



Sudbury Newsletter

The Holidays Group



April 2021 Birmingham Chamberlain Square



Blenheim ready for Christmas



Sheffield 2022 Wentworth Woodhouse



Sheffield Uni Tour



Oxford 2021 Modern Colleges walk-



Oxford heading back from lunch at the Perch



Birmingham 2022 Centenary Square and the new library

Chairman's Message

Dear Members,

On page 3 of this Su3aN is an article announcing that we will be adopting the u3a Beacon Management System and expect to go live from early January. Beacon has been written by u3as for u3as and has been in use for around seven years. We are fortunate that Ian Mathews has agreed to be our Beacon Administrator as he has used the system at his previous u3a. Now he has joined Sudbury we will have the opportunity to use his Beacon knowledge. It is proposed to co-opt Ian on to the Committee at our meeting in December.

At two recent monthly meetings we have had members taken ill who thankfully after a short visit to hospital as outpatients were able to return home. I would like to thank our members, the staff of the Rugby club and the emergency services for the help provided.

Mark Mitchels our brilliant speaker at the October monthly meeting was unable to complete his talk on Charles Dickens due to circumstances as mentioned above. Many members have expressed how much they were enjoying the talk and their disappointment that he was unable to complete it. The good news is that we have been able to rebook Mark for a special meeting on the 6th December, 10am at the Rugby Club and hope that as many members as possible will take the opportunity to attend for a very interesting and entertaining talk.

We were joined at our October meeting by Barbara Cordina who is the Eastern Region Trustee of the Third Age Trust. She enjoyed her visit, but don't take my word read the enthusiastic comments she wrote in the "News From The East" which are reproduced in this edition of Su3aN. It was illuminating for the committee to meet her face to face and get some idea of her views for the future of the u3a.

A cornerstone of the u3a movement is that we are a self-help organisation using skills learned previously in life for the mutual benefit of the membership. Our 2023 AGM is due to be held at the end of February 2023 and full details will be in the January Su3aN. I would like to ask you to consider joining the committee. Our u3a needs to have a committee whose membership evolves on a regular basis so we will have an enthusiastic committee with fresh and new ideas. Three existing committee members will retire in February and as I have been on the committee for nine years the last two as Chair, I also will happily stand aside if a replacement were to come forward. Otherwise, I will to serve a final year as Chair. You will find a nomination form for the 2023 AGM by clicking on the AGM tab of the website.

The Committee meets six times per year and our next meeting will be 13th December. Why not come along without any obligation and see what being a committee member entails. If you would like to attend, please let Dorothy Beal, our secretary, know.

It seems very early but I would like to take the opportunity to wish all of you seasonal greetings and a happy and peaceful new year.

Brian
brian.orton2@gmail.com

Introduction to the u3a Beacon Management System

The committee has decided that Sudbury u3a will adopt the u3a Beacon Management System.

Nationally over 500 u3as with around 200,000 members use Beacon, it was written by u3a members around 7 years ago, and is a tried and tested system.

The Beacon system is a secure on-line facility for managing u3as with particular emphasis on Membership, Finance and Groups. It will help us ensure that our u3a is effectively managed, to the benefit of all of our members.

For membership administration it allows our u3a to manage data and communication with members easily and efficiently.

For groups, it facilitates:-

- Communications with group members.
- Contingency planning – temporary leader can be nominated in case of illness.
- Waiting List management – for groups with limited capacity.
- Emergency contact details (if they have been recorded) can be retrieved using a smartphone.
- Financial Management of groups.

To find out more about the system go to the National website www.u3a.org.uk and under Beacon you will be able to see a presentation and demonstration

It is intended to roll out the system in early January with awareness training taking place between now and the middle of December for committee members and group leaders.

Ian Mathews – Sudbury u3a Beacon Administrator

ian.mathews.u3a@gmail.com

Next Newsletter

For the January 2023 issue please send your contributions no later than 3 January 2023. 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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NEWS FROM THE EAST



November 2022

Your regional team keeping in touch with u3as across the six counties of the East of England

Sudbury u3a hosts East trustee

I had the pleasure of joining Sudbury members at their meeting this week.

Wow! What a vibrant, enthusiastic and proactive group they are. I was greeted with lots of smiles and interest in my role, a delightful group. Sudbury have around 80 interest groups, some of which I came across for the first time in my travels – the Dutch language, stained glass, jiving, and many more.

The members also told me that they always have excellent speakers – maybe worth a look at their website. Subsequent to the members' meeting, I had a Q&A session with the committee who asked very relevant and probing questions. A very interesting and productive day – I shall return!

Barbara Cordina, Trustee



Barbara Cordina and the Sudbury u3a committee.

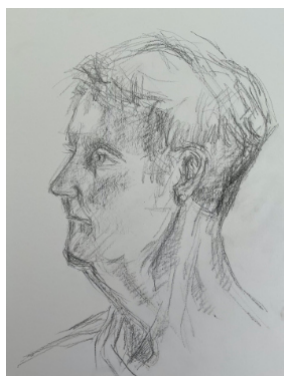
Group News and Diary

Sudbury u3a now have eighty-three active groups. There should be something that interests you! We have a very good mix of indoor and outdoor activities, educational and cultural, social and serious, small and large.

This year, taking up suggestions from our New Members meeting, we have successfully launched ten new groups.

Latin for Beginners, which I lead, meet every other week in The Christopher Centre and we have made great progress, almost completing Cambridge Latin Course Book 1. It will be interesting if some of us are able to join the Hadrians Wall trip, I am looking for Roman inscriptions in and around Sudbury, let me know if you spot

Patchwork, led by **Brenda Turner**, has been able to resume and is held on the 1st and 3rd Tuesday afternoon of the month at Brenda's home in Great Cornard. More members would be welcomed.



Portrait Drawing and Painting

Leader **Cathy D'Arcy** and her artists meet fortnightly at The Hive, School Street where they draw portraits. The group is always looking for models, why not volunteer?

Pub Lunches for Couples met for their first lunch in October at The Maldon Gray and will continue to meet on 2nd Friday of the month. The contact is **Gill Rose** 01787 312593.

Rummikub, **Stained Glass** and **Sudbury Jivers** were all mentioned in the last edition of Su3aN



Upwords, leader **Ros Hardy**, will meet at The Eight Bells, in Bures, on the 1st Thursday of the month at 7 o'clock.



Sewing and Craft with **Chrissy** is held on the 2nd and 4th Tuesday morning at her home in Glemsford. More members welcomed. Contact **Chrissy** on 01787 282299.



The **Jivers** are holding a Christmas party, open to all members, on Friday 16th December at 7 o'clock at The Stevenson Centre, Great Cornard. The event will be an evening of music and dance and you are invited to bring some of your own music along. The cost is £3 per head, please take your own refreshments.

There will be some demonstration dances, jive and line dances and free dancing. No obligation to dance, but come along and have some fun.

More details from **Peter Mehner** 07974 201878.

Contact details of all these new groups can be found on our website, also on the noticeboard displayed at the coffee mornings and speakers' meetings.

Carpet Bowls and **Sign Language** will not be launched but those who were interested in learning Sign Language please keep in touch with **Anita** as she might have found an alternative.

Jennie Leech
Groups Co-ordinator

01787 373684 jennieleech@btinternet.com

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

25th 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".

Following this film there will be mince pies and other goodies to celebrate this, as it is our last Film Group before Christmas.

30th December: THERE WILL BE NO FILM GROUP THIS MONTH AS IT IS CHRISTMAS

27th January 2023: We will be looking to show 'Hunt for the Wilderpeople' starring Sam Neill and Julian Dennison. Raised on hip-hop music and foster care, defiant kid Ricky (Julian Dennison) gets a fresh start in the New Zealand countryside. He quickly finds himself at home with his new foster family: the loving Aunt Bella, the grumpy Uncle Hec (Sam Neill of Jurassic Park and Peaky Blinders) and dog Tupac. When a tragedy strikes that threatens to ship Ricky to another home, both he and Hec go on the run in the bush. As a national manhunt ensues, the newly branded outlaws must assess their options: go out in a blaze of glory or overcome their differences and survive as a family.

I wish you all A Happy Christmas and New Year and hope to see you on the 27th January 2023

Musicians Group

Our Musicians go "Around the World in 80 days"

We watched the amateur performance of this well known story recently, by the Stane Street Players, supported by our **Musicians Group** and what a fabulous experience it was.

Unfortunately the venue advertised in **Su3aN** had to change, but the Constitutional Club in Earls Colne was a great substitute and everyone enjoyed the performance. Such a variety of sets, spliced with excellent costumes, enhanced by the star singers accompanied by our musicians. Such fun and so funny, pantomime-like at times, my sides ached.

Well done everyone!

Lyn Gray

Tuesday Amblers

Meet at 10.15 for 10.30am start for all walks.

Please note the change of date for the December Amble

Due to the extraordinary speakers' meeting to be held on Tuesday 6th December, we have decided to change the date of our amble to **Monday 5th December.**

Monday 5th December – Long Melford walk. Meet 10.15 for 10.30am start in Long Melford Old School car park (CO10 9DX) – a voluntary donation is requested for parking. This is an easy 3.3 mile walk with no stiles along footpaths and tracks across Bulney Moors to Cranfield. Return, with some road walking, via Liston and across the meadows back to Long Melford.

If you have questions about this walk please contact **Amicie**: Tel 01787 379291 or email: amiciethompson@yahoo.co.uk.

Reminder: There will be **no** walk in January 2023.



Thursday Amblers

Group leader: Roger Floodgate 01787 312904 afloodgate@talktalk.net

8th December: Please note our walk this month will take place earlier in the month than our usual fourth Thursday. This will be a gentle walk of approximately 2 miles of mainly field walking around Long Melford, and will include two stiles as we approach Kentwell Hall. This shorter walk will give everyone a chance to enjoy a pre-Christmas drink afterwards at the Hare Inn. Please park in the car park in front of the alms houses at the top of Melford Green at 10:15 ready for a 10:30 start.

Leader **Roger Floodgate**

26th January 2023: Our January walk will be a pleasant 3.5 mile walk around Cavendish. It will be mainly along quiet lanes and we will only cross one field. Please park close to St Mary the Virgin Church at 10:15 ready for a 10:30 start.

Leader: **Roger Floodgate**

Best wishes to all u3a members for the festive season and for 2023.

Walking Group

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

12th December Little Henny approximately 4 miles. Park at Gentry's Farm Stack Yard, Watery Lane, Little Henny CO10 7NG, about 200yds down the lane on left, [Woodview on corner]. Watery Lane is a left turn off A131, 3 miles from Sudbury & about ¾ mile past The Fox at Bulmer. 9.45 for 10.00 start, walking in undulating countryside with no stiles around Great and Little Henny finishing at Woodview, about 11.45 for light seasonal refreshments

Leader **Brian** 01787 269432 / 07508 093631

9th January 2023 Ipswich 4.5 miles pavement walking. From Sudbury bus station the 9.15 bus arrives at Ipswich Old Cattle Market bus station at 10.35. Buses return 15.45 and 17.15. Alternatively Copdock Park and Ride just off A12 [near Tesco] £2 charge for those with Suffolk OAP concession ticket travelling after 10.00am arriving at the Buttermarket stop in the Buttermarket close to 10.30. There is an island in the middle with park benches where we can gather. The walk will include some of the medieval churches and houses, Shrine, Priors, Cardinal Wolsey College, the modern waterfront with University and coffee/toilet stop at The Hub. Pavement walking can be 'heavy going' and with stops for the history walk likely to take 3 hours. Lots of places for lunch in central Ipswich!

Leader **Barbara Rowe** 01206 262875/ 07796 641860

Future Speakers

There is an extra meeting in December

6th December: at 10am, due to an interruption in October, we have asked Mark Mitchels to continue his talk on "The Genius of Charles Dickens"

Mark is an entertaining speaker. He will be describing his fascination of the great man who was a master of the English language.

24th January 2023: Charlie Haylock "Charlie & the Dig" Charlie will show how Ralph Fiennes, who played Basil Brown, and the other "Suffolk" actors learnt their Suffolk accent so as not to sound like West Country pirates!

28th February 2023. The AGM will be followed by a talk from Charles Garland "From Vicar's Son to BBC Producer" From life in the Vicarage to becoming Jonathan Miller's assistant he rose from making tea on "Hi-De-Hi" to becoming a producer of "Oh Doctor Beeching!" and editor of "Dad's Army".

Colette Bentley

Speaker's report for September

Tales From The Bench – Graham Higgins

The talk began by Graham reminding us that Magistrates are all volunteers, unpaid and now allowed to serve until they are 75 years old.

They are the gateway to the legal system and conclude 95% of cases. They act as judge and jury and a bench consists of two to three people. They have the power to sentence offenders to 12 months in prison as well as using a range of other deterrents on miscreants.

A brief history of how we have our present system of Magistrates was intriguing. Graham recounted the story of how in 945 AD Suffolk's disagreements were dealt with by the Sheriff's Bailiff. The unfortunate Bailiff, in one instance, had to deal with a woman who was accused of some misdeed and took sanctuary in the church. This escape from the outraged Bailiff's justice caused the man to sadly have a fatal fit, which may explain why disputes were then dealt with by a system known as trial by combat.

Suffolk stopped trial by combat when an Abbot paid a huge sum for the services of a renowned and famous combatant. Sadly the Abbot's man lost to the local blacksmith, which was not the expected result and may well be the reason this practice came to an end.

In the 13th century the plague caused major problems for the justice system of the time as people were moving from one place to another with much greater fluidity. The king created Magistrates to deal with lesser offences. A famous Magistrate was Geoffrey Chaucer.

As time passed jails were filling and Magistrates became more reluctant to administer the death penalty. A new law was passed to transport miscreants initially to America and later to Australia and although this no longer occurs, the problem of dealing with people who fail to abide by society's laws continue to this day and is a problem we, as a society, continue to wrangle with today.

We now employ fines, tags, suspended sentences, community work, education, meeting their victims and finally prison. How effective these various sanctions are, is a continued topic for debate.

Sally Card

Coffee mornings

Coffee mornings are held on the 3rd Wednesday of each month. They give an opportunity to meet committee members and other Sudbury u3a members in a relaxed, friendly atmosphere. Everyone is welcome – whether you are a long established member or one who has just joined us. Non-members are always welcome as it gives a chance to find out exactly what the u3a has to offer – no pressure just coffee and a chat, and who knows in December maybe a mince pie? Coffee mornings are free and our next meetings are: **21st December** and **18th January 2023**.

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

07508 093631

