



Issue No.18 Post Pandemic Newsletter November 2023

Hello everyone and welcome to the November Newsletter



I am indebted to our own Terry Darbyson for this brilliant photo which is certainly appropriate for the Halloween issue of our Newsletter. Terry is a member of the Photography Group but I think you will already have guessed that!

Recap on General Meeting at The Curlew Centre October 3rd

Following our last General Meeting Frank Heinrich-Tiller prepared the following Press Release which some of you may have seen in The Voice. For those that did not here it is.

SUTTON BRIDGE u3a welcomed Sandra McDonough from Eye Guide MC, the Long Sutton based Parkinson's simple, non-intrusive, external improvement device inventor.

Sandra explained that she was diagnosed Parkinson's some twenty years ago on her 40th Birthday and has been successfully wearing the Eye Guide for over 5 years. She gave us a most interesting, dramatic and at the same time an entertaining presentation.

Sandra explained that Eye Guide has prevented involuntary movements, difficulties with speech and communication, low moods, chronic anxiety, problems with balance and walking straight and becoming dependent on a wheelchair for most of the time. The device is allowing people to reclaim levels of independence and providing a better quality of life by improving the debilitating symptoms of Parkinson's helping with speech, movement, walking, coordination, rigidity, involuntary movements, brain fog, anxiety, response time and other physical and cognitive ailments.



Sandra McDonough, long term Parkinson's sufferer, inventor and creator of The Eye Guide.

The Eye Guide has a CE mark, a class 1 Medical Device Accreditation and has been trialled by people with Parkinson's and detailed research is on-going with Lincoln University into the broader benefits of the device, which lines up to the wearers visual field and provides visual sensory stimulus, which also helps with walking.

Dr M Humberstone, Consultant Neurologist, has been Sandra's Neurologist for 6 years and he has seen a remarkable improvement in her condition when wearing the device and was amazed that something so simple could make such a difference, it is not a cure but can certainly help people have an improved quality of life.

Sandra then demonstrated to the u3a audience at the Curlew Centre, Sutton Bridge on 3rd October the difference in her demeanour when she took the Eye Guide off. It was a very dramatic change with Sandra stating to shake uncontrollably, having difficulty with her speech and movements and walking. Once the device was replaced she very quickly resumed what we would regard as normal behaviour.

There are numerous reviews by Eye Guide wearers all of which are most positive and clearly demonstrate the significant benefits of Eye Guide. One user said to Sandra if you can give me one day, I'll be happy, but Sandra has given me my whole life. I am getting married and I now live my life not just wishing I had one more day. Another user mentioned that her husband has commented that when wearing the device you're like the person you used to be (before Parkinson's).

Anyone suffering from Parkinson's or any similar Neurological issues such as Fibromyalgia and MS might wish to take a look at Eye Guide www.eyeguidemc.co.uk

Interest Group News

The Beer, Wine & Bus Pass Group

On Friday last we gathered at The Horse & Groom in Holbeach, a venue that we used a few times in the past as the staff there are brilliant and Wendy, the hostess, has a great sense of humour.

My choice of The Horse & Groom was also influenced by the presence of so many u3a Members in Holbeach especially those that are not now as mobile as they used to be.

We were all delighted that Sophie could join us on her Mobility Scooter and pleased to see that she looked so well.



Paul, seen here with George, John, Pat and Joan.

We were pleased to welcome two new members, Annette and Jim, and we hope they will be regulars and they have both signed up to join the Xtreme Beer, Wine & Bus Pass Group; boy, they are really living on the edge!

The Xtreme Beer, Wine & Bus Pass Group

This group now numbers 22 and our next adventure is on Friday November 10th.

We plan to get to Old Hunstanton via the 505 and X36 Coastliner. Our ultimate destination will be The Mariner Pub where we shall have a few drinks and some, no doubt, will enjoy lunch as well.

The Mariner is just a short walk from the beach and I've heard that some of the group are already debating whether there will be enough time, or courage, for a quick dip in the sea.

Just in case there are some brave enough I have already informed the RNLI and the East Anglia Air Ambulance Helicopter Team to be on standby.

A full report will be in the next Newsletter or Look East on the BBC.

If you like a little adventure and being in great company, would you like to join in the fun?

If so please contact at me at chriswendylivesey@btinternet.com and we can squeeze you in no problem.

The Dining Group

Six members of the dining group enjoyed lunching at Runways the restaurant at Fenland Airfield.

The food was delicious and very well presented as well as being reasonably priced. I enjoyed a main, desert and coffee for just less than £20.



We were fortunate that it was a fine day as this meant we were able to enjoy watching a few light aircraft, including a helicopter, take off, and land.

This was accompanied by a commentary from Frank who had recently been up for a spin and he was delighted when his pilot took the time to come over and have a chat with us.

Another venue to return to in the future.



SWIG (Suttons Wine Interest Group)



September 22nd 2023

Our September meeting was hosted by Fay whose theme was Global Wines!

We were one short as Nanette was off on her travels. Fay gave us a BIG quiz which we undertook during the course of the evening. (30 questions)!!

Our first tasting was a New Zealand Sauvignon Blanc reported to be one of the UK's favourite wines. It did not disappoint and at 13% everyone enjoyed this crisp dry wine which was refreshing on the palette. This would be difficult to beat. It scored a very good 8/10.

Next came a Merlot, called Banrock Station from Australia. This caused quite a stir as it came in a plastic recycled bottle in the shape of a cleaning fluid!!!



Personally I did not like to handle it as I'm used to my wine bottles being round. But it caused some good discussion and perhaps this is the way forward as it was promoted as being "Carbon Neutral" which is very "in" at the moment. The contents were very drinkable and had dark fruit and vanilla flavours which gave a clean taste. This was 13.5% and scored a healthy 7/10. It was £8.00 from Tesco.

The third tasting was another Merlot, but from South Africa. This was created especially for Marks & Spencer to respond to the challenge "why Merlot". The wine showcases the brightest fruit from Wellington, with cooled grapes aerated etc with new French oak. At 14% this was another very drinkable wine and scored 7/10. This was £9.00.

Our last bottle was from the Margaret River region of Western Australia and was a Shiraz. This was a Tesco Taste the Difference. It has full bodied notes and soft velvety tannins. Bold and spicy flavoured with fresh red and black fruit and a harmonious balance of sweetness. This scored a very good 8/10. It was £9.00.

Everyone enjoyed the variety of wines and Fay had laid on excellent accompaniments as usual. Many thanks Fay for hosting such a good evening. We missed you Nanette!! Cliff won the quiz.

Our next meeting is on Friday 27th October at 6.30pm when the boys are cooking supper and the girls are providing the accompanying wine.

Cheers

Sheila Palmer.

HISTORY GROUP

Monday October 23rd



Richard Gibbons was speaking about Operation Market Garden.

Montgomery's attempt to end the war quickly in late 1944, intentions, plans, the failure of the attempt, the aftermath.

Richard's very knowledgeable account of Montgomery's failed plan accompanied by dramatic newsreel footage painted a fascinating yet tragic series of events.

At the end of the meeting we received a proposal that future meetings should start at 10 30am. The proposal was carried by a very nearly unanimous vote. Please note.

And then...

November 27th, 10 30am in the Market House



– one of our very own History group, Frank Little. Frank will be sharing his passion of the history of Freemasonry

General Meeting November 7th

If you are a fan of ballroom dancing then this General Meeting you should not miss.

Our guest presenter this month will be Sue Jakeman, the niece of the famous professional ballroom dancer, choreographer, competition adjudicator and organiser, Peggy Spencer.

The meeting will be at The Market House, Long Sutton. Doors open at 1.30pm and the show starts at 2.00 promptly, bring your own Glitter Ball!!

u3a Sutton Bridge Christmas Social Yes, it's that time of year, read on for all the details.



u3a Christmas social

U3A MEMBERS ONLY

**TUESDAY 5TH DECEMBER 2.00PM START.
CURLEW CENTRE SUTTON BRIDGE**

TICKETS ON SALE AT THE
NOVEMBER MEETING HELD IN THE MARKET HOUSE OR
contact Sheila Palmer on 07955168744 or Paul Reeve on
07963066409

THE AFTERNOON'S ENTERTAINMENT INCLUDES;

THE DROVE END WARBLERS SINGING FESTIVE SONGS

HOME MADE LIGHT TEA

QUIZ

PRIZE DRAW

(INCLUDED WITH YOUR TICKET PURCHASE)

THE USUAL RAFFLE

BOTTLE OF FIZZ ON EVERY TABLE

FREE CHRISTMAS CRACKER

**PRIZE FOR THE BEST SEASONAL
COSTUME**

BRING YOUR OWN BEVERAGES IF YOU FANCY A TIPPLE



TICKET NEEDED FOR ENTRY

TICKET COST £2.00



I am indebted to Mike Nunn for providing me with my own, exclusive Newsletter Editor email address newsletter@u3asuttonbridge.org .

If you are a regular contributor to the Newsletter first of all you have my sincere thanks, without your contributions we would have just empty pages. Secondly can I ask you to note this new email address and use that in the future.

And finally we would like to welcome Sue Mclaughlin to the committee. Thanks to Jim Stalley for nominating Sue.

Sue joined the u3a on the same day that she joined the committee. She will be taking on the role of interest group leader's co-ordinator. During the coming months Sue will be getting to grips with the task and hopefully meeting group leaders.

This means that we now have a full committee for the first time in over two years.

To those who have never made a contribution to the Newsletter all I can say is, why not?

The Newsletter is not only a space where you can tell the members what you, your group are getting up to but is also an opportunity to express your ideas for new groups, any improvements you have in mind and whatever you tell me I'll put it in the Newsletter without editing providing it is legal!

Best wishes

Chris Livesey