Su3aN

Sudbury Newsletter

September 2026



Jacqui and Jo - GCSE Latin Grade 8

Chair's Message

A thank you to all the Committee for their support these past few weeks during the heat.

We have some new groups starting, notably computing, line dancing and a third table tennis group; many thanks to Margaret, our Groups' leader for organising these.

We will be holding a thank you lunch for all our group leaders on 29th September, at the Hive, in appreciation for all they do.

The August coffee morning went well with Jack, our Treasurer, helping several members one-to-one with mobile/laptop issues. This has culminated in the computer group, mentioned above, which will be led by Steve Skinner on a 12-week course. Those on the waiting list, don't despair, the time will soon pass until it will be your turn!

The September coffee morning was to have the theme of plants, to bring and share seeds, seedlings or small plants. How did it go?

The August talk at Long Melford Village Hall went well. I intend to visit this unusual place, Bawdsey, in the near future. Graham Murchie was a very clear speaker with some humorous anecdotes.

A small working group has been looking at the u3a website with a view to updating it. If you have any ideas, feel free to let us know.

Finally, we have been investigating venues around Sudbury, as it looks highly likely that the Rugby Club will not be available next year. A big thank you to Keith, Colette, Conrad and Janet for helping with this.

That's all from me.

Enjoy the rest of the summer and the autumn!

Dorothy Beal

Next Newsletter

For the November issue please send your contributions no later than 3 November 2026. 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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Question

Why do we need new interest groups? To keep us curious, interesting and vibrant, to attract **new** members and to enable groups to remain diverse and viable.

Wanted

Anyone with DIY skills willing to share them with a small group of novices.

Please remember that we are volunteer led and run so please step up to share your interests, skills and talents.

We are so pleased to have members volunteering to be **new** group leaders.

New Groups

We have two new groups starting in September.

Line Dancing

Weekly on Tuesday mornings.

Venue: Snooker Hall.

Group Leader Mary Atkins

Computer and Digital Skills.

Twice a month on Tuesday afternoons.

Venue: Stevenson Centre.

Group Leader Steve Skinner.

Afternoon Table Tennis is proving to be popular. It's friendly, fun and sociable. Why not come along and try it ? There are a few places left.

Group Leader Peter Chaplin.

Congratulations are in order for two members of the Latin Group who chose to sit GCSE exams and have reached a high standard. Well done to Jo and Jacqui for their great achievement.

Margaret Ogles
Groups Coordinator

Couples Pub Lunch 2

Meets on the third Thursday of the month. Couples enjoy visiting various pubs, mostly in Suffolk but occasionally crossing the border into Essex. It's always a treat to visit a new venue. Each couple takes turns to choose a venue and book it. Sometimes we are expected to choose options in advance while some pubs allow us to decide on the day so we can pick from the menu and the Specials Board. It's always a good excuse not to cook that evening!!! We always have a good chat and a jolly time with catching up on what we've been up to.

Margaret Ogles
Group Leader

Powerlifting

Melanie Lester, Group Leader, won gold in the over-70s British powerlifting championships in June after squatting 100kg.

Melanie says, "When I go to the gym there are people in their 20s and 30s and I just feel like one of them. If I can inspire one more person to start lifting weights, it will make my day."



Optime!



Two scholars in my Intermediate Latin Group approached me last year and asked about sitting GCSE Latin! We looked at the syllabus and decided it might be 'doable' with a lot of hard work and discipline on their parts! The advice was to commit at least 140 hours to the tasks.

There were three papers to sit, Language, Prose Literature, and Literature and Culture.

In the Language paper, worth 50% of the total marks, the candidates had to translate and respond to unseen passages of Latin and understand the derivation of English words from Latin, also recognise, analyse and explain examples of grammatical form. As we do a great deal of this in our sessions, I expected this paper to be a 'breeze' for them, there was plenty of time allowed for this paper and they were confident of doing well.

The set texts for Prose Literature were taken from 'Messalina' by Tacitus and 'avunculus meus' (my uncle) by Pliny. Messalina was the Emperor Claudius' third wife and had been involved in a number of crimes and scandals, the selected text tells about her denouncement for adultery and final death, so quite raunchy! Pliny's writing describes a day in his uncle's life and his death in the eruption of Vesuvius in AD 79. Pliny's account provides us with the first recorded description of a volcanic eruption in the western world. The learners had to study the texts and evaluate and respond to the ancient literature. They felt well versed in the subjects but the time allowed was very tight and they came away rather crestfallen feeling they might have done better if allowed more time.

Entertainment and Myths and Beliefs were the cultural topics, gladiatorial shows, the theatre, chariot racing, dinner parties, the Roman gods, life after death .. what was going to come up? Primary sources had to be evaluated and analysed for distortion and bias and the evidence used to widen the understanding of Roman society. There was opportunity to also study additional ancient sources to help illustrate these topics. The internet was well used to search for resources.

Thursday, 20th August! Results day!

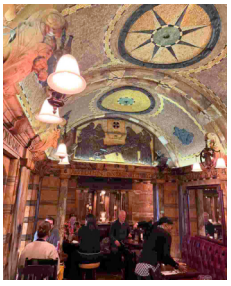
Both scholars achieved Grade 8 (the highest possible being Grade 9). They were both 'shocked and delighted'! Grade 8 candidates are able to complete their linguistic tasks with a consistently high degree of accuracy and respond with reason and sensitivity.

Very well done Jo and Jacqui, you are stars!

So, can we have a rest now and get back to normal? 'No,' I am told. 'AS level next!'

Nil desperandum! Onward and upward!

Jennie Leech
Latin Group Leader



The Real Ale Tourists (RATS) planned a busy September with two events culminating with a visit to London Pubs on the 16th September, which is a tour created by the u3a webmaster John Middleton. The theme being the Battle of Britain. John combines Historical events and Real Ale Pubs to make a very interesting and informative tour.

We propose to have three tours in the spring and summer months of the year. All with different themes and points of historical interest.

On Monday 12th October the intention is to have a Social Drink at the Brewery Tap Sudbury at 4pm.

Our aim is to have a variety of occasions including a Social Drink at a local pub, Beer Festivals and London Real Ale Pub tours.

We communicate details of events by WhatsApp and confirm attendance .

Robert Ogles
Group Leader

Tuesday Amblers

6th October: Twinstead

Meet 10.15 for 10.30am start at Twinstead Church, St. John the Evangelist, Church Rd, Twinstead, CO10 7NA. Parking is on the grass to the right of the church.

This is a 3.3 mile walk over undulating countryside, mainly along field edges and the edge of three small woods. Footpaths are generally well defined but one area will be very muddy if there has been recent rain. There are three bridges over ditches, one rickety and three stiles to negotiate. **Please note: one is a ladder stile over a 4ft high wall.** The stile is well constructed and in good condition and there is a handrail. There is also a short run of steep steps in another location.
Walk Leader: Paul Tetley 01787 269466

3rd November: Around Fordham Hall Estate

Meet 10.15 for 10.30am start at Fordham Hall Woodland Trust Car Park, 35 -11 Ponders Road, Colchester, CO6 3LY.

The walk is a little longer than most of our ambles being around 4 miles in woodland and open fields with good views towards Colchester's 'Jumbo'. There are some slight inclines, no stiles, large kissing gates and six steps down to the road. There is a short stretch of road walking and we have to cross a main road.
Walk Leaders: Ian & Janet Cruttenden 07905 051903

Amicie Thompson

Thursday Amblers

22nd October - Halstead

Meet 10.15 an for 10.30 start at the Butler Road Car Park, CO9 1LL . Parking cost £2 or on a street close by. The 3.8 miles walk starts on the line of the old railway and passes through fields and a wonderful wood with a short stretch on quite a busy road. It is relatively hilly but there are no stiles.

Walk Leader: **Paul Tetley** 01787 269466.

26th November - Town Walk

Meet 10.15 for 10.30 am start outside Sudbury Heritage Centre in Goal Lane.

Kim Smith will walk us through Sudbury's fascinating history on the Talbot Trail, a series of 14 bronze statues that shine a light on the town's legends.

We will finish the walk in North Street where we can decamp to Wetherspoons for a Christmas drink and/or lunch.

Colette Bentley

Walking Group

All standard walks are 5-6 miles. Details of each walk will be emailed to the group 7-10 days beforehand. If anyone else would like to join us please contact Mike Reed a few days beforehand for any updates or route alterations. For these walks meet at 9.45 for a 10am start.

12th October, standard walk. The "Liberty Belle" walk around Chappel and Wakes Colne. Park on Station Approach, Chappel, CO6 2DS. Please car share as there is limited parking. Alternatively take the 9.26 train from Sudbury which arrives at Chappel at 9.39.

9th November, standard walk. Around the Fordham area. Meet at the Woodland Trust car park, Ponders Lane, Fordham, CO6 3LY. This is a small car park and car sharing is essential.

The next long walks, of 10-12 miles, will be on the **20th October** and **23rd November**. If interested please contact Mike Reed**. mikereed3579@gmail.com**

Mike Reed

Architecture, Art Visits, Holidays





In July we headed to St. Albans, the cathedral was delightfully cool and the Roman Theatre was definitely worth the heat. Of course we explored Verulamium and had a walk along one of the older streets of the city.
August was V&A month - the newly opened V&A East was very stimulating and the 'Music is Black' exhibition brought back memories and for some of us tears to the eyes. V&A Storehouse was a revelation and there was, naturally, a walk round Hackney Wick.

In the same month we shared cars to the Wivenhoe campus of Essex University for a sustainability tour - in practice this was a very informative and jolly walk around the park learning more about trees. After lunch an art-themed walk around Wivenhoe included at least three anecdotes about Frances Bacon.

Sliding into September was another visit to Cambridge with a mainly non-conformist theme. Westminster College was an architectural delight. The College is a gorgeous building - built in 1899, architect Henry Hare and has a very Arts & Crafts feel - with a slightly later chapel with stained glass from the early 1920s, by Douglas Strachan. It had been founded by two Scots Presbyterian sisters, expert linguists and untiring explorers. Then after lunch we went to Sidney Sussex College & Emmanuel College - did you know there was a private subway under Emmanuel Street - the bus route to the bus park? Last but not least the Parker Library at Corpus Christie - the College's greatest national heritage treasure, internationally renowned for its important collection of medieval and renaissance manuscripts - we needed more time and came away wondering what the three or more Articles were which had been deleted from the 39 Articles.

The Monday Email

A lesser known "benefit" of being in the Architecture Group is that, unless you opt out, there is an email every Monday about, in theory, all things architectural.



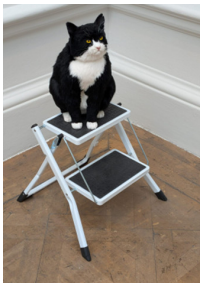
(Trump)



(Archeotourism)



(Berkeley Sq.)



(Cat at RA)

It varies in length quite a lot. Recent editions have included the repair of Frank Lloyd Wright's Fallingwater, a diatribe from the Architects Journal on Trumps' building ambitions, the conversion of a bungalow to a 2-storey house, various building award shortlists, archeotourism, house prices in Margate (and indeed many other places over time), the Clermont Club Berkeley Square and comments on cats at the RA Summer exhibition (Art visits members are copied in too).

There are floor plans and photos. The language of the sales brochure is occasionally remarked on. Rabbit holes are explored randomly. Sometimes there is a real theme, but more often not. A title chosen at random is "Happy New Income Tax Year Monday-Books-squishy handles-bus stop house"

Intrigued? Then contact Jane Crumpton-Taylor. You can always delete or even unsubscribe.

Jane Crumpton-Taylor
Group Leader

July Speaker

History of the last of the Norfolk poachers by Charlotte Paton

Frederick Rolfe, the central figure in Charlotte Paton's book 'The King of the Norfolk Poachers' emerges as one of those rare rural characters whose life seems stitched from equal parts of hardship, cunning, and quiet defiance. She treats him not merely as a lawbreaker but as the last representative of a fading tradition - an individual shaped by the land, by poverty, and by an inherited craft that once defined the hidden economy of Norfolk's countryside.

Rolfe was born into a world where the game laws favoured the wealthy estates and left labouring families with little means of supplementing their income. For men like him it was not simply opportunistic theft; it was a way of surviving the lean months, of asserting a small measure of independence, and of maintaining a skill passed down through generations. Charlotte portrays Rolfe as a man who learned early how to read the land: the habits of pheasants, the quiet paths through woodland, the signs of a keepers patrol. His knowledge was instinctive, almost intimate, and it made him both respected and quietly feared.

What distinguishes Rolfe is his mixture of boldness and restraint. He was not reckless. He poached with precision – setting nets silently, moving only under cover of darkness and vanishing into hedgerows with a fox-like ease. His reputation grew not because he flaunted his activities but because he consistently outwitted those tasked with stopping him. Villagers, meanwhile, treated him with a kind of amused admiration, seeing in him a folk hero who challenged authority without malice.

Charlotte also emphasises Rolfe's humour and humanity. He was a storyteller, fond of recounting narrow escapes, and woodland encounters, often embellishing them with theatrical flair. Yet beneath the laughter lay a man acutely aware that his way of life was slipping away. Mechanised farming, higher policing, and changing rural economies gradually eroded the conditions that had sustained poaching for centuries. Rolfe lived long enough to witness this decline, becoming one of the last practitioners of a craft once common across Norfolk.

Nick Partridge

August Speaker

Bawdsey Radar, The Eyes of the Few by Graham Murchie, Trustee of Bawdsey Radar Trust

Bawdsey Radar was the world's first operational radar station. It was situated in Bawdsey Manor a Grade 2* listed building.

Radar was developed because in WW1 many civilians were being killed along the East Coast and there was no way of detecting when planes were nearby. 'Listening Ears' were developed off the Kent Coast but they had limited success as they could detect general sounds such as a milk float going past!

Consequently, the UK was dangerously vulnerable to air attacks. Prime Minister Stanley Baldwin famously warned that "the bomber will always get through." Desperate for a solution, the Air Ministry turned to science. In 1936, a team of brilliant minds led by Robert Watson-Watt moved into Bawdsey Manor. Their mission was highly classified: use radio waves to spot enemy aircraft before they could reach British shores. In 1939 the first five chain radar sites were built across Britain.

Four radar towers were built on the site. A dedicated team of scientists, technicians, and young Women's Auxiliary Air Force (WAAF) operators worked around the clock, translating raw blips on cathode-ray tubes into vital tracking data.

Radar had a great impact on WW2 although we didn't have many planes and pilots, radar prevented many bombers getting through. Hitler cancelled 'Operation Sea Lion' (The invasion of Britain) because he did not have control of the skies. Bawdsey Radar remained operational until 1991 and now is museum with interactive displays. Well worth a visit.

Helen Holton

Our warm thanks to Helen. This is her last speaker report as she is leaving the area.

Film Group

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

25th September 2026: We will be looking to show 'Hamnet' starring Paul Mescal, Jessie Buckley and Emma Watson. William Shakespeare falls for the free-spirited Agnes. Their whirlwind romance leads to marriage and three children, but as Will's theatrical ambitions draw him to London, Agnes remains behind to manage the household. When tragedy strikes, their bond is deeply tested-but through grief and resilience, their journey inspires the creation of Shakespeare's timeless masterpiece.

30th October 2026: We will be looking to show 'The Light Between Oceans' starring Michael Fassbender, Alicia Vikander And Rachel Weisz. When lighthouse keeper Tom, and his adored wife Isabel discover a baby adrift in a boat off the remote coast of Western Australia they assume the worse that her parents are dead. Determined to give her a happy life full of love they choose to raise the child as their own but it's not until years later that the shattering consequences of their decision will change their lives forever.

27th November 2026: We will be looking to show 'Chocolat' starring Juliette Binoche, Judi Dench and Johnny Depp. Nobody could have imagined the impact that the striking Vianne (Binoche) would make when she arrived in a tranquil, old-fashioned French town. In her very unusual chocolate shop, Vianne begins to create mouth-watering confections that almost magically inspire the strait-laced villagers to abandon themselves to temptation and happiness. But it is only when the handsome stranger Roux (Depp) arrives in the village that Vianne begins to recognise her own desires.

This will be our last film of the year so will be followed by mince pies and sausage rolls.

There will be no Film Group in December as it is Christmas.

Jenny Filby

Coffee Mornings

I plan to offer IT help at every monthly Coffee Morning. If you have a problem with a device, or even if you simply want reassurance before trying something new, I will see if I can help. It will be on a first come, first served basis, and I cannot promise to solve everything on the day, but I can promise a patient attempt and, where possible, a clear explanation of what is happening.

Tips if you do pop by:

1. Please make sure your device is fully charged or bring the charger with you if the battery is unreliable.
2. If your question relates to passwords or usernames, please bring the details with you, but do not give them to me. I may need you to enter them into your own device.
3. If the problem involves email, photographs, banking, shopping or any other online account, please make sure you know which account is involved.
4. If possible, make a note of what goes wrong and when it happens. Even a short description such as "it asks for a code" or "the photos won't transfer" can save valuable time.

Jack Kent



Coffee mornings are held on the third Wednesday of each month. They give an opportunity to meet the Sudbury u3a committee and 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 them a chance to find out exactly what Sudbury u3a has to offer - no pressure just coffee/tea and a chat.



Coffee mornings are free and our next meetings are on 21st October, when there will be board games, some will be available, but if anyone would like to bring along their own that would be appreciated and on the 18th November which will have a surprise theme.

Venue: The Friends' Meeting House, 22 Friars Street, Sudbury. CO10 2AA. Start time: 10:00am, finish around 11:30am. If you would like any further information please contact the chair or any committee member.

(The refreshments are provided by our Really Useful Group (RUG))