



Issue No.16 Post Pandemic Newsletter September 2023

Hello everyone and welcome to the September Newsletter.



Photo courtesy of Roger Jennings, just to show that we have had some sunshine!
Photo taken at Felbrigg Hall and Gardens, I am informed that the flower is
a Gazania.

Xtreme Beer, Wine & Bus Pass – the first adventure!!

A newly formed Interest Group the Xtreme Beer, Wine and Bus Pass Group set out on its first adventure on August 11th destination Brancaster Staithe and The Jolly Sailors Inn.

We were 8 in total, this is important!

The outward journey went without a hitch. We all got on the same Bus, the famous 505, and we all arrived at The Kings Lynn Bus Station with sufficient time to take a comfort break before we set off on the Lynx operated X36.

We arrived at our destination at 12.55 pm and refreshments were taken and lunch ordered. The weather was brilliant and the Pub has a super Beer Garden which was used by some. A variety of lunches were ordered ranging from Ciabattes to full blown Fish & Chips and I spied a Curry as well.

Just before 3.00pm all 8 of us made our way to the Bus Stop for our return journey.

We must have passed through the Bermuda Triangle because when we arrived in Kings Lynn to change for the 505 home we were only 7!

We quickly established that we were missing Neville!

When I planned the Bus times for the homeward journey I made sure that the Bus we would get on would be the 505 to Spalding, not one that terminated at Lime Walk or the Holbeach Interchange but right to the end of the line in Spalding!

So, imagine this. We are 7 and none of the 7 need to go beyond Holbeach and the next 505 standing there is going to Holbeach only. Passenger no.8, Neville, has no mobile phone and nobody knows where he is. He is not in the toilets and nowhere to be seen, he has all the timings of the buses in his possession, he is a grown adult with a Bus pass!

All things were taken into consideration; so we 7 got on the Bus and went home!

The next day I contacted one of Neville's friends and was relieved to hear that he had got home OK and had a great day!

The next adventure will be on October 13th; maybe this will be a lucky date for Neville. Destination is not fixed yet but it is bound to be interesting.

Want to join in? Just add your name to the Interest Group sign up form at the next GM, you know it makes sense!

Chris Livesey, Interest Group Leader

Archery Interest Group

Feared by the Bad, loved by the Good.....

If you can complete the line above with the next four words then you are in the right age group to realise that inner passion that you have so far successfully hidden from friends and family!!

Yes, you can be u3a Sutton Bridge's next Robin Hood! (Little John or Maid Marian)

Just take a look at some of the stars that have taken on Robin's mantle in the past.





And now u3a Sutton Bridge proudly presents:-

Paul Milton, member and super marksman of the u3a Sutton Bridge Archery Group.

Paul has just “killed” Ted’s lunch Apple with a superb shot from 50 paces. Unfortunately Paul’s Lincoln Green tights, Jaunty cap and suede leather jerkin were all at the dry cleaners otherwise he would look really dashing.



The Archery Group meets on Tuesday mornings fortnightly at the Memorial Park behind The Curlew Centre in Sutton Bridge at 10.00 pm. We start to gather at about 09.45 hrs in order to get all the equipment in place for a prompt start.

Our next meeting will be on Tuesday, September 12th so why not come to the Park and have a go. Everything is provided, Bows, Arrows, Targets (including Ted's lunch) and you will have not only a chance to live out your childhood fantasy of being Robin Hood, Little John or even Maid Marian but socialising with likeminded others, having a little light exercise and a good time.

And it is so easy!

I had some friends, Gordon & Debra, visiting from Australia and Ted invited them along to our Archery group meeting. They had never used a Bow before but wham, bam, thank you m'am; within the hour both had hit the target and Gordon had also taken a slice out of Ted's lunch apple. Most of their successes can be credited to Keith Moran seen here, below, giving Debra some tips.



Want to know more?

Contact the Group Leader, Ted Atkinson, softarcheryu3a32@gmail.com

Or mobile phone- 07902 313181

The History Group

The next meeting will be held on **September 25th** in Long Sutton Market House, 10am to 12 noon (ish)
As the summer holiday season draws to a close we are delighted to be welcoming a speaker who has substantial knowledge of the history of holiday travel.

'Thomas Cook and the Origins of Popular Tourism' as it is something we now all take for granted ... but how did it all start? All will be revealed!

Our speaker will be Paul Smith who joined Thomas Cook in 1996. For more than two decades he was responsible for preserving and promoting Thomas Cook's heritage, which spans 178 years from 1841 to 2019.

His talk will focus on Thomas Cook and his son, John Mason Cook, looking at how they helped to make travel easier, cheaper and safer for millions of Britons in the Victorian era. His lectures are illustrated with photographs, posters and documents from the Thomas Cook Archives.

ALL MEMBERS OF u3a SUTTON BRIDGE ARE WELCOME TO ATTEND so please share this information with others.

Regards
Janet York

And some advanced information from the History Group.

Frank Little has been patiently waiting in the wings for his chance to tell us all about the 'History of Freemasonry', a subject he is passionate about.

Frank has confirmed that he is looking forward to speaking at the 27th November meeting.

Put the date in you diaries now, The Market House, Long Sutton from 10.00am.

And The History Group is now in the process of booking some great, local, speakers into next year. This is the right time to join the Group if you are not already a member, sign up at the next GM!!



SWIG July 2023 Report



SWIG 1 Newsletter Report for meeting held 28th July 2023

Our latest SWIG meeting was held at Pauls Man Shed which is to be the venue for all our future meetings, being in a good central position for our members.

Sheila was the host and her theme was "French Wines".

We started with a very nice Union Des Viticulteurs De Chablis 2021. The region of Chablis lies in the North of the Burgundy area of France and produces wonderful wines. This was no exception and scored an excellent 9/10. It cost £12 from Tesco using a Clubcard (normally £13.50). It was 12% by volume.

Our next wine was a red and there does seem to be a bit of a pattern in our group of having a majority of red wines! This Pierre Jaurant Merlot 2021 was easy to drink at 13.5% by volume, with hints of Blackberry, cherry and blackcurrant. Costing £5.99 from Aldi it scored a reasonable 7/10. For the price it was surprisingly good.

Next came a Saint Chinian 2021 being 13.5% by volume. This was a Tesco Finest @£7.50 with Clubcard (normally priced at £9), so quite a bargain. This was a full bodied red wine with smokey notes adding richness and complexity! This scored a 8/10.

Lastly we had a Cotes de Rhone Villages Signargues. Another Tesco finest with a rich blend of mainly Grenache (one of the most widely planted red wine grapes) and Syrah grapes (also known as Shiraz) making it bold and full bodied. This cost £7 with Clubcard (normally £8). It had a 14% by volume and scored a universal 8/10.

This first meeting held at Paul's, but not hosted by him, was a dress rehearsal to see if it could run successfully with the different hosts bringing in all the wine, cheese etc. It worked very well and I hope everyone enjoyed it. The French cheese went down very well, as did the quiz that I put together. We have suggested that the host should do the quiz to give Jim a break but it is not compulsory.

Our next meeting is on Friday 25th August at 6.30 and Cliff is hosting.

Cheers Sheila Palmer

The Dining Group

Seven members of the dining group enjoyed the Seniors Special at The Jolly Farmer Moulton Chapel. They offer a three course menu for £10, two courses £7.50 and one course for £5.00. We were not put off by the rather limited menu as the portions were just right. I had the soup of the day which was delicious, just the right hint of spice. This was followed by scampi, chips and garden peas, then gateaux and fresh cream.



Another hit with the group so we will be back again.

Maureen Sinclair –Currie, Group Leader

SWIG TWO – 192 BRIDGE ROAD, SUTTON BRIDGE 19/08/2023

HOST FRANK HEINRICH-TILLER

RIOJA EVENING – Attended by Jim Stalley, Cliff Berragan, Wendy & Tony Dyer, Roger & Ingrid Jennings and welcoming our latest member Christine Smith.



1. CAMPO VIEJO RIOJA BLANCO 2022
THIS WINE COMBINES THE FLORAL AROMAS FROM COMPLEMENTARY WHITE GRAPE VARIETIES ENHANCING THE WHITE FRUIT AROMAS AND GIVING THE WINE A FRESH AND PLEASANT FINISH. 12.5% ASDA £8.75 Served at room temperature to get the full flavour of the wine. Scored 152 out of possible 240 in our wine tasting scale.



2. FAUSTINO V11 RIOJA INVITING FRUITY FLAVOUR AND IS PERFECT TO GO WITH STARTERS EVERYDAY ED MEAT DISHES AND POULTRY. IDEAL FOR BARBECUES AND SOCIAL OCCASIONS. 13.5% -TESCO £8.25. Scored 166.

3. CAMPO VEJA RIOJA RESERVA 2017 MEDIUM BODIED WITH WELL-BALANCED FLAVOURS OF RIPE RED FRUIT AND DISTINCT NOTES OF CLOVES, VANILLA, AND COCONUT. ELEGANT AND SMOOTH. ENJOY WITH GOOD FOOD AND FRIENDS. 14% £10.00 ASDA. Scored 187.

4. FAUSTINO 1 GRAN RESERVA RIOJA 2010 THIS WINE WITH A PROPER WINE NAME HAS BECOME A WORLD REFERENCE AND A GREAT LEGACY OF DON JULIO F MARTINEZ THE GREAT TEMPRANILLO GRAPE. MORE THAN 24 MONTHS IN OAK BARRELS. A LONG STAY IN THE BOTTLE AND PASSION, A LOT OF PASSION 13.50% ASDA £18.50 Scored 199 out of possible 240.

It was generally agreed that whilst the Faustino 1 Gran Reserva was really good, however, the best value for money was seen to be the Campo Veja Rioja RESERVA 2017 was the overall best value for money.

Increase in excise duty from August 1st 2023 – most wine will see an increase of £0.44 per 75cl bottle or a 20% increase in the duty paid (£2.67 vs the current £2.23). This increase will apply to wines with an ABV between 11.5% and 14.5%. When combined with VAT, real increase per bottle is 53p.

Baking Group

Our recent meeting was held on 10th August at Ann's home.

She dispelled our previously held beliefs about pastry cream slices and made for us a choice of either a cream berry slice or a custard slice.

There is no comparison we decided between shop bought and the delights of home-made, so we each had both! Thank you Ann.

Photos below give some impression of what a home-made version looks like.

Diane Scott
Group Leader



Editor:- If these photos were the subject of a caption competition would anyone like to suggest what the winning captions could be? Suggestions to the Editor please.

The Beer, Wine and Bus Pass Group

On August 25th the group met at The Granary in Long Sutton, now under new Management, a venue suggested by one of the Group Members who shall remain nameless but thank you Frank.

This is one group that has no reason or purpose, other than meeting up and having a good time.

However on this occasion in addition to a good time the group met to give Wendy some encouragement for her upcoming knee replacement surgery at the month end, a grand time was had by all.

Peckover Coach Trip to National Trust Birmingham Back to Backs and Birmingham's famous Christmas market

Please see the poster below and note that the guided tours of the 1840s-1970s back to backs will be booked in advance and you are asked to state your preference when booking and paying with me as usual. So the times are on a first come, first served basis at 11.40, 12 noon, 12.20 and 12.40. The tour lasts 60 minutes. The property has a second hand book shop and an exhibition area.



Volunteer trip to...

Birmingham Back to Backs & Christmas Market

Thursday 23 November



Step back in time at Birmingham's last surviving court of back to backs; houses built literally back-to-back around a communal courtyard. Moving from the 1840s through to the 1970s, discover the lives of some of the former residents who crammed into these small houses to live and work. With fires alight in the grates, and sounds and smells from the past, experience an evocative and intimate insight into life at the Back to Backs.

The largest authentic German Christmas market outside of Germany or Austria Birmingham's Frankfurt Christmas Market offers a large range of traditional good and gifts and a selection of tempting food and drink. Pretzels, schnitzels, bratwursts, and roasted almonds will tempt your tastebuds, all of which can be washed down with gluhwein, weissbeer (wheat beer), or tasty hot chocolate.

Trip Details

Leave Peckover: 9.00am (from the lay-by on Harecroft Road) Arrive Back to Backs: 11.30am
Leave Back to Backs: 14.00pm Arrive at Christmas Market: 14.15pm
Leave Christmas Market: 17.00pm Arrive Peckover (Harecroft Road lay-by): 19:30pm

Cost

£30 per person—includes the coach and all the above. Entry to Back to Backs by guided tour

If you would like to come along please let me have £30 cash in an envelope, marked with your name and tour time preference please. I will be at the AGM and General meeting on 5th September, otherwise contact me to make arrangements.

If there are u3a members who wish to go, we will arrange a pick-up in Long Sutton as before.

Diane Scott

u3a group leader and Peckover volunteer.

IMPORTANT

Advance information regarding upcoming meetings. Please note that our next monthly meeting on September 5th. will also be the AGM and this will be at The Market House in Long Sutton.

In October our General Meeting will be at The Curlew Center in Sutton Bridge, this will be on October 3rd, so please make sure that you have this change of venue in your diary.

From October we will be holding our General meetings alternately in The Curlew Centre and The Market House

u3a Sutton Bridge General Meeting 5th September 2023 - The Market House , Long Sutton

Our speaker will be Linda Scholes with an entertaining talk;

“Around the World in 23 Years.”



Linda Scholes is an American who came to England in 1971 with her husband Jim, an American Air Force Officer, and their three children, Kevin, Stacy and Kelly. They settled in Gt. Barton, a small Suffolk village three miles from Bury St. Edmunds, and the family was complete with the birth of a second son, named Barton. Jim retired from the USAF in 1984. He and Linda elected to stay in Suffolk where they have made many friends. Unfortunately, Jim died in 2001, but Linda continues to share the rich and varied village life with her friends, family, and especially, her Grandchildren.

Linda draws on the family's experiences travelling the world, living in a foreign country, and her own upbringing on a ranch on the Squilchuck Creek in the foothills of the Cascade Mountains near Wenatchee, Washington State.

Linda's unique style of storytelling has produced a delightful series of humorous talks suitable for all occasions and all groups.

u3a Sutton Bridge General Meeting 3rd. October 2023 – The Curlew Centre , Sutton Bridge

If you suffer with Parkinson's disease, Fibromyalgia, and anxiety or have a family member or friend who suffers then you really do need to attend this General Meeting.

Sandra McDonough, who has suffered with Parkinson's for 20 years will be giving a presentation to us regarding her invention, the Eye Guide.

Eye Guide MC Ltd is based in Long Sutton, in Market Street, just opposite Gedney's Newsagent.



About Us

How it all began

Sandra McDonough is our founder at Eye Guide MC and was diagnosed with Parkinson's on the eve of her 40th Birthday.

Sandra has been living with Parkinson's for over twenty years and in 2017 her symptoms became more severe. This was not helped by the diagnosis of fibromyalgia which contributed to fatigue tiredness and pain. Through her Parkinson's Sandra was experiencing involuntary movements, difficulty with speech and communication, a low mood, chronic anxiety, problems with balance and walking straight and becoming dependent on a wheelchair for most of the time.

Driven by wanting to improve her quality of life and reclaiming her independence, Eye Guide MC was created.

About Us Continued

Due to Sandra having to wear an Eye Patch for medical reasons, she deliberated over the connection between the eyes and the brain, through trial and error and being a natural inventor and wanting to replace the eye patch with something less intrusive and so the Eye Guide MC was created.

As work continued, experience with the Guide progressed. After seeing the device being worn by Sandra and the benefits it was having on her symptoms her Consultant Neurologist and her Parkinson's Nurse specialist encouraged her to take it to market to help as many people as possible.

Today with the use of the Guide Sandra's involuntary movements are under control, her walking and balance have returned, she can hold confident conversations with improved speech and much less anxiety holding her back. These improvements are only in effect whilst the Guide is being worn and Sandra has now been wearing the Guide for over 5 years regaining her independence.



This contribution courtesy of Ted Atkinson - we'll all get there someday!



That's it from me for this month, please keep the contributions coming.

Best
Chris