some of their renditions:

Flash Company: This was the tale of a young man who spent too much time in “flash company” and spent all of his money until he was penniless! And his/her day's work was done: This was written by Tom Bush from Ridgewell. It tells the stories of people and their unfortunate ends.

This is one of the verses:

There's Beery Bob, he got a job To drive a motor-car; Said, “Blow the p'lice, I'll let 'em see I know what motors are!” One hundred miles an hour he went And quite enjoyed the fun; A brewer's dray got in his way And his day's work was done!

I Can't Git A Nice Loaf A' Bread was first sung by the Singing Postman from Norfolk of “Hev Yew Gotta Loight, Boy?” fame. It is a eulogy to loaf quality of yesteryear and commentary on modern-day mass production, which often seems to sacrifice taste and texture in today's bread. Father went to Yarmouth was a hilarious song which told the tale of father's trip to the seaside and all of the things he left behind including his wig!

Helen Holton

Membership renewal

If you have joined since the 1 January 2022 or paid £12 in 2021, you need read no further as you will automatically receive your 2022/23 Membership card.

For everyone else, now is the time to renew your subscription. This year both the printed and email editions will have the renewal form as a separate attachment. If you receive a printed copy of Su3aN you will find a renewal form inside. Download it, complete it and post it to me. The simplest way to pay is by bank transfer. If you use this method you do not need to complete a form when you pay. Please add your surname and membership number, if known, to identify your payment. If you do not know your membership number, please write your postcode instead.

It would be very helpful to me if you would deal with your payment immediately, as a lot time and effort is wasted chasing people who have not paid.

Many thanks for your co-operation.

John Freeborn

Membership Secretary.

Group News



The news is good!

With the end of government restrictions due to the pandemic, Spring and Summer approaching and an amazing increase in our membership, I am pleased to say we now have 75 active groups, with a few more in the pipeline.

My very sincere thanks go out to our awesome Group Leaders who have done everything possible to keep their group members active during the recent, very difficult period, whether by meeting on Zoom or Skype, communicating by email, meeting with social distancing, under the 'rule of six', even, in one case taking cups of coffee out to a picnic area, just to chat.

To show our Committee's appreciation, I will be hosting a free Group Leaders' buffet lunch at Sudbury Hive Centre in School Street on Friday, 29 April at 12.30pm and I do hope as many leaders as possible will attend this very informal occasion. Invitations will be issued shortly.

More members wanted

New groups

The following new groups have been suggested by members:

Jive and Stroll (dancing) with Inge and Peter .. great exercise!

Portrait Painting with Kathy .. no tuition given, merely a chance for like-minded artists to meet and paint together.

Rummikub with Alan.

Some time ago we purchased some Carpet Bowls equipment with a view to starting up a group. We had an initial meeting of interested members and had quite a good response but the group did not get 'off the ground', mainly due to problems of storing the quite bulky equipment. It does, however seem a waste if this is not put to use so maybe I could look into this further. I will facilitate but the group will need a leader.

If you are interested in any of the prospective new groups, please contact me by phone or email (details of your membership card) as a first step and I will then assess whether a group is viable before proceeding further. If a group hires a venue, the rent has to be shared between group members.

Jennie Leech

Groups Co-ordinator

Stained Glass taster sessions



Mike Hall can offer again hands-on taster sessions in Stained Glass work involving a weekday morning class of approximately two hours. Each session will cost £5.

If you are interested in producing a small item to take away please ring him on 07469 898283 or email tredis3@gmail.com

Cartography



Following a request last year for someone to lead a Cartography group I volunteered. So far only two people have expressed an interest in joining such a group. So, I am writing this article to explain what Cartography is all about in the hope that more people will come forward and make the group worthwhile.

Cartography literally means map drawing, and to do this requires information that can only be obtained by surveying. Therefore the course will describe the whole range of surveying, from the earliest primitive methods to today's highly technically developed means.

Although maths is universally used in surveying, you will not need to be proficient in maths in order to appreciate the course. Simple artifacts will be available to illustrate the processes used in surveying. Hand-in-hand with all this is the purpose of drawing maps, which is to define property boundaries, setting-out for building and construction project of all kinds, how far it is from A to B, and how to get there.

I have a degree in Civil Engineering - part of which being a comprehensive study and exercise in surveying. So, if you are interested, please contact me by phone on 01787 280104.

I look forward to hearing from you.

Tony Farmee

East of England Regional Conference

Thursday 19 May 2022 at 10.30am

Christchurch United Reform Church, Chelmsford, CM2 OAW

The u3a – Past, Present and Future

The u3a Eastern Region is holding a conference in Chelmsford on the 19 May. The conference will be opened and closed by the new u3a National Chair Liz Thackray. In addition there will be two guest speakers: author and educationalist Gervase Phinn and author and trainer Patrick Forsyth. It is free for u3a members to attend and lunch is provided. For full details go to the u3a East of England website: www.u3asites.org.uk/east-of-england



I am the Theatre group's new leader, and I am hoping to get things moving in the near future. We will be concentrating on matinee performances at local East Anglian theatres: Norwich, Cambridge, Ipswich, Colchester, Chelmsford, etc and mid-range ticket prices. I shall be concentrating on matinee performances and hope to start in April.

If you are interested in joining the group, please email me, Joan Garner, putting "Theatre group" in the subject bar: joan.garner1@btinternet.com or telephone: 01787 311092. If leaving a message please remember to include your name as well as your phone number.

Petanque

The group will have its first meeting on Monday 4 April and, weather allowing, we will meet on the first and third Mondays until the end of October. We have been asked to leave the pub car park as clear as possible for the regulars so please share cars if you can and park on the nearby housing estate. I have two parking places about 200 yards from the pub - contact me if you wish to use them.

Carla Broderick

Thursday Amblers

Group Leader Roger Floodgate: 01787 312904

28 April

Our April walk will be a re-run of the walk which had to be postponed in February. This will be a 3.5 mile route at Lamarsh, and will be a mixture of road and field walking, offering some good views. There are no hazards. Will everyone park and meet at Lamarsh Community Village Hall please at 10.15am ready to set off at 10.30. Postcode for the Village Hall is CO8 5EU.

Walk leader: Colette Bentley.

26 May

Following several requests, the May amble will be a return to Kersey. which is a very nice 3.5 mile walk taking in some beautiful views. Will everyone please park in the street and meet outside the Bell Inn (IP7 6DY) by 10.15am ready for a 10:30 start.

Walk leader: Roger Floodgate.

If you have any queries contact me, Roger, on the above number or on: afloodgate@talktalk.net

Walking



Leaders: Brian Orton 07508 093631, Moira Orton 07928 092402

11 April: Colne Valley Circular, approximately 5 miles

Meet 09.45 for 10.00 start at the Colne Valley Golf Club, Station Road, Earls Colne CO6 2LT Park on left hand side of the car park on entry. (£1 charge donated to Captain's charity). Menu available before walk should you wish to pre-order lunch/refreshments in the clubhouse. Walk mainly on public footpaths, can be very muddy in parts. A little road walking but there are pavements. Leader: Richard Felton 07944 665827

25 April: Henny circuit via Loshes Meadow, 5 miles

Meet 09.45 for 10.00 start. Park at the Henny Swan, Great Henny CO107LS. Lunch/refreshments available afterwards if required. Pleasant walk with two stiles, some gentle climbs, on mostly good tracks and field edges and a little road walking on minor roads. Some good views over the Stour Valley. Leaders: Brian and Moira.

9 May: Newton Green, 5.5 miles

Meet 09.45 for 10.00 start at Newton Green Village Hall, School Lane CO10 0QS. This walk was originally scheduled last September but rained off (apart from a very few stalwart walkers who were rewarded by sunshine for most of it!). Walk with good views over Sudbury and the Stour Valley. Five stiles. Steady climb from Cornard Lock back up to Newton Green Golf Club which is open for refreshments/light meals. Leaders: Martin and Gill Rose: 07803 309093.

30 May: Dedham Vale via Langham church, approximately 5 miles

Meet 09.45 for 10.00 start at Mill Lane Car Park, Dedham (Parking charge £2.50 for four hours payable by card only). Toilets and refreshments available in Dedham. Walk uses parts of Stour Valley Path, St Edmunds Way and Essex Way. A number of kissing gates, two stiles five sets of steps, no more than five steps, two bridges. Paths are paved or grass (water meadows may be wet after rain). Possibility of livestock in fields. Land rises 33m from Dedham to Langham Hall. Leaders Janet and Ian Cruttenden: 01787 311208.

Ten Pin Bowling - Strikes again!



Do you want a new social activity? Have you considered ten pin bowling?

Even if you have little experience there is always friendly encouragement from others and you will meet and play with a different group of people on each occasion.

We meet regularly at Namco Leisure Centre, Freeport, Braintree.

Start time: 10:30am.

Games are unlimited and play is for three hours, if desired, but we normally play for two hours (four games).

Price for the session is £7 including ball, shoe hire and tea/coffee.

Next meetings: 11 and 25 March, 18 April and 1 May, but please register to assist administration.

For more details contact Keith Nuttall (Group Leader). Tel: **01787 464 972** or email: keith.nuttall@live.co.uk

Feel free to pop in to Namco and savour the atmosphere.

Film Group



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

It was lovely to see many of you turn up for the film showing of **Rocketman** at our new venue as above. It is a downstairs room that has a toilet close by and a kitchen for refreshments.

25 March:

We are looking to show **We Bought a Zoo** starring Matt Damon and Scarlett Johansson. After his wife's death, Los Angeles journalist Benjamin Mee (Matt Damon) decides to make a fresh start for himself and his two children and buys a house with a zoo attached to it. He then takes on the responsibility of renovating the zoo so that it can be opened for the public again.

29 April:

We will be looking to show **I, Daniel Blake**. Daniel Blake (Dave Johns) is a 59-year-old widowed carpenter who must rely on welfare after a recent heart attack leaves him unable to work. Despite his doctor's diagnosis, British authorities deny Blake's benefits and tell him to return to his job. As Daniel navigates his way through an agonising appeal process, he begins to develop a strong bond with a destitute, single mother (Hayley Squires) who's struggling to take care of her two children

27 May:

We will be looking to show **Erin Brockovich** starring Julia Roberts, Albert Finney and Aaron Eckhart. An unemployed single mother becomes a legal assistant and almost single-handedly brings down a California Power Company accused of polluting a city's water supply.

Jennifer Filby