



# Sudbury Newsletter

September 2023

## HADRIAN'S WALL



A selection of photographs taken during a recent trip to Hadrian's Wall by members of Sudbury u3a

## Chair's Message

Dear Members,

By the time you read this we will be well into autumn. At this time of harvest for farmers, also gardeners like me, it's often a time to think and plan for the coming year. Seed catalogues come out and decisions are made for new beginnings. For u3a members too, thoughts may turn to new activities to take part in and interests to develop.

Sudbury u3a's range of activities continues to become more diverse and in the past few months new groups have commenced for Photographic Skills, Astronomy, Poetry, Quilting and Couples' Lunches. Due to the popularity of Mahjong a second group has also started. We now have around 90 groups surely offering something for everyone.

It is easy to join a group. You will find contact details on your membership card or go to the groups' page of our website or come to the monthly coffee morning. Groups Co-ordinator Jennie Leech is always available to help if you need advice about joining a group.

The Third Age Trust issues a digital newsletter each month. On our website you will find a link which will enable you to read the latest edition together with many back numbers. To find it go to the Notice Board on our website and on the right hand side under links you will find National u3a Newsletter and if you click on that a list of newsletters will open.

We have been enjoying superb talks this year on diverse subjects, such as Bird Migration to Bluebell Girls to Thomas Gainsborough. Our speakers have been professional, knowledgeable and entertaining. Our programme of talks promises to continue to be equally varied and of a very high standard. The meetings, including refreshments, are free to members, and are held on the fourth Tuesday of the month at Sudbury Rugby Club. If you haven't been to a monthly meeting, why not come along, you will be warmly welcomed.

I would really appreciate any feedback that you have regarding our u3a and maybe ways you feel we can improve. Our aim is to have activities to suit all our members so if you have interests that you don't feel are currently catered for please contact me.

Best wishes

*Brian*

[chair.sudburyu3a@gmail.com](mailto:chair.sudburyu3a@gmail.com)

01787 269432

### **Next Newsletter**

**For the November issue please send your contributions no later than 3 November 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](mailto: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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Telephone: 01787 880260**

## Speaker's report for July

### **My Life as a Bluebell Girl by Jane Hoggar**

The Bluebell Girls were started by Margaret Kelly whose life story was the stuff of films. Margaret was left as a baby with nuns, supposedly until her parents were able to look after her but they never returned. She was adopted by Mary Murphy. Margaret was a sickly child and it was the doctor who named her Bluebell because of her large blue eyes. He recommended that Margaret take up dancing to build up her strength. She loved dancing and became so good she was able to earn a living as a dancer.

Margaret continued to develop her career becoming dance captain at the renowned Folies Bergeres in Paris. It was here she started her own dance troupe called the Bluebell Girls. One criterion was that her dancers had to be over 5' 11". By this time she was married to Marcel with a son Patrick. World War II broke out and Marcel, who was Jewish, was sent to a concentration camp during the German occupation. For a while Margaret was interned until she managed to get help from the Irish embassy who persuaded them that she was Irish by birth. Margaret returned to her home in Paris where she was re-united with Marcel who had escaped. Margaret hid Marcel in the attic until the end of the war. Her Bluebell dancers performed at the Paris Lido and became world renowned.

It was this troupe that Jane Hoggar joined in the 1980s. Jane's story mirrored Margaret Kelly's. They both loved dancing and both wished to follow this as their careers. All this was described vividly by Jane with many amusing anecdotes. She managed to make us recall those teenage years where we believed we could do anything and were as yet invincible.

*Sally Card*

## Speaker's report for August

### **Constable the artist who couldn't get arrested by Kim Smith.**

John Constable was born on 11<sup>th</sup> June 1776 in East Bergholt to Golding and Ann (Watts) Constable. His father was a wealthy corn merchant, owner of Flatford Mill in East Bergholt and, later, Dedham Mill in Essex.

Constable from an early age showed an interest in drawing and was often seen wandering around the countryside sketching. He was destined to take over the family's business, but managed to persuade his father he wanted to study art at the Royal Academy.

Constable was a radical artist and he liked to paint from real life, in the open air. This was not the fashion at the time. Constable was true to his ideals and would not change the way he painted. The Royal Academy also didn't like his work because of its "horrible green" preferring the browns of the old masters in landscapes.

Constable had three distinctive trademarks that featured in his paintings; he used flashes of red, he used white to capture light reflections and often painted the family dog in.

He didn't make much money in his lifetime as nobody wanted landscapes. He was more successful in France and his most famous painting "The Hay Wain" was bought by a Frenchman. He was admired by the French and they called him "The Father of French Landscape. The titles of his works were simple and unpretentious, including; "The Lock", "The Vale of Dedham".

He died on 31<sup>st</sup> March 1837 and was buried alongside his wife Maria. His family gave away his paintings to various London galleries who stored them and it wasn't until much later, when landscape became fashionable, that they were exhibited.

*Helen Holton*



### Archaeology

I have not forgotten this group but am finding it difficult to launch in the absence of a Leader/Co-ordinator.

There are several local opportunities to join digs in this area and since getting permission to dig and making recordings have to follow strict rules, I don't see digging as a viable activity for this group.

At the moment I am taking advice from the National Subject Advisor for Archaeology and I will come back with news as soon as possible.

### Astronomy

This new group met at The Lamarsh Lion for an inaugural supper in August. The Lion will now be its venue and meetings during autumn/winter will be held on the third Thursday of the month, the next being on 19<sup>th</sup> October at 7:00pm.

Further details from the Group Leader:

**Derek Connah** 07895 022723 derek.connah.dc@gmail.com

### Mahjong 2

The group started meeting in September, and in future will meet on the 2nd & 4th Monday of the month thereafter from 10.30-12.30 at The Jetty in Quay Lane. The next meeting will be on 9<sup>th</sup> October.

The initial charge will be £5 for the session. Once we see how far this will stretch it may be revised.

The group will be a mix of experienced players, 'returning' players and beginners.

**Lilian Austin** 01787 229930 lily.austin9802@gmail.com will start the group off.

### Pub lunches: Sunday Singles

All the Sunday Lunch Groups are now over-subscribed.

If you are hoping to join a group to have Sunday lunch with fellow single members, please let me know. There may be a case for starting another group, which would be Pub lunch-5, Sunday Singles! It would probably be held on the first Sunday of the month.

*Jennie Leech* 01787 373684 jennieleech@btinternet.com

### Science and Technology

The Science and Technology Group started in September.

It meets on the second Wednesday of each month, at 2:00 pm at the Stevenson Centre in Great Cornard

The talk planned for October 11<sup>th</sup> is "A History of Photography". Please come along. New members are always welcome.

*Alan Ryder* aryder7@gmail.com

### Calligraphy

An initial meeting was held at The Friends Meeting House on 19<sup>th</sup> July. The meeting was called to discuss the way forward with respect to the formation of the group. Following this meeting 34 members of Sudbury u3a have shown an interest. In the meantime a meeting venue has been sourced at the Stevenson Centre with the first meeting was held in September. Further details were circulated after the September meeting.

*Ian Mathews* 07421 776829 ian.mathews.u3a@gmail.com

## Photography Skills Group.

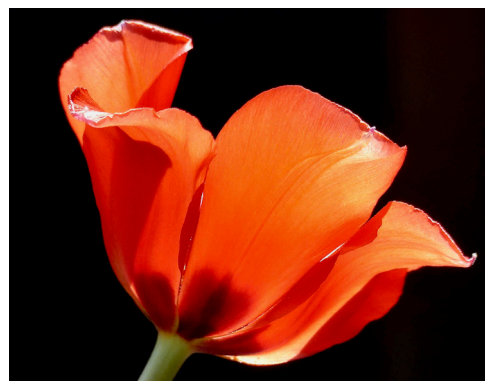
I am pleased that we have now 24 members on the list which underlined the positive interest in this group.

The first official gathering of the group took place at the Stevenson Centre in the middle of July with two separate meetings.

Prior to the meeting members were asked to submit images on the subject of 'Flowers'. This was well subscribed and we ended up with 50+ images to critique. All well received.

October's meetings will be held outdoors and we are back to the Stevenson centre in November.

The group meets at 1:00pm on the third Tuesday and Wednesday of each month.



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

*Ian Mathews*

07421 776829

ian.mathews.u3a@gmail.com

## Film Group

Meets on the last Friday of the month at 2:00pm at The Christopher Centre, 10 Gainsborough Street, Sudbury, CO10 2EU.

**September 29<sup>th</sup>:** We will be looking to show: 'The Choir' starring Dustin Hoffman, Kathy Bates and Eddie Izzard. Stet is a troubled young boy who, after the tragic death of his mother, has led a less than exemplary school life. However, he has a remarkable talent for singing which sees him transferred to a Boy Choir school led by a pertinacious schoolmaster (Dustin Hoffman). But can the strict school vanquish the rebel in Stet and introduce the singer?

**October 27<sup>th</sup>:** We will be looking to show: 'The Dressmaker' starring Kate Winslet, Judy Davis and Liam Hemsworth. This film is a bittersweet comedy drama set in early 1950s Australia. Tilly Dunnage (Kate Winslet), a beautiful and talented misfit, after many years working as a dressmaker in exclusive Parisian fashion houses, returns home to the tiny middle of nowhere town of Dungatar to right the wrongs of the past. Not only does she reconcile with her ailing, eccentric mother Molly (Judy Davis) and unexpectedly falls in love with the pure-hearted Teddy (Liam Hemsworth), but armed with her sewing machine and incredible sense of style, she transforms the women of the town and in so doing gets sweet revenge on those who did her wrong.

**November 24<sup>th</sup>:** 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.

**December 29<sup>th</sup>:** THERE WILL BE NO FILM GROUP THIS MONTH AS IT IS CHRISTMAS

*Jenny Filby*

01787 374205

## Art Visits

### Morley College and the Blavatnik art and photo galleries at IWM London and Christmas Shopping.

**Tuesday 21<sup>st</sup> November:** A coach trip to London. Leaving time from Sudbury c 8am. Lambeth North tube is two minutes walk away should you want to focus on shopping- a handy route for Oxford Circus and Piccadilly.

11.30am: A tour of the Morley College murals and other art works by the Exhibition curator and collections manager.

Then after lunch (either at the Morley College refectory or at the Imperial War Museum) we can visit the IWM Blavatnik galleries which are opening on 10<sup>th</sup> November. These galleries reflect global conflict from 1914 to the present day.

Coach cost is £25 including driver's tip.

For further details and methods of payment please contact

**Jane Crumpton-Taylor** [jane@crumpton-taylor.com](mailto:jane@crumpton-taylor.com)

## Future Speakers

**Tuesday 24<sup>th</sup> October:** Norma Howell "The Work of Medical Detection Dogs"

Norma joined the charity in 2016 as a volunteer to raise awareness of their work. They train dogs to detect the odour of human disease such as cancer, or alert to a life-threatening medical event.

**Tuesday 28<sup>th</sup> November:** Simon Frampton "The Life & films of Cary Grant"

Simon set up Sudbury Film Club lecturing on the History & Art of Film Making. He has spoken to us before on Sophie Loren & Alec Guinness both of which were thoroughly enjoyed by our members.

November is our "Christmas Meeting".

Please remember there will be **no** meeting in December.

*Colette Bentley*

## Tuesday Amblers

**Meet at 10.15 for 10.30am start for all walks.**

**October 3<sup>rd</sup>** – Fordham Heath

Meet at Spring Lane car park, CO3 9TG, opposite The Cricketers pub and adjacent to the cricket pitch. There is additional parking on Heath Road – walk across the cricket pitch to the main meeting point.

A 3.1 mile walk in undulating Essex countryside from Fordham Heath towards West Bergholt mainly along the Essex Way. There are no stiles, a number of kissing gates and wooden bridges over river and ditches. Some parts can be muddy after rain. A little road-walking on footpaths.

Led by **Janet and Ian Cruttenden:** 01787 222179

**November 7<sup>th</sup>** – The Waldingfields

Meet outside St. Lawrence's Church, Church Road, Little Waldingfield, CO10 OSW. Parking is on the road side.

A 3.5 mile walk along tracks and fields across open countryside between the two villages. An easy, mostly flat walk, with no stiles and a short section of walking on a quiet country road.

Led by **Amicie Thompson:** 07530 269813





## Thursday Amblers

**October 26<sup>th</sup>:** Six Farms and a Castle at Hedingham.

An easy 3.5 mile walk along grassy paths, field-edge and farm tracks with some woodland and town streets. Street parking in Castle Hedingham village 10.15am for 10.30am start.

Leaders: **Dee & Colette** (Colette 07875 723153)

**November 23<sup>rd</sup>:** Sudbury town centre.

Our last amble of the year will be a gentle stroll around Sudbury town centre. Kim Smith will lead us on a magical history tour of the Talbot Trail, giving us an insight into the many notable figures linked to the area. She hopes to include a viewing of Simon of Sudbury's head, subject to permission. The walk will finish at Weatherspoon's for a Christmas drink. Please meet at 10.30am prompt outside the Heritage Centre in Gaol Lane.

Leader: **Kim Smith** 07719 629699



## Walking Group

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

**October 9<sup>th</sup>:** Arger Fen 5 miles.

Meet 9.45 for 10.00am start at Assington Village Hall car park, CO10 5LW. Parking £1. A varied walk, passing Assington Mill and into the nature reserve. Depending on weather the woodland paths can be muddy in places and uneven, with some steep up and down sections. However, there could be some beautiful autumn colours to enjoy.

Refreshments etc at the Assington Barn café. Please share cars if possible.

Led by **Andy Edgecombe:** 07766 714455

**November 13<sup>th</sup> :** Bulmer circular walk approx. 5.5miles.

Meet 9.45 for 10.00am start at The Fox, Bulmer Tye, CO10 7EB, with parking at the far end of car park.

The walk goes in a loop, crossing the busy A131 twice, where care should be taken, and passing through Bulmer Brickworks. There is a little road walking but no stiles.

Drinks or Lunch available afterwards if required.

Led by **Martin and Gill Rose:** 01787 312593



## 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*

## New Committee Members.

Two members Terry Straight and Derek Connah volunteered to join the committee earlier this year and at our meeting on 8 August 2023 they were co-opted. Terry will work with Jennie Leech with a view of becoming Groups Co-ordinator at our 2024 AGM and Derek will provide important help and back up in a number of areas.

I would like to thank both Derek and Terry for volunteering. Having a succession plan for the committee is important for the future of our organisation. New members bring fresh ideas and help the committee remain proactive.

Our next committee meeting at the Christopher Centre is 10<sup>th</sup> October 2023 and all members are welcome to attend. If you would like to do so please let Secretary Dorothy Beal know as the room we have is quite small and we may need to book a larger one.

*Brian*

## Coffee mornings

Coffee mornings provide 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 especially welcome as it gives you a chance to find out exactly what Sudbury u3a has to offer – no pressure just coffee (or tea) and a chat.

The coffee morning is free of charge and the next two are on 18<sup>th</sup> October and 15<sup>th</sup> November. Venue: The Friends Meeting House, 22 Friars Street, Sudbury, CO10 2AA. Start time: 10.00am, finish around 11.30am.

You and your friends are very welcome to join us. If you need further information, please contact myself or any committee member. I look forward to seeing you.

*Brian*

[chair.sudburyu3a@gmail.com](mailto:chair.sudburyu3a@gmail.com)

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