

Su3aN



Sudbury Newsletter

u3a learn,
laugh,
live

Don't forget...

u3aday

Sudbury market place 3 June 2021



Chairman's message

Welcome everyone to our May edition of Su3aN which I hope you will find informative and interesting.

To those members who have recently joined us I would like to extend a particularly warm welcome and hope you will enjoy all that our u3a has to offer you.

I am writing this at the beginning of May and the way out of lock down is progressing in line with the Government Roadmap and many people of our age group have received their second vaccinations.

Most of our outdoor activities have restarted and it is reassuring to see the support these activities have received.

Looking to the future, we need to proceed with care but at the same time there is a pent up desire for a return to normality. From 17 May, subject to the rule of 6, we are able to re-commence indoor activities. You will find further details within this edition of Su3aN and also on the website.

From July, providing the Roadmap remains on track we can recommence our regular monthly talks at the Rugby Club and also restart the coffee mornings.

Due to the pandemic, in 2020 we have experienced a loss of membership for the first time. So, now that our activities are beginning to return we have started a campaign to recruit new members and also hope that many who left will wish to re-join.

As part of our relaunch campaign on 3 June we have a special **u3a day** event, postponed from last year, aimed at raising the profile of our u3a in the Sudbury area and to challenge negative perceptions by showing how full life can be after retirement. Due to the current restrictions this is being held out of doors in Sudbury market place.

This is the first national **u3a day** celebrating the learning, activity and fun that happens every day in u3as across the country and the intention is that **u3a day** will become an annual event.

We have chosen the market place to hold this event as it is a central part of weekly Sudbury life for many local people and gives the opportunity of attracting the interest of a large number of retired and semi-retired people and demonstrating the value of becoming a member of Sudbury u3a and how enriching it can be to their lives.

As well as potential new members we hope existing members will take the opportunity to visit our display and meet some committee members and group leaders.

Thank you for your support and stay safe.

Brian Orton

Next Newsletter

For the July issue please send your contributions by **Tuesday 6 July 2021**.

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

Blood, guts and gore

David Allen took us on a meticulously researched journey through the world of plots, deadly poisons and chopped up bodies. Using contemporaneous accounts from The Times and court transcripts, both cases were fascinating true stories from Victorian times and delivered with such dramatic effect that he soon had his Zoom audience sitting on the edge of their seats.

The first case involved Madeline Smith of Glasgow, an upper class young lady who met a 28 year old Frenchman called Pierre who was a low bred clerk. Their relationship blossomed into an intimate liaison and letters were exchanged proclaiming their love for each other. Her father sensing that he was not all what he seemed encouraged a Mr Minnoch as a match for his daughter's hand and a wedding date was set between the two of them. She realising there was no future with Pierre wrote to him requesting the return of all her incriminating love letters. Realising that negotiations would not get anywhere she invited Pierre around for a cup of cocoa containing arsenic. However it was not until the third cup three days later that he succumbed to the deadly cocktail. Her letters were found and she aged 22 was charged with his murder. However the verdict was given as not proven and there was no doubting the influence of the newspapers in denigrating Pierre and supporting Madeline by playing to an upper class audience.

If only Julia Thomas, who resided in Richmond upon Thames, had taken up the references for 29 year old Kate Webster, her new live in housemaid, she would have discovered that she had a checkered past, of imprisonment for larceny and a strong inclination for evil. It didn't take long for Kate Webster to realise what her employer had and she didn't and what could be hers, minus Mrs. Thomas. She therefore met a most unseemly and gory death with her body cut up into pieces and placed in a copper laundry vessel that was heated on the stove with some of her body parts strewn into the Thames. Needless to say that Webster received her comeuppance at the hands of the law and was hanged on the 29 July 1879.

Nick Partridge

The Hidden Treasures of East Anglia's Secret Sea

We were presented with an extremely informative talk on Zoom by Rob Spray, a scuba diver who learnt his craft in East Anglia and has been diving here for 12 years. He is joint co-ordinator for the Marine Conservation Society's Sea Search Project in the region by conducting underwater surveys and training others to do the same.

In an area roughly from Cley to Trimmingham off the north Norfolk coast is East Anglia's only rocky seabed consisting of chalk deposits and scattered with flints which have created reefs teeming with marine life, and it was here that some of the stunning underwater photography that Rob showed us was taken with his partner, Dawn Watson. A psychedelic seascape of colours and shapes greets the intruder with jewel anemones creating a patchwork effect by clustering together in groups of their own colours of yellow, blue and green, starfish with 11 arms and measuring a foot across that can regenerate lost arms if injured and eat with their stomachs inside-out. There is such beauty and diversity with lobsters, crabs, candy striped flatworms, camouflage fish and little cuttle fish the size of bumble bees that can jet around and change their colour. It was here about a decade ago that a new species of sea sponge was identified and recently declared as a 'parpal dumplin' in a naming competition by a local schoolgirl who noted it was purple and resembled a dumpling.

Unfortunately for Suffolk our coastal seabed consists mainly of soft sand and gravel and that is not the best platform for looking at, or the best environment for, sea creatures and plants to flourish. However in saline lagoons at Dunwich the starlet sea anemone can be seen if you look very carefully ranging in length from two to six centimetres and is worm-like, translucent and colourless in appearance.

Rob concluded his talk by giving some hints for would be scuba divers and expressed concern that the high voltage cables landing the electricity from the North Sea wind farms could have a detrimental effect on sea life if not laid properly out of their range and also the volume of fishing tackle discarded or lost by the trawlers working the waters.

Nick Partridge

Future Speakers

22 June at 10am: Robyn Lloyd Hughes on “Bringing in the Bombs”. How rail brought bombs to wartime airfields in East Anglia. Robyn is Chairman of Lavenham British Legion and a very active member of the community, giving several talks about Railways. This talk is via Zoom but please note that from July we are hoping to be back at the Rugby Club

27 July at 10am at the RUGBY CLUB: Simon Frampton on “The Life and Films of Alec Guinness”. We have had Simon on various occasions talking about Sophia Loren and Peter Sellers, so for you film buffs this must be a winner.

Colette Bentley

Sudbury u3a publicity



Please let me introduce myself. I am Bruce Clegg and I recently joined the committee with responsibility for publicity. Everything from the website, posters, leaflets and press releases. For all these things I rely on help from the rest of the committee but especially from you, fellow members. So if you have an interesting story about your group, recent photographs of you in action (or perhaps inaction after sampling that special bottle of wine or beer), then I need to know about it. We have managed to get posters out around town and some of the villages. Short articles have appeared in newsletters and community newspapers. If there is a parish noticeboard near you we need to get one of our posters in there. I live near Boxford and the post office now has a poster in their

window. Please ask if any of your local shops might do the same and then let me know. Let us share our u3a with as many new members as possible - live, laugh, learn. clegg_rb@hotmail.com

Membership renewal

Many thanks to the more than 500 members who have already renewed their subscription for this year. This is to ask those who have not yet renewed to do so now because if you have not paid by the end of June you will no longer be members. You can download a renewal form from our website. Just Google: Sudbury U3A and this will take you to the homepage on our website. Click on CONTACTS and this will take you to the Renewal Form. All the details of how you can pay are on it. The simplest thing you can do is to make a Bank Transfer of £5 per member putting your surname and membership number as the reference. I will then send you a Membership Card. If you use the Renewal Form that will give you the opportunity to tell me of any changes in your details such as change of address, change of email address and telephone number, change in the ICE (in case of emergency) details. If you are unable to download the form, please give me a ring and I will send one to you

John Freeborn Membership Secretary (01787 827315)

Diary and Group News

Group news

I have not received any official guidance from The National u3a about how they see groups opening up again, so can do no better at the moment than follow Boris' roadmap for our route out of lockdown.

At the moment, we can meet outside, including in private gardens, within The Rule of Six, with social distancing. This was really good news for us and has allowed some of our outdoor groups, such as walking and cycling to resume their activities in a controlled way. Leaders have either arranged for larger groups to be split into cohorts of six, with a member 'in charge' and groups setting off at appropriate intervals, or have applied the suggested larger group size of fifteen for walking activities. Those taking part have been asked to risk assess their own ability to take part, after having routes given to them by the Group Leader. It is hoped that some of our sedentary groups might simply meet outdoors to socialise. Golfers will be pleased to hear that they may now play in fours!

Provided this dreadful pandemic is sufficiently contained, but no earlier than 17 May, we can meet in groups of up to 30 outdoors. Six people, under The Rule of Six, may meet indoors, and pubs and restaurants can seat customers indoors. It is then that I foresee many of our groups will be able to start to operate fairly 'normally'!

/...

If you have questions about the reconvening of a group of which you are a member please contact the Group Leader, or me. The 'Groups Section' of our website has been completely updated with all the recent details and our new membership card also contains a list of all current groups.

The good news is that, at last, it seems we can look forward to meeting up with family and friends without restriction, hopefully, in June.

Stay safe and start to enjoy yourselves.

Jennie Leech

Groups Co-ordinator 01787 373684 jennieleech@btinternet.com

Quiz group 1

The quiz group is now back in action so get your brains in gear as Trevor is going to start us off with our first live quiz at The Jetty, Quay Lane, on 13 July at 2pm.

Colette Bentley

Quiz group 2

Quiz group 2 will restart on Thursday 24 June at 2pm at the Jetty, Quay Lane, assuming that the government roadmap goes according to plan. Please contact me at summersmarilyn62@gmail.com

Marilyn Summers

Birdwatching 2

As a group our objective is to enjoy, and help each other identify, the wonderful variety of birdlife that we see on our visits. We plan to restore our monthly meetings in June provided the government's 'road map' goes according to plan. Suggested visits for the first few months include:

30 June - Fingringhoe Wick : 28 July - Hanningfield Reservoir : 25 August - Lackford Lakes

We look forward to being able to meet up again and will be in touch with details for each trip.

Sue and Brian Joy Group Leaders: 01787 378732

Book groups

Book group 2

One of the attractions of a book group is all getting together to have a jolly good, in-depth chat about the book, and to be honest, issues related (or not) to the book. We take turns in choosing a book which for most of us, I believe, has led to some fascinating discoveries. So this opportunity to read books we wouldn't normally have chosen ourselves is another attraction. Of course, we have been unable to meet in person recently but we have attempted Zoom meetings which has been successful but Zoom is, understandably, not for everyone. In this case group members not joining Zoom meetings have kindly sent in their views on the book in question which have been relayed to the Zoom group. It's worked well, and I believe been good to know we're all reading/ploughing through the same book in these strange times.

Last week we met in a group member's garden, but our usual venue is David's Deli where we have refreshments and occasionally lunch - great fun! And long may we continue..

Gill Rose

Book group 4 needs YOU

I offered to take over this group following the lock down and am pleased to announce we will start up on 17 June at 2pm, initially meeting at my home close to Sudbury Town Centre. Whilst I will lead the group, we will all participate in choosing good reads which offer us variety and challenge!

Give me a ring if you are interested, 01787 883368

Lyn Gray

Bookbinders all - greetings!



Very much looking forward to re-opening our groups and enjoying your company and creativity again. I will phone you all to make arrangements for re-convening. This may be three at a time at first for social distancing, but in due course when we are allowed to be fully open I plan to limit numbers to the original six a session to give us all more room. There will be four sessions available - Tuesday pm; *New group* - Wednesday am; and Thursday am and pm. The picture is of a girdle book I made recently

through an on-line class - a style popular in medieval times in the Rhineland for having your New Testament, Book of Hours, or whatever hanging from your belt and readily available. I imagine that was a sign of wealth and literacy (and better for the planet than a Range Rover). You can buy a replica one now to accommodate your phone!

Peter Whiteley

Cribbage

It has been proposed to start a new Cribbage Group if there is sufficient interest. This is of course subject to the continued relaxation of the Covid restrictions; in the first instance, please express your interest to Richard Thomas (rthomas71@hotmail.co.uk or 01787 310607.)

The Short Story group



My desk top is crammed with pages: notes to self; Chekhov and Tolstoy; "patterns of violence" (what was that about?); Hemingway and Raymond Carver; America and the horse (really?); Edith Wharton and Kate Chopin; stories for the weekly Monday group and others for Thursday at 2; reminders of the all-important Zoom link.

I kicked like a donkey at starting The Short Story group on Zoom (turned out to be two groups) and five months later we've decided to stay on screen no matter the promises of 'a normal life' after lockdown. Great short stories have taught us to be wary of happy endings. I said at our first meeting that I've never read fiction much, so we're travelling on the same journey. Actually, I said "*with 8 billion people in the world, why make up more?*" to which the wonderful John Lahr of the New Yorker (who came one week as guest host) said that if we weren't on Zoom he'd stab me in the hand for that.

Serious but not solemn: that's our motto. Disagreements over meaning, annoyance about obscurity, laughter sometimes and even the skirting of tears. Week by week, one story at a time, we've discovered that great writing calls out the same question: how should we live? Get on with it was the message from Sudbury u3a's amazing groups' leader, Jennie Leech. So we did.

Linda Blandford

Petanque (Boules)

We are looking forward to starting up again on 17 May at the Brook Public House, Bures Road, Great Cornard at 4pm (when the pub opens) and finishing at around 6pm. If you are interested or would like to know more, please contact me.

Carla Broderick

i.c.broderick@btinternet.com

Tuesday Amblers

We started walking again on 6 April and enjoyed a walk through the Assington Thicks and over fields. I was bizarrely pushing a buggy full of soft toys as part of a 100-mile charity walk. My daily pram-push raised an amazing £1500 for the charity **ICP Support**, thanks to so many people.

Next month's walk on **Tuesday 1 June** will start at **Little Waldingfield church, CO10 OSW** at 10.30 for a 3.5 mile walk. Please contact me in advance, so I can ensure that we don't have more than 30, as we may need to make two groups. On **Tuesday 6 July** the walk starts at **Bulmer village hall CO10 7EH**. We may not need to observe any restrictions, but it is still helpful to know how many are coming. Colette will lead this 3.5 mile walk.

Andy Edgecombe 01787 371670

Thursday Amblers

Our June amble will be on the 24th and will be led by Jenny and Ray Filby. This is a very nice walk of approx 3.5 miles taking us around the village of Nayland. There are no stiles and no problems are envisaged. Jenny and Ray ask everyone to park and meet at Nayland Village Hall ready to leave at 10.30am. The Village Hall is located in Church Lane, CO6 4JH, just off the High Street and close to the village centre.

Our July amble, on the 22nd, is a guided tour of approx 3.5 miles at Flatford. Our guide will be group member Kim Smith, who will take us slightly off the beaten track around this pretty village. Would everyone please meet at the Public Car Park which is next to the Red Lion at East Bergholt (CO7 6TB). We will be leaving at 10.30am.

Those wanting to come on either or both of these walks please contact me.

Roger Floodgate

Group Leader 01787 312904 afloodgate@talktalk.net

Film Group

Meets on the last Friday of the month at 2pm

The U3A Film Group is looking to restart showing films on 30 July, when we expect the problems with Covid to be much less. However, we will still have to follow any relevant government guidelines.

We are trying to access the need for the U3A Film Group and can currently still go back to the Bridge Project, 20, Gainsborough Street, Sudbury, CO10 2EU, although it is in the throes of relocating.

Whilst under Covid guidance we would need you to book in advance if you are thinking of coming along, and I would appreciate it if those of you who are interested could ring me and give me your name and telephone number so that when we have the go ahead, I can contact you with more details.

We are looking to show **Notting Hill** starring **Hugh Grant** and **Julia Roberts**. The film is about a tale of romance and adventure in London when William (Hugh Grant) a British bookseller, meets and falls in love with Anna (Julia Roberts), a high-profile American actress.

I look forward to seeing you all in the near future. Until then stay safe and well.

Jennifer Filby 01787 374205

Table Tennis

We meet at the Stephenson Centre with two sessions, at 10.30am led by Conrad Bentley, and at 2.00pm led by Lyn Gray, and we do have the odd vacancy. At the moment we can only play singles and in distanced groups of six at four tables. Once we move to a more normal pattern, we will contact previous members of the then three groups to find out if they wish to return. If you are new to u3a and interested in table tennis please register your interest with either group leader.

Latin

Intermediate Latin (this is the 'promoted' beginners group) is the only Latin Group running at the moment and are now part way through Book 3 of the Cambridge Latin Course. From 21 May, we hope to be able to meet again face-to-face on Friday mornings at The Christopher Centre. Since we will be governed by The Rule of Six the group will be split into two and each will meet on alternate Fridays until, we hope, 25 June, when we can meet again all together. It will be great as this is a very friendly, lively and cohesive group.

This would allow me to start a new beginners group on alternate Friday mornings. If you are interested please contact me by phone 01787 373684 or email jennieleech@icloud.com.

I had a member who phoned me about her and a friend who were interested in joining the beginners Latin Group. She asked me what footwear they should wear. I said, 'it doesn't matter at all .. high heels, trainers, even wellies if you like' .. Silence .. she had thought I was offering a Latin American Dance Group! No, it's definitely *lingua Latina*!

Snooker 1 and 2

Sudbury Snooker Club is reopening in line with the next phase of the relaxation of the Covid lockdown rules and Snooker Groups 1 and 2 will be starting up again this month.

Conrad Bentley and Richard Thomas

Sunday Singles Lunch Club 2

We have started socially distanced meeting for coffee (bring your own) at the Melford Country Park. This has been arranged at short notice in order to take advantage of a good weather forecast. So far we have been very lucky with two beautiful mornings. Long may this continue!

Pam Passmore

The Really Useful Group (R.U.G.)

Would you like to join our R.U.G? If you would like to be involved, but don't feel being a committee member or a group leader is for you, this could be the answer.

Previously R.U.G. members helped with events such as the Coffee Mornings, Group Leaders' Workshop, Activity Mornings, Meeting and Greeting, three members volunteered to do the reports of the monthly Speakers' talks for our newsletter. We could do with a few more members, so if you are interested then please contact me - or any committee member.

Brian Orton brian.orton2@gmail.com 01787 269432

Walking

Leaders: Brian Orton: 07508 093631, Moira Orton: 07928 092402, or reach us at home: 01787 269432

As long as the government road map continues to go to plan we hope after the 21 June to be back to our regular group size with no need for subgroups for our walks.

14 June: Hadleigh, 5 miles. Meet at the Magdalen Road car park from 9.45am. Full details, risk assessment etc to follow. **Leaders: Amicie, Dee and Sheena**

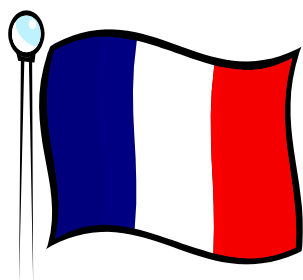
28 June: Evening walk, Assington around 3.5 miles. Meet at Assington Villlage Hall 5.00pm for 5.15pm start. No charge for parking but donations welcome (we'll pass a hat round). Walk around Assington, returning through Assington Thicks. No stiles. The Shoulder of Mutton is currently closed but Saracen's Head, Newton Green may be a possible venue for post-walk drinks or meal if desired.

Leader: Dominique Simpson

12 July: Wiston circuit, just under 5 miles. Meet Harpers Hill, Nayland (more details re parking, bus times to follow) 09.45 for 10.00am start for a walk that includes a Stour riverside footpath, Wiston Church with dragon wall painting, Jane Walker nature reserve, the latest in farm houses and Nag's corner development. **Leader: Barbara Rowe**

26 July: Pebmarsh. Meet at 09.45 for 10.00am start at Pebmarsh Village Hall. More details to follow. **Leader: Paul Tetley**

French Conversation 1



The whole group is looking forward to starting again in the very near future. During the lockdown period we have maintained contact by email. For myself, as group leader, I am excited to think that I shall be meeting not just group members but friends and exercising our brains discussing all sorts of things.

Jain Taylor