



November 2023



Photograph by Richard Thomas

Holiday Group 1 trip to Tenby: 16 to 20 October 2023.

This was a holiday to remember, for many different reasons, the weather being one! The wind was so strong on several days that walking was nigh on impossible.

Tenby itself is a lovely old town, with three beautiful beaches, which quite a few of us explored during breaks in the weather. It also has a very interesting museum and art gallery.

We visited St. David's – the smallest city in the UK, with a population that numbers a mere one hundred more than Lavenham! The cathedral is in a beautiful setting, with the picturesque Bishop's Palace alongside.

The next day we went to Pembroke Castle, birthplace of Henry VII, first of the Tudor monarchs and on our last day we travelled to the National Botanic Garden of Wales with its Great Glasshouse, poised on the Welsh landscape like a giant raindrop! It was opened in July 2018 and is the largest single-span glasshouse in the world.

Jean Cook

Chair's Message

Dear Members,

After leading a very successful holiday to Tenby, Joan Garner decided that after 18 years of leading holidays for Sudbury u3a she felt it was time for her to retire.

I cannot put it better than to use Joan's own words: *"We have been to every National Park in England and Wales and the Trossachs in Scotland, some of the finest cities in the country: Glasgow, Edinburgh, Newcastle, Nottingham, Coventry, Liverpool, Chester, Cardiff and Bristol. We have seen great art, magnificent buildings and gardens and extraordinary scenery. We have travelled in Europe from Malta in the south to Poland in the north"*.

What an achievement!

18 years is an enormous length of time to lead any group, but to run a holiday group for so long with the amount of planning and administration involved is exceptional.

Many members will have fond memories of holidays that they have enjoyed and will wish to join me thanking Joan for bringing so much pleasure to so many of you and hope that she is now able to have some well earned rest and relaxation.

I would like to give you advance notice that our AGM will be held on the 27th February 2024 and this is when our new committee will be elected. The agenda and minutes of our 2023 AGM can be found on the web site www.u3asites.org.uk/sudbury on the AGM page.

If you would like to serve on the committee there are vacancies, so please do not be shy but contact myself or one of our committee and we can tell you more about what being on the committee entails.

The AGM is important and we really need as many members as possible to attend, so please put 10:00am 27th February 2024 in your diary and come along and support Sudbury u3a.

With Christmas rapidly approaching I would like to wish all of our 900 members a peaceful and relaxing Christmas and New Year.

Best wishes

Brian

chair.sudburyu3a@gmail.com

01787 269432

Next Newsletter

For the January issue please send your contributions no later than 3 January 2024. 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

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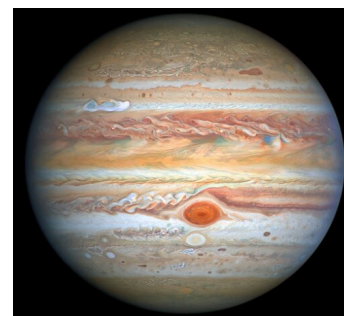
Astronomy

This fledgling group has been meeting at The Lamarsh Lion but this does not seem to be the most popular meeting place. Alternatives, from January 2024, might be St Stephens Chapel, Bures, Little Cornard Parish Church, Sudbury Water Meadows, The Woringford Crown, the grounds of Melford Hall or any other suitable venue with the minimum light-pollution.

A meeting of the current members, plus any other people interested, will be held one lunchtime in December.

For details please contact:

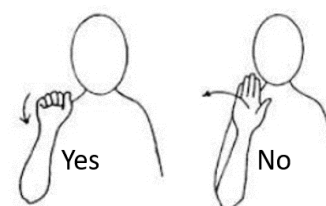
Derek Connah derek.connah.dc@gmail.com



British Sign Language

I may be able to take this group forward as I may have a teacher. Seventeen members have shown interest.

If you have already contacted me I will keep you up to date with any developments. Anyone else who is interested, please let me know. No days/times/venues have yet been discussed.



Mahjong 2

The group meets on the second and fourth Monday morning of the month at The Jetty in Quay Lane at 10:30 am. Players are a mix of experienced, beginners and returning players who may not have played for some time. New members would be welcomed.

Please bring your own refreshments.

For details please contact:

Lilian Austin 01787 229930



Pub lunch Sunday Singles 5

This new group has been formed with eleven members.

If you are interested in joining the waiting list, in the first instance please contact me.



I am pleased that Terry Straight, who was co-opted to the committee in August, has volunteered to understudy myself with a view to standing for election at our AGM in February to become Groups Coordinator. Would Group Leaders please copy Terry into any emails you send to me. His email is terrystraight3@outlook.com.

Jennie Leech

Groups Coordinator

jennieleech@btinternet.com

Tuesday Amblers

5th December – Sudbury walk.

Meet 10.15 for 10.30am start outside St. Peter's Church on Market Hill, Sudbury, CO10 2EA. An easy, 3 mile walk across Sudbury meadows and along the old railway line. There are no stiles but one flight of steepish steps down to the railway line from Brundon Lane. The walk will be followed by lunch at The White Horse pub in North Street, for those who have booked.

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

Reminder: There will be **no** walk in January 2024.

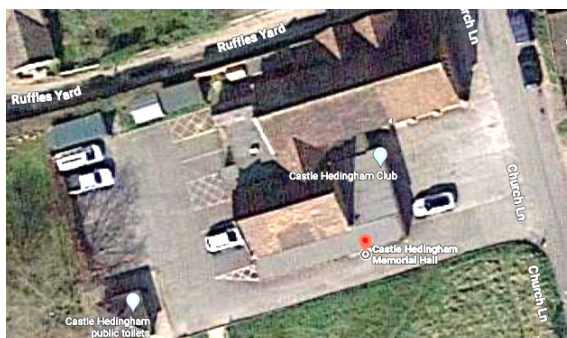
Thursday Amblers

There is **no** walk in December.

25th January 2024. Hedingham, Maplestead Mills/River Walk.

Meeting at 10:15 am for a 10:30 start at the Memorial Hall at Castle Hedingham, Church Lane, CO9 3DA. Parking is extremely limited (see photo), so please car share. A walk of approx. 4 miles over paths and field tracks through the River Colne flood plain and with plenty of local history by our leader Rob.

Leader **Rob Worsley 01787 460664**



Walking Group

Group Leaders:- Brian & Moira Orton, 01787 269432

PLEASE NOTE: From January the Group Leader will be Ian Mathews, 07421 776829

11th December. Wickham St Paul . 4 miles approx.

Meet 09:45 for 10:00 am at Gentrys Farm Stack Yard, Watery Lane, Little Henny. CO10 7NG. Walking in the undulating countryside around Wickham St Paul. Mostly along farm tracks, no stiles. Afterwards meet at Woodview, just up the lane, for light seasonal refreshments.

Leader **Brian 07508 093631**



8th January 2024. Walk the Roman Walls, From Boudicca and beyond. 5 miles.

Meet 09:45 for 10:00 am at Highwoods Country Park, Turner Rd, Colchester. CO4 5JR. Parking £3.30 for 4 hrs. Steep in parts and town traffic.

Leader **Barbara Rowe 01206 262875**

Photography Skills Group.

During our meetings at the Stevenson Centre, we choose an image of the month which we entitle 'The Image for the Wall'.

The topic for our image submissions for September was "Water" and the chosen photograph is shown here.

In October we held our first outdoor 'workshop' which some found very worthwhile as they also learned more about their cameras.

The October theme is 'Texture' for which a good number of submissions have been made for our November meetings.

December's meeting will be held as an outdoor workshop, weather permitting, and returning to the Stevenson Centre in January 2024.

If anyone else is interested in joining then please contact me.

Ian Mathews

07421 776829



Garden Visits Group; more than just a visit.

This has been another enjoyable year of garden visiting for our group to six fairly local beautiful gardens, within 20 miles of Sudbury, including in June two very different gardens next door to each other in Kersey. Visits are on the first Monday morning in the month from April to September.

Most often gardens visited by us are in the National Garden Scheme. The total fee charged by the garden owner for entry, as well as refreshments is donated by the NGS to charity. The main charities supported by the NGS currently are Marie Curie, Macmillan Cancer Support, Hospice UK, Carers Trust, Parkinson's UK as well as others.

You may be interested to know that this year payments made by the group to visit six beautiful gardens amounted in total to £1,415.00 in donations to NGS. Hence membership of the group means contributing to worthy charities while at the same time visiting a beautiful garden, enjoying coffee and cake and time to socialise and chat. Not a bad deal! The garden owners also work hard and give a lot of their time to enable this all to be possible.

Occasionally a visit may be arranged by coach to a venue further away from Sudbury. Last year we visited the Cambridge Botanical Gardens and this year in June a day trip was arranged to Wisbech to the award winning gardens at Elgoods Brewery, jointly with the Real Ale Group .

Moira Orton

01787 269432



Sudbury u3a Holidays are alive and well.

In view of the recent retirement of Joan Garner from her role as leader of Holiday Group 1 we want to assure you that Holiday Groups 2 and 3 will continue as normal although we are making some changes to the administration.

Jane (very ably assisted by Eileen) and Win will coordinate dates and locations but otherwise we will run our own trips. In both cases trips are generally by coach, for four nights, five days and the cost includes the coach, dinner, bed and breakfast at sensibly priced hotels.

We have merged the three holiday groups members' lists into one and if you are currently a member of Holiday Group 1, 2, or 3 you will in future be notified of up-and-coming holidays regardless of who is organising the holiday.

If you are not a member of either holiday group but would like to be kept informed of holidays that are being planned please contact us, our details are below, to be added to the list.

There are always opportunities for another holiday organiser. If you are interested, please contact Win or Jane who will be pleased to help you.

In the meantime here are the holidays that are currently planned.

2024

January 22nd : Weston-Super-Mare with Win. This is fully booked

March 7th : Rochester with Win- bookings open

April 15th: Manchester with Jane. This is fully booked

September 8th Berlin (for eight days) with Jane - bookings not yet open

2025

Jane is looking for good hotels in any two of the following locations- Cornwall or Guildford or Glasgow or the Leeds/Bradford/Huddersfield area

If you have any queries please do not hesitate to contact one of us.

Holiday Group 2 Win May

winifredmay@hotmail.com

01787 372642

Holiday Group 3 Jane Crumpton-Taylor

jane@crumpton-taylor.com

01787 460277 or 07491 690510

Film Group

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

24th November: We will be looking to show: 'Miss Potter' starring Renée Zellweger and Ewan McGregor. This is the enchanting love story inspired by Beatrix Potter's life and love affair with her publisher Norman Warne. Following this film there will be mince pies and other goodies to celebrate this as our last Film Group before Christmas.

29th December. There will be **no** Film Group this month as it is Christmas.

26th January 2024: We will be looking to show 'A Man Called Otto' starring Tom Hanks, Mariana Trevino and Rachel Keller. This film tells the story of Otto Anderson (Tom Hanks) a grump who no longer sees purpose in his life following the loss of his wife. When a young family move in next door it results in an unlikely friendship that turns his life around.

I wish you all a Happy Christmas and New Year.

Jenny Filby

Speaker's report for September

Religion in the People's Republic of China by Stephen Smith.

The People's Republic of China is officially an atheist state established by Chairman Mao Zedong in 1949. In 1954 he argued that the country was economically backward and not ready for religion and decided that temples would become schools during The Great Leap Forward, when over 30 million people died of starvation. However the government today formally recognises five religions: Buddhism, Taoism, Christianity (Catholicism and Protestantism are recognised separately) and Islam. In the early 21st.century there has been increasing official recognition of Confucianism and Chinese folk religion as part of China's cultural heritage. In the culmination of a series of atheistic and anti-religious campaigns underway since the late 19th century the Cultural Revolution against old habits, ideas, customs and culture, lasting from 1966 to 1976, destroyed or forced them underground but under subsequent leaders religious organisations have been given more autonomy.

Buddhism originated in India and was brought in by monks and is characterised by seeking enlightenment whilst Taoism and Confucianism are described as originating in ancient China and incorporating, part philosophical, humanistic and non action mediation traits. The Folk religions borrow beliefs and rituals from both the Buddhist and Daoist. Ancestors shows respect for ancestors and expresses nostalgia for them in the form of worship and offerings. Gods come in all shapes and sizes and as with ancestors it is to ask for blessings, protection or guidance. Notable gods are Guandi, whose control over evil spirits is so great that it is said that even actors who play his part in dramas share his power over demons and Guan Yu immortalised into folklore as a Robin Hood character. Spirit mediums such as Sharmans will go to communicate with the Gods and Divination (fortune telling) where the Diviners look at the past as well as the future. Feng Shui and Incense also play an important role. Not forgetting, Yama a monstrous icon of hell and lord of death.

The primacy of ritual gained over 3000 years was never destroyed by the advancement of science and technology and continue to have resounded under Xi Jinping.

Nick Partridge

Speaker's report for October

Medical Detection Dogs by Norma Howell

This talk began by explaining how the charity was set up by Dr. Claire Guest in 2008 who believed her dog was alerting her to a problem which was later found to be breast cancer. She contacted Professor John Church and since that time clinical trials have gone on to research and prove that dogs can very successfully be used to detect a variety of cancers, Covid 19, lower airway infections and Parkinson's disease. Their detection success rates are in the high 90%^s.



The charity "Medical Detection Dogs" is split into two distinct arms. Firstly there is Bio Detection Dogs, which are trained to detect the odour in urine of a variety of diseases. The vision of this charity is to help scientists and medics develop faster, cheaper and non-invasive methods of diagnosis. As an example there is no definitive test for Parkinson's and later diagnosis unfortunately means treatment is less effective. If these diseases could be picked up earlier the outcomes will be greatly improved and so far research is indicating that dogs can be trained to do this with very high success rates.

The second arm of "Medical Detection Dogs" is Medical Alert Assistance Dogs. These dogs are trained to support people with complex health conditions which could be potentially life changing. These dogs can detect the odour that their human is threatened with a health attack. This early warning allows the patient to take preventive action and this inevitably allows them to lead more independent lives with more confidence, peace of mind and quality of life.

To find out more about this charity please visit www.medicaldetectiondogs.org.uk/support-us

Sally Card

Future Speakers

Tuesday 23rd January. The speaker is Brian O ' Leary. His talk is entitled " The Science of Magic"

Brian is currently the President of the Ilford Magical Society and is also a member of the prestigious Magical Circle. He also performs for many local charities

Tuesday 27th February. The AGM Speaker is Anne Grimshaw. Her talk is entitled " The name on the bag 2nd Lt. Clyde R Simmons "

Anne is a member of our u3a and has given us many interesting talks over the years. This talk tells the story of how a flight bag bought on E-bay has a link to Sudbury.

Colette Bentley

Independent Accounts Examiner for Sudbury u3a

Our current Independent Accounts Examiner made it known at the last AGM that it is his intention to stand down from the role after this year, having done an excellent job for our u3a for several years. We are looking for a new Examiner for this role. The Examiner can be a member of the u3a although that is not a requirement. To fulfil the role they should not be related to a committee member.

It is a requirement that our accounts are examined each year independently of the committee before presentation to the members and submission to the Charities Commission. The task requires inspecting the accounts to check they are properly maintained, complying with our constitution and ensuring they are within Charity Commission guidelines. It is not an onerous task and should take up just a few hours of your time each year.

If any member is interested in the role or has a friend or relation willing to help then please contact the Treasurer, **Tony Lee** on 01787 376434

Tony Lee

Coffee mornings

Coffee mornings are held on the third Wednesday of each month. They give an opportunity to meet committee and 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: 20th December and 17th January 2024.

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