

Su3aN



Sudbury Newsletter

u3a learn,
laugh,
live



Chairman's message

This is the final Su3aN for 2021. At the start of the year it was hard to see how we would be able to return to normal or indeed what normal would look like. For many of us Zoom became a new word in our vocabulary! However, despite having been in lockdown off and on for the best part of 18 months most of our group activities have come back, face to face monthly meetings have resumed, group holidays and field trips have recommenced.

I would thank all Committee Members, Group Leaders, providers of refreshments, Meeters and Greeters and members of the Really Useful Group for the part they have played in keeping us going, despite everything.

The monthly coffee mornings aimed at potential new members, but open to all existing members, have been proving a great success. We have increased our level of publicity making sure the u3a becomes better known in Sudbury and surrounding areas. Our membership continues to grow and we now have almost 800 members. To those of you who have joined recently I offer a very warm welcome.

A handful of our Groups have fallen by the wayside due to lockdown but it's very pleasing to see that several completely new Groups have started and we continue to have 70+ groups. We still have the capacity for more interest groups. If you have a specific interest, please let us know because perhaps other members have similar interests and we can start a new group. Despite this having been a very tough financial year we do have funds available to help kick start new groups. One of the founding principles of the u3a is self-help and to continue our success we do need members to step forward to perhaps become group leaders or committee members, and not rely on the same people all of the time.

I hope every member is able to get something good from our organisation. Feedback is important and I would very much like to hear from members, be it good or bad. Tell me what you think of our u3a and how it could be improved.

Sudbury u3a enters 2022 with optimism that we can continue to build back stronger and the committee is actively planning events and looking for new opportunities to enhance the activities we are able to offer.

The New Year is an ideal opportunity to make a resolution to try something new, to take up a new interest, perhaps something you have never considered before, and who knows, it could lead you in a totally new direction.

I would like to wish everyone the very best for the festive season and a happy and healthy New Year.

Brian Orton

Next Newsletter

For the November issue please send your contributions by **Wednesday 5 January 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

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 September

The History and Conservation of the Sudbury Riverside by Adrian Walters



Adrian has been a Sudbury Ranger for over 30 years before his recent retirement and the knowledge he has of this important area for wildlife is immense.

This area is thought to be one of the oldest continually grazed areas in the country. Some experts think it may have started in the 12th century when the De Clare's allowed some town's people to graze 4 cows and 20 sheep on this area during the summer months. This grazing has allowed a wide diversity of plants and wildlife to thrive.

The Sudbury Common Lands Charity tries to continue to manage the riverside in the traditional manner for the benefit of the local flora and fauna.

The charity has cleared and reinstated the ditches of the river meadows which has led to the growth in numbers of grass snakes, frogs and toads, as well as the rare Grey wagtail. The clean water has also led to outcrops of the Common Stonewort which is an indicator of unpolluted water. Herons and otters are frequent visitors along with kingfishers and a very large population of swans.

The Pill boxes along the river course are now bat hibernation spots and homes for the large cave spider which thrives in these dark areas. The charity has also installed owl boxes which have successfully allowed 17 barn owl chicks to fledge. The management of the riverside is also showing an increase in buzzards and hares which are returning to breed on the fields opposite Friars Meadow. The charity has left standing dead wood where beetles and other insects can breed and multiply as well as providing nest sites for woodpeckers.

Climate change has seen some new species arriving in the area including a type of dragonfly called the Willow Emerald, the wasp spider and the egret.

All in all whilst increasing pressure on habitat and the countryside gives us cause for concern, it is amazing to see the extraordinary diversity that remains along the banks of the River Stour in Sudbury and the pleasure a walk in this area can give us.



Sally Card

Speaker's report for October

The last flight of Lancaster Bomber LL919



It was unfortunate that our scheduled speaker's car broke down on the M11 and very fortunate that our own, Anne Grimshaw, was able to step into the breach at the last minute to give us an intriguing talk on The Last Flight of Lancaster Bomber LL919, which is also published as a book.

Lancaster LL919 formed part of 619 Squadron based at Dunholme Lodge, Lincolnshire and its mission on the night of 26/27 April 1944 was to target a ball bearing factory in Schweinfurt in Germany but due to the low level marking of the Mosquitoes not being accurate the

bombing was very poor and many of the bombs fell outside of the target area. En route LL919 was subjected to fierce encounters with the Luftwaffe Night Fighters.

21 aircraft were lost out of a total of the 215 taking part and unfortunately LL919 was one of these with the loss of six of the seven crew members. The only survivor Jack Mills was captured and became interned as a POW.

It was reported as having been shot down by fighter pilot Obit Schmidt in the French area of Joinville and subsequently crash landed in Landville where the crew were buried and the graves are now overseen by the Commonwealth Graves commission and respects are paid yearly on the anniversary.

Much of the information Anne gleaned from official records and good investigative practices by writing to local newspapers to obtain leads. She even had an encounter with a Canadian woman who assisted her in locating the family of Nickolas Vlassie, the navigator, and discovered that for his wartime endeavours was rewarded with a Canadian lake named after him.

Anne visited the crash site in France herself and was told that an Omega watch that navigators wore was recovered and fragments of the bomber were still being discovered. Our grateful thanks to Anne for stepping in at the eleventh hour.

Nick Partridge

Future Speakers

Tuesday 25 January 2022: Speaker - Reinhild Raistrick "Travels of a Botanical Artist"

Reinhild is a botanical artist, born in Tanzania and now living in Suffolk. She has painted wild flowers in various parts of the world and exhibits both locally and nationally and has been awarded four gold medals by the RHS. She is a tutor at the Cambridge University Botanic Garden and her great love and interest is painting wild flowers in situ.

Tuesday 22 February 2022: AGM at which the committee will need your full support.

After a short AGM we will be entertained by Robert Neal and "Harbour Lights Trio". The trio all sing and play a range of instruments such as concertinas, guitar, cello, banjo and melodeon. They sing a mixture of East Anglian traditional songs, music hall and a few more recent gems So a light-hearted finish to our meeting.

Colette Bentley

Group News



Could you serve on the committee?

During our AGM on the 22 February 2022 we will have elections for the committee. I am pleased to say that most of the current committee have agreed to serve a further term but there will be a couple of vacancies.

Janet Cruttenden, who joined the committee in 2013 and has been Secretary for the past five years, has carried out the task magnificently but feels that now is the time for her to retire and we therefore need a new Secretary.

Colette Bentley joined the committee in 2014 and has been Speakers Secretary for much of the time, providing an excellent programme of interesting and varied speakers. Colette would like someone to work with her for the forthcoming year and take over from her in the year 2023-24.

Please think about putting yourself forward as a committee member. New committee members bring new ideas, new skills, new opportunities, they are fresh air to a committee. It is vital that we have a full committee to ensure the sound running of our U3A. If you feel you would like be involved please contact me or any committee member for further details.

Brian Orton

How to deal with suspicious emails and text messages

What is cyber security?

Bruce Clegg writes: Cyber security is the means by which individuals and organisations reduce the risk of being affected by cyber crime. Cyber security's core function is to protect the devices we all use (smartphones, laptops, tablets and computers), and the services we access online - both at home and work - from theft or damage. It's also about preventing unauthorised access to the vast amounts of personal information we store on these devices, and online. The [National Cyber Security Centre](https://www.ncsc.gov.uk) has useful information for individuals and families on its website at [ncsc.gov.uk](https://www.ncsc.gov.uk). Here it has many tips on how to spot the obvious signs of a scam and what to do if you have already responded. Please see the Noticeboard on the website for links to two of these tips.

New Cribbage group goes from strength to strength

Back in July, when Covid lockdowns were starting to relax, my friend Richard Thomas persuaded me to join the Sudbury U3A, and his Tuesday Snooker group in particular. I was impressed by the variety of local groups, but one activity missing was Cribbage. He and I had both played in the popular local Tuesday Crib League, and when I mentioned this, Richard promptly arm-twisted me: "Well you should start a U3A Crib Group then...". It seemed a good idea...

All I had to do was to decide day and time, find a venue, recruit players, set up contact lists, and get some cards and scoreboards! But three months later, largely by word of mouth, we have a thriving and growing Friday afternoon U3A Crib Group with around 20 participants. I wanted to make the group as friendly and rules-free as possible. So we do not 'organise' the sessions as such, rather enable crib players of all abilities to get together and play. And so to learn more about the game, and of course make some new like-minded friends. We operate on a turn up when you can, first come first play basis, and rotate partners and opponents to make for a more sociable group.

I am delighted we have achieved our aims. Our group includes some regular cribbers, others who have not played for years, and beginners who we are teaching as we go along. (If anyone wishes, they can also join a Tuesday league team mainly composed of our U3A group.) The venue is the function room upstairs at Sudbury Snooker Club, North Street, CO10 1RE, chosen as a quiet setting with plenty of room to space ourselves apart. Refreshments are available too. We meet twice monthly on the second and fourth Fridays each month, from 3-5pm.

All U3A members are welcome - no pre-booking is needed. Just turn up, or for more info contact me, Mark Mathieson, on the group's email address: su3acrib@gmail.com

Arts Visit group

Jane Crumpton Taylor will take over from Lyn Gray as leader of this group from 1 November. You can find Jane's details on your membership card under **Architecture Group**, which she also runs.

Lyn Gray

Film Group – meets on the last Friday of the month at 2pm at the Bridge Project, 20 Gainsborough Street, Sudbury CO10 2EU. This may change in the new year.

Before lockdown the average attendance was between 20 and 40 people, but since we restarted in July we have not had so many. Thank you to all who turned up last month to see Downton Abbey The Movie. We probably need to average 16 people each month at £3.00 each (which includes tea, coffee and biscuits afterwards) to cover the hire of the room and provide the film. We may have to find an alternative venue as the Bridge is in the process of selling the premises and moving to the Sudbury Football Ground.

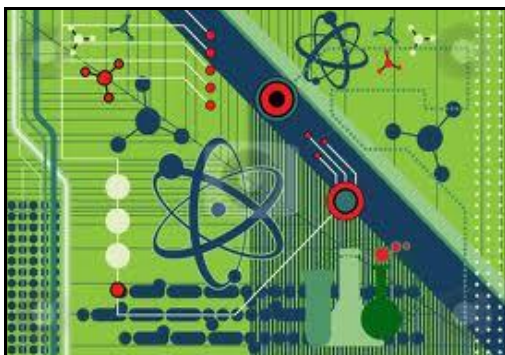
26 November: We are looking to show '**A Street Cat Named Bob**' starring Luke Treadaway and Bob the Cat. The true feel-good story of how James Bowen, a busker and recovering drug addict, has his life transformed when he meets a stray ginger cat.

December: We will not be showing a film this month.

28 January 28: We are 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.

Jenny Filby

Science and Technology



Our October meeting featured a talk by Paul Marshall about the modern uses of wood in building construction. Wood has a strength comparable with traditional materials such as concrete, but it has better thermal insulation and is renewable and better for CO2. Paul gave examples of buildings with more than 10 floors made entirely of wood.

From November, we will have a new venue at the Stevenson Centre in Great Cornard. Meetings will be held as usual on the second Wednesday of the month, but with a new start time of 2:00pm.

The talk for the meeting on 10 November will be about the Juno mission to Jupiter, as it is now 10 years since the launch in 2011.

The following meeting will be on Wednesday 8 December at 2:00pm. There will be a quiz followed by Christmas nibbles.

New members are always welcome.

Alan Ryder

Tuesday Amblers



7 December: Meet at 10.15 for 10.30 start at the **Long Melford Old School** car park, voluntary charge £2.00. A walk of 3.2 miles towards Kentwell and the option of stopping at the end at The Hare pub for food/ drink. Please contact the leader, Andy 01787 371670 or by e-mail: a.edgecombe41@btinternet.com by **December 1st** if you would like a meal.

January 2022 No walk

Thursday Amblers

Group Leader Roger Floodgate: 01787 312904

Thursday 9 December walk:



We do not normally have a December walk as it is so close to Christmas but this year we are going to. Our walk leader will be Jenny Filby and she will be taking us on a pleasant 3.5 mile walk around Lavenham. There are no stiles. Parking will be at the car park next to the Cocked Horse ready to leave at 10.30 a.m. This will give us a chance to have a social drink afterwards.

Thursday 28 January walk:



Our first walk of 2022 will be around Edwardstone, and will be approximately 3.5 miles. The walk will be almost entirely level on quiet country lanes and will include a diversion to the church. The meeting point will be at the Millennium Car Park opposite the White Horse pub ready for a 10:30am start. Post code for the pub is: CO10 5PX. Walk leader is Roger Floodgate.

Best wishes to all u3a members for Christmas and 2022.

Walking

Leaders Brian & Moira Orton, 01787 269432, 07508 093631 or 07928 092402

Monday 13 Dec: Wickham St Paul



Meet at Gentry's Farm Stack Yard 9.45 for 10.00 start. Approximately 4.5 miles mostly across fields and tracks followed by light seasonal refreshments at Woodview.

Park at Gentry's Farm Stack Yard, Watery Lane, Little Henny CO10 7NG, about 200 yds down the lane on the left just past Moira & Brian's house on corner (Woodview). Watery Lane is a left turn off A131 three miles from Sudbury and about $\frac{3}{4}$ mile past The Fox at Bulmer. **Leader: Brian**

Monday 10 January: Lamarsh



Meet at the Lamarsh Lion, Bures Road, Lamarsh CO8 5EP at 9.45 for 10.00am start. Approximately four miles. Pleasant undulating walk in Essex countryside with some good views if it's a clear day, mostly on tracks, lanes and field edges.

Leader: Colette, 01787 374249

u3a Holiday to North Wales

8 -11 October 2021



March 2020 Lockdown, holiday cancelled, October 2020 cancelled, March 2021 cancelled. October 2021 **at last we are on our way** and it was a trip well worth waiting for. Llandudno – here we come!

Our coach was luxurious and Paul our driver gave us a commentary about interesting places we were passing. We knew that we were in safe hands. We stopped at two service stations on our way for the customary “pees and teas” before travelling along a scenic route through the North Wales Mountains, reaching the pretty Victorian town of Llandudno mid-afternoon.

The White Heather Hotel was in an excellent position, about 30 yards from the sea front and the shops, which some of us visited. Others walked on the pier and promenade or followed the Alice Town Trail. In 1861 Lewis Carroll had visited Alice Liddell and her family on Llandudno’s west shore and she was the inspiration for “Alice in Wonderland”. A few climbed the Great Orme and enjoyed the view.

On Saturday we drove up the coast to the picturesque harbour of Conwy with its magnificent castle. We had time to visit Britain’s smallest two-storey house, which was all of two metres wide, and the largest and best preserved Elizabethan town house – Plas Mawr – dating back to the 1500’s. Our leader, Joan Garner, had thoughtfully provided us with maps of all the places we were visiting which proved most useful when finding our way back to the coach. Later we drove across Snowdonia before crossing the Britannia Bridge onto the Isle of Anglesey. We went east to the Georgian town of Beaumaris where we stopped for lunch. We visited the Gaol and Courthouse, which closed in 1952 and is now a museum. It contained full-sized figures made entirely from Sellotape, designed by a local art student. We visited a craft market and enjoyed views of North Wales across the Menai Straits.

On Sunday after another splendid breakfast, we travelled to Cheshire and on to the Wirral for a guided tour of Port Sunlight. William Hesketh Lever (later Lord Leverhulme) and his brother, established a factory there in 1884. It was the first factory to manufacture soap from palm oil sourced from the Belgium Congo. The site was chosen for its close proximity to rail, road and canal transportation. Lord Lever’s workers were provided with affordable housing and 29 architects designed a picture perfect village within 130 acres of open space and gardens. It was a great improvement on the overcrowded slums that the workers had come from. Among other buildings there was a swimming pool, gym, school, hospital, theatre and church. He tried to accommodate his African workers in similar conditions but this proved to be unsuccessful due to the colony being under the private control of King Leopold the Second who preferred cheap forced labour.

In the First World War, 1,670 men from Port Sunlight joined the PALS - the 13th Wirral Battalion Cheshire Regiment. Sadly, not many returned and there is a large monument in the village to their memory.

We watched a video in the museum and visited a fully furnished employee’s Edwardian three-bedroomed home and the Lady Lever’s Art Gallery, which is world famous for its art collection.

On Monday morning we bade farewell to Wales and travelled to Coventry, UK City of Culture for 2021. We saw the remains of the bombed out Cathedral, which stands next to the glorious rebuilt Cathedral with its Graham Sutherland tapestry. We also found Lady Godiva’s statue in the centre of the shopping precinct. Thank you Joan for a wonderful trip. We are looking forward to the next one.

Sandra Gibbons