

Su3aN



Sudbury Newsletter

u3a learn,
laugh,
live



Chairman's message

I would like to warmly welcome all new members and hope that you find our bi-monthly newsletter informative and interesting.

In March we had a meeting at Sudbury Town Hall for members who had joined during the past two years. It was very well attended and in general the feedback was very positive but a recurring point raised was that for some members to have evening meetings would suit them better than only daytime ones. Members gave a number of reasons for seeking evening meetings including loneliness, still working part time and grandparent duties. Currently we have no evening activities but perhaps this is any area we should consider? The intention would be to have extra meetings not replacing existing daytime groups.

Two members have already volunteered to start evening groups, Scrabble and Wine Appreciation for further details please contact Jennie Leech.

I would really welcome feedback from members as to how they feel about having some evening group meetings. Please contact me with your thoughts or suggestions brian.orton2gmail.com or **07508 093631**.

Jean White, our excellent editor of Su3aN for the past 12 years, has decided to retire and this is her last edition. She has shown remarkable commitment to our u3a. We have been so fortunate to have Jean produce a newsletter of such a consistently high standard and quality and I am most grateful to her. On behalf of the entire membership I thank her for her commitment and hope she can enjoy some well earned rest.

Bruce Clegg will be the editor of Su3aN from the July edition and his contact details are to be found in the "Next Newsletter" section of this newsletter.

I would remind you that all members may attend committee meetings as observers, the next meeting is on the 14 June at the Friends Meeting House and you would be very welcome.

Brian Orton

Membership renewal - Last reminder

Please send your subscription a.s.a.p. as after the end of June anyone who has not renewed will be taken off the membership list. The subscription renewal is due on the 1 April each year so please deal with this immediately. You can download the Renewal Form from our website. Type 'Sudbury u3a' which will take you to the Homepage. Click on Contact and click on the Membership Renewal Form. When you have completed this, send it to me with your cheque. All the Information you need is on the form. However, if you have a computer, the simplest way to pay is by Bank Transfer. Our Bank details are: **Account name – Sudbury U3A Sort code – 30-98-31 Account number - 00477485**

Please include either your membership number or Postcode as a reference. You do not need to fill in the renewal form if you use this method of payment.

John Freeborn

Membership Secretary.

Next Newsletter

For the July issue please send your contributions no later than 3 July 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

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 report for March

Colchester Zoo – past, present and future

by Andy Moore



Zoos are defined as places that exhibit and show live animals. They have greatly developed and changed since their early beginnings. The United Kingdom created the recognised zoo standards and although we have no Ocean Parks we have 5 Safari Parks and numerous zoos, aquariums, rescue centres and bird gardens.

There has been a fascination for keeping exotic animals for hundreds of years. The wealthy ancient Egyptians have been entombed with the rare animals they kept and

the Romans sadly used animals for entertainment in their games with a record of 500 – 600 animals being killed in one event. So excessive was their use of animals in these events that they caused the near extinction of some species. In Medieval England the Tower of London housed a range of animals from far off lands although people were unknowledgeable about their needs. The beast keeper at the Tower would give all the animals red wine to drink and an early price for an entrance was either three halfpennies or a cat or dog to feed to the lions.

In these early days animal expertise was poor and the living conditions worse. However, during the 1960's things started to improve. Carl Hagenbeck a German architect improved zoo enclosure design and gradually eco-system theming began to be used to display animals and show how they would live in their natural habitat. There are displays now, where you can walk through the exhibits, view the animals listening to the sounds and experience the smells of their natural habitats.

A modern zoo is now not only a place of recreation, but also is involved in education, conservation and research. Zoos work together and breed animals rather than pillage the wild. They engage in educating people about conservation and research to help understand better how animals live.

Colchester zoo was opened in 1963 by Frank and Helena Farrah on a 25 acre site, with 5 keepers plus 5 other staff and 100,00 visitors a year. It is now owned by Dominique Tropeano and his family. It covers 65 acres, is the largest privately owned zoo in the country and has over a million visitors a year. It has won many awards for its enclosures and is committed to endangered species breeding programmes.

Sally Card

Future Speakers

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.

26 July: Speaker Fran Sandham Talk "Solo walk from the Atlantic to the Indian Ocean" Fran is a very experienced lecturer and former Rough Guides editor and the author of the nonfiction book Traversa which was serialised in the Sunday Times

23 August: Speaker Jenny Anthill Talk "Between Heaven & Earth" Reflections on the Russian soul over 1,000 years of history of the Russian Church from the first Baptisms in the river Dneiper to the Revolution of 1917. After Jenny's wonderful talk via Zoom in January 2021, "A Tale of Petersburg" our members suggested we meet her face to face but I am sure many of you already know Jenny as our local historian and town councillor

Colette Bentley

Speaker's report for April

Being a woman racing driver

by *Celia Stephens*



Being a Woman Racing Driver and Racing at Le Mans. Celia Stephens gave us an exhilarating talk, relating her experiences of being accepted into the world of classic car racing and competing in the celebrated classic car race at Le Mans.

From the time she saw an old American muscle car, a Plymouth Barracuda, on a car transporter she started to become hooked and it wasn't long before she was whizzing around the race track at Snetterton to gain her stripes and learning the relevance of various flags displayed at the track

for the drivers safety and information.

Driving an Escort Mark 2 and wearing a borrowed helmet she found that there was a wealth of instructions to follow in just getting on to the track but with the absence of a speed limit she found it so exciting she passed with flying colours and is permitted to race anything except the Formula cars.

The renowned classic Le Mans car race is a biennial event that Celia has undertaken twice with her co-driver, Antonia Loyson. A Citroen C4 was tracked down that had raced the circuit in 1932 and they met with the son of the original owner, who was very happy to see the project happen.

After much renovation using second-hand parts including a rebuilt road-going engine all was set fair for the race. It had the appearance of an old Bentley but top speed was no more than 70 mph.

In the 2010 race they finished 36 out of 60 in their class with the engine ending up firing on only 3 of it's 4 cylinders. For their endeavours they were both awarded a prize of an exquisite wrist watch. She concluded by relating the friendliness of the occasion, the night driving, the fact that the race takes part on normal French roads and the lure that the smell of petrol and oil has at these events.

Nick Partridge

Health Awareness Day 2 July 2022

Hardwicke House and Siam Surgery Practices are holding a Health Awareness Day at Sudbury Town Hall 10am – 4pm on the 2nd July and our u3a has been invited to participate.

This is a new event in Sudbury and the purpose is to raise people's awareness of the services and support available in the Sudbury area, to encourage people to consider lifestyle changes to improve their health and reduce the impact of any health issues they may have.

We will be promoting the benefits of u3a membership in helping to combat loneliness, social activities, and the opportunities for physical exercise, together with a diverse range of interest groups to participate in.

If you would like to volunteer to help for an hour or so on the day, your assistance would be very much appreciated, please contact: brian.orton2@gmail.com or 01787 269432. This is a free event and I hope as many members as possible will take the opportunity to visit.

Brian Orton

Diary and Group News

Group News

There are now almost 80 active groups and it has been quite difficult for me to keep up with all their requirements. Two lovely ladies, Anita Floodgate (our ex-Chair) and Gill Rose (Group Leader of Book Club 2) have kindly offered to give me some assistance.

One of them will be my representative at the monthly Speaker's Meeting and they are both helping with the launch of new groups. If you are contacted by either of them, or wish to make contact, they will be acting on my behalf. The three of us will keep in close contact, which should allow us to give an enhanced 'service'!

New groups

Inge and Peter held a 'taster' **Jive and Stroll session** which went well. There seems to be an interest for evening sessions to avoid clashing with daytime activities. It has been suggested that Social Evenings during which they could teach, and have some freestyle dancing, might be held. Either register your interest with me or look at our website for further details.

The Portrait Drawing and Painting group will meet on a Monday afternoon in The Anthony Wheeler Room at The Hive in School Street, Sudbury. The leader is Cathy D'Arcy cathydarcy3@gmail.com. If you are interested in joining the group, or trying it out, please contact either Cathy or me. We would like a few more members to take part to make the hire fee a little more affordable.

Anita will be looking into the possible launch of **Philately, Public Speaking, Evening Scrabble and Wine Appreciation, Sewing/Craft, Sign Language and Carpet Bowls**. Please contact her on 01787 312904 or afloodgate@talktalk.net.

Gill Rose will be directing her energies into the possible formation of **Portuguese, Pub Lunches for couples, Still life Drawing, Upwords, Whist Drives and Computer Programming** with Norbert, tuition will be given for those new to coding. Please contact her on 07940 565247 or rosegillian15@gmail.com.

Mike Hall is offering 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

If you have registered your interest in any of these groups you can expect to hear from Anita or Gill quite soon. If you would like more details of any of these groups, contact them or me and we will endeavour to keep you up to date with the information.

This is an exciting time for our u3a with lots of new members getting involved in lots of new activities. I will be pleased to receive your ideas and comments.

Jennie Leech
Groups Co-ordinator



The Rummikub group meets for the first time at the leader's house in Sudbury on Thursday 26 May at 1.45 ready for a 2.00pm start.

Initially, sessions will be held once a month, maybe increasing to two on the first and third Thursday of the month. The premises have been risk assessed.

If you are interested in taking part, or attending as a 'taster' please contact Eileen Pearson on 01787/379582 or by email eileen.johnpearson@yahoo.co.uk.

Tuesday Amblers

Meet at 10.15 for 10.30am start for all walks.

Tuesday 7 June - Heath and Vale

Meet at Spring Lane car park, Fordham Heath, Eight Ash Green, CO3 9TG opposite Cricketers Pub. The distance is just under four miles with no stiles but a number of kissing gates. Most of the walk is on easy ground but there are a couple of moderately steep ascents and descents. There is some road walking but mainly footpaths and farm tracks with good views across to Fordham Church and towards West Bergholt. Walk leaders: Ian & Janet - Mobile 07905 051903.

Tuesday 5 July Leavenheath

Meet at The Green, High Rd, Leavenheath CO6 4PE for a 3.7 mile walk along tracks field paths and woodland to Spouse's Grove. There are no stiles and two stretches of road walking along quiet country lanes at the start and end of the walk. Walk leaders: Sheena 07973 680155 and Dee 07470 056755

Thursday Amblers

Group Leader Roger Floodgate: 01787 312904

Thursday 23 June

This will be a four mile walk around the village of Rushbrooke and offers some lovely countryside views. The terrain is varied with field and some road walking on quiet country lanes and there is one small stile. Will everyone meet in the Rushbrooke Arms car park (IP30 0BU) at 10.00 ready to leave at 10.30am. Walk leader: Roger Floodgate. Any queries please telephone me or email: afloodgate@talktalk.net

Thursday 28 July

This will be another walk of around four miles which starts at Acton Village Hall car park (CO10 0AT) and which takes in the countryside around Acton. There is some road walking but mainly we will be walking on footpaths and country tracks. There are no stiles. Walk leaders: Janet and Ian Cruttenden. Any queries please telephone Roger, or email: afloodgate@talktalk.net

Visit to Cambridge Botanic Garden



The Gardens Visit group have a coach excursion to Cambridge University Botanic Garden on Monday 1 August. There are a few seats available on the coach if other u3a members would like to join us to visit the garden, or alternatively you may opt for a day out in Cambridge.

The coach leaves Sudbury Bus Station at 9.30am, returning from Cambridge at 4.00pm, fare £12. Entry to the garden is £6.80.

If you are interested in joining us please contact Moira Orton 01787 269432, moira.orton1@gmail.com for further details.

Brian Orton

ClickSilver

The ClickSilver scheme offers support to members who may need IT help. It matches members with mentors who will guide them through the basics of IT through four one hour virtual sessions. Suitable for participants who would benefit from:



- Finding your way around your smartphone or device
- Setting up and using an email account
- Online shopping
- Using social media such as Facetime, WhatsApp and Skype
- Accessing social and community groups
- Registering for online services.

If you or a u3a member you know could benefit from this service, email u3aoffice@u3a.org.uk (mentioning ClickSilver in the Subject line) for further information and to register.

ClickSilver – free one to one support to build your digital skills

Circle dancing



Creative choreography, nobody makes mistakes, is how Robin Hart welcomes newcomers to circle dancing. She has taught us how to grapevine, polka, do crossover leads and many other dance moves in the 10 years we've been meeting.

We have also learned that even the easiest dance requires your full concentration. Let your mind wander to what you're going to cook that night and your grapevine turns into a sideways shuffle. We dance to music from Israel, Romania, Greece and many other countries and always finish with the Finnish dance. That makes us smile now and it's one of our favourites but it was one of the most difficult to learn. So circle dancing is challenging but there's lots of laughter.

Robin was encouraged to dance as she was born with flat feet so from the age of five Mrs Deeks of Sudbury put her through her paces. And a career in dancing was started, leading Robin to perform in West End musicals and in many different shows around the country.

It's our 10-year anniversary this April so we are once again going out to eat, drink and be merry. Thank you Robin for giving us lots of fun and we look forward to our next ten years of creative choreography.

Lindsey Evans

Film group

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

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.

24 June: We will be looking to show '**Slumdog Millionaire**' starring Dev Patel, Freida Pinto and Anil Kapoor. As 18-year-old Jamal Malik, (Dev Patel), a teenager from the slums of Mumbai, answers questions on the Indian version of "Who Wants to Be a Millionaire," flashbacks show how he got there. Part of a stable of young thieves after their mother dies, Jamal and his brother, Salim, survive on the streets of Mumbai. Salim finds the life of crime agreeable, but Jamal scrapes by with small jobs until landing a spot on the game show. When interrogated under suspicion of cheating, he revisits his past, revealing how he had all the answers.

29 July: We will be looking to show '**Chariots of Fire**' starring Ben Cross, Ian Charleson and Nigel Havers. This is based on a true story. England's finest athletes have begun their quest for glory in the 1924 Olympic Games. Success brings honour to their nation. For two British athletes, the honour at stake is personal and their challenge one from within. Whilst one man runs for his faith, the other participates to leave prejudice behind.

There will be no Film Showing in August.

Jenny Filby

Publicity - I have a request for all group members

We need to update a lot of the photographs that we use for publicising Sudbury u3a activities. Some of you will already have seen me with my camera taking photographs for u3a-day last year and some more recently of the Amblers. I cannot get around all groups. Please help me by whipping out your phone camera at your next meeting and taking some images and then email them to me at clegg_rb@hotmail.com. Please check with your fellow members that they are OK to feature on the website or display boards etc. Thank you.

Bruce Clegg

Walking

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

13 June - Circular walk from Halstead - Approximately five miles

Meet 9.45 for 10.00am start at Chapel Street car park, Halstead, CO92LR (behind Sainsbury's) £1.50 for 3 hours. Walk takes us via river Colne to nearby Broaks Wood (mixed woodland including giant redwood). Returning via White Ash Green and Great Spansey Wood to town centre. No stiles, one short stretch of road at Whiteash Green and some quiet residential roads on return to town centre. Leaders: Sheena, Amicie and Dee 01787 311341/07973680155

27 June - Early evening walk Castle Hedingham - Approximately four miles

Meet 5.15 for 5.30 start at village hall car park, Church Lane, Castle Hedingham, CO93DA. (Pass the Bell on left, follow road round into Queen Street take narrow turning right just past the Wheatsheaf, signed to VH (Village Hall). Drinks or food afterwards available at the Bell and can be arranged before set off. Nice countryside walk with some good views, no stiles, some road walking - mostly quiet lanes, but a short stretch along Hedingham – Sudbury road. Leaders: Rod and Lyn Gray 01787 883368/07455 454303

11 July - Around Alpheton - Five miles

Meet 9.45 for 10.00am start at St Peters and St Pauls, Alpheton, CO109BL. From Sudbury take A134 towards Alpheton. In 30mph area turn L, signposted to Church (Church Lane) via layby at the side of the green. Follow lane and park on concrete area just before the church. Donation £1 per car towards Church maintenance funds. Walk mostly along open field tracks towards Shimpling Street and back. Some walking along the busy A134 but on a paved footpath. Leader: Anne Grimshaw 01787 375736 (or on day of walk 07944 001297).

25 July - Our second evening walk

To be advised soon (keep your eye on the website, events page). Leader: Sarah Tanswell

Spreading the word about languages



The leader of our Italian conversation group is keen to remind people that many languages are spoken in Suffolk – not just English.

Danila Pampanini, who is half Italian, said: “There are lots of different language groups within Sudbury u3a, and many members of our group have family roots in other countries.”

The Italian group sets a different topic at each meeting, and members write or speak about it. At the last meeting, they were asked to describe: “un posto dove ti senti al tuo aggio, felice e sicuro” (*a place where you feel happy and safe*).

One member replied: “Se dovessi descrivere un luogo dove mi sono sempre sentita a mio agio, felice e sicura, sarebbe la casa dove vivo ora. Quando ho camminato per la prima volta nel giardino di questa casa, sapevo che era un posto felice. Una casa può essere felice? Non lo so. Ma questa casa è felice perché siamo sempre stati felici di vivere qui. Nel corso degli anni questa casa ha sentito molte risate.” (*If I had to describe a place where I have always felt at ease, happy and safe, it would be the house where I live now. When I walked into the garden of that house for the first time, I knew that it was a happy place. Can a house be happy? I don't know, but this house is happy because we have always been happy to live here. Over the years, this house has heard a lot of laughter.*)

The group meets at the Christopher Centre in Sudbury. During lockdown, meetings continued on Skype, and some members still join the meeting virtually, online.