



Newsletter Issue No.49 June 2026



At our May general meeting we enjoyed watching a very capable driving demonstration from “Mavis”.

Some would say that Mavis looks very much like our chairman, others would say “she” resembles Santa from last year’s Christmas function. I don’t know, you make up your own mind.

Thanks to Stephen Brown for an entertaining afternoon.

The event also highlighted a few minor weaknesses in our knowledge of the Highway Code.

u3a Sutton Bridge

Chairman's Message

Membership Renewals

Dear Members,

As you must know we have just started a New and Exciting u3a Year with a programme of Speakers and Entertainment, plus an Open Day in July, the AGM in September and what we hope will be a Grand Christmas Bash in December. Very many thanks to all of you who have renewed your membership; you all know who you are, Thank You.

I particularly welcome our New Members; David & Loraine Mills, Paulette Slater and Margaret Marvell.

Also John & Margaret Walton who have re-joined us, having renewed their membership from past years.

A warm welcome to you all and I hope you get great enjoyment and fellowship from your membership.

And now a gentle reminder to those of you who may have forgotten to renew, again you also know who you are.

You have until June 30th to do so, otherwise your membership will be marked as "Lapsed" and you will cease to be a member; so please complete a Registration Form and submit it to Jim Stalley our membership secretary along with your annual fee, currently £20.00 full membership and £16.00 associate member. Forms are available at Monthly General Meetings, through the website or from Jim Stalley and, you may pay by Cash, Cheque or Bank Transfer (details are on the forms).

With best wishes to you all; Frank Heinrich-Tiller – Chairman

May 11th 2026

The Table tennis group



With temperatures around 30 degrees centigrade, our table tennis group managed to perform in the somewhat cooler environment of the Curlew centre. If you fancy giving it a go, we meet fortnightly at the Curlew centre from 3pm until 4pm. The next meeting will be on Tuesday the 9th of June. Alternatively try your hand at the game during our open day in July when we hope to have a table set up for members.

Mike Newbold "My Extra Life"

On June 2nd u3a Sutton Bridge will welcome Mike Newbold as its very special Guest Speaker.



Mike first started with amateur dramatics over 25 years ago with Carlton Operatic Society and Nottingham Operatic Society, performing at both the Nottingham Playhouse and The Theatre Royal.

Mike has been a television extra for 20 years and encountered some interesting and strange people and talks about the rules and regulations, the pitfalls, the jargon, the pay and his experiences. When Mike appears on stage you may just think to yourself, goodness me, I know that face but where from? Mike will tell you! Come along to St Mary's Church Hall in Long Sutton, doors open at 1.30 and our meeting starts promptly at 2.00pm. Visitors are always welcome.

If you need additional information visit <https://suttonbridge.u3asite.uk/contact/> and message our Chairman, Frank Heinrich-Tiller.

A message from Frank and Chris. (Not to be taken too literally)

As you may have seen in recent months Frank has developed more than a paunch around his midriff. So much so that his close friends were getting exceedingly concerned for his health.



Frank was also concerned as his weight was steadily going up. He decided that drastic action was called for and reduced his Sunday Roast intake of Yorkshire puddings from 4 to 3! This had no effect at all, his weight continued to rise at an increasing rate.

Frank saw the Doctor who carried out all kinds of tests culminating in an MRI Scan and then the cause was found; are you sitting down? It is with utter shock and disbelief that I have to tell you that Frank Heinrich is pregnant! We did not believe it either! Nevertheless it is true, would I lie to you????

Frank is totally at a loss as to how this could happen though his partner, Hilda, reckons he is spending too much time at The Men's Shed and who knows what goes on there!

Frank is a generous individual and as they say "it is an ill wind that blows nobody any good". The Doctors have told Frank that he will go the full term and that he can expect to give birth on the day of our Christmas Social and moreover it could be TWINS!

Frank has not only decided to donate his body to Medical Science but to use his situation to raise money for the u3a Sutton Bridge Social Fund. So how can we raise some money out of Frank's surreal situation?

Well, we shall have a "Name the Baby" competition starting at the June General Meeting. You will find entry forms on the information table and for just 50p you can suggest a name for the Heinrich baby.

You can continue to suggest baby names at every General Meeting up to and including the Christmas Social. You can make any number of suggestions and 50% of all the money raised will go into our Social Fund.

The remaining 50% will shared by the two ticket holders (as it may be twins) pulled out the hat at the Christmas Social. To win it you have got to be in it!!

Multiple entries will increase your chances of winning the prize, thought I would just mention that!

The Sharing Supper Group

Although the meeting date of the group is nominally the 21st of the month, we are able to be more flexible whilst there are only a few of us, thus making sure all members can attend. Our April meeting was held after the cut-off for the newsletter, so we have two suppers to report on this month.

Monica was our host in April, and she cooked a delicious chicken casserole, with Jersey potatoes and green beans. Nanette brought a lovely salad of chorizo, feta and figs. Richard made a coffee cake. Sadly, Sheila was unable to join us, but very kindly sent along a bottle of wine. In return, she received doggy bags with some 'left-overs'.



It was Nanette's turn to host in May and she cooked a tasty pasta bolognese with garlic bread. Richard and I provided a light watermelon and feta salad and Sheila made a very impressive fresh fruit pavlova. Although we do not normally confer on each course, they all went very well together. Monica and Paul brought along two lovely bottles of wine. As we met at Monica's home in April, she roped in Paul, who became an honorary group member for the evening. He enjoyed it so much that he has decided to join us on a regular basis. We therefore felt that this could be an option for other club members – try before you buy! If you are unsure whether this group is for you,

why not come along to a meeting before you commit yourself to joining. Contact Dianne on 07836 740039 or diannepayne@btinternet.com. (NB Wine is not compulsory and some of us stick to soft drinks)

More Sharing supper club pictures



Swig 1 (wine tasting group) Enjoying the meeting held in Paul's cabin on the 8th of May



Swig 2 (wine tasting group) Held at Tony and Wendy's house on the 26th April. The theme was celebrity wines. The named bottles were;



Kylie – Rose (11%) £8 Amazon (Tesco - £9.75

Graham Norton - Sauvignon Blanc (11%) £6.75-B&M (Tesco £9.75)

Gordon Ramsey - Pinot Grigio - (11%) £9.25 - Tesco £7.50 disc) (£9.75 Morrisons)

Gary Barlow- Malbec (12%) £6.99 -B&M, (Amazon/Tesco £8.50)

19 Crimes Snoop Dogg's- Cali (12%) £11.50 -Amazon

A report missed from previous month. SWIG 2, at Tony and Wendy's house 29-Mar-26

A few Key Winemaking Facts

- **Grape Quantity**: One bottle of wine typically contains 1.27 kg of grapes, or about 600-800 grapes.
- **Color Source**: Red wine gets its color and tannins from the grape skins, which are left on during fermentation. White wine can actually be made from black grapes if the skin is immediately removed.
- **Yeast's Role**: Yeast is the key ingredient that turns grape juice into wine by consuming sugar to create alcohol and carbon dioxide.
- **Oldest Bottle**: The world's oldest known bottle of wine dates back to 325 AD and was found in Germany.
- **Champagne Pressure**: Champagne bottles are thicker to handle the pressure, which is roughly three times that of a car tire.
- **Top Producers**: France, Italy, and Spain produce around 50% of the world's wine.

- **Sediment & Crystals**: Tartrate crystals, which look like sparkling, harmless, diamond-like sediment, often form in white wines stored in the cold.
- **Vegan Wines**: Not all wines are vegan or vegetarian; some are clarified using animal byproducts, such as fish bladder or egg whites.
- **Ice Wine**: This specialized sweet wine is made from grapes that have frozen naturally on the vine.
- **Oak Influence**: Only about 20 out of 400 species of oak are used for barrels, which add flavors like vanilla, smoke, and cloves.

This month's wines are from Portugal. There are three white (although one is "green"!) and two reds. Portugal's wines are mostly made from Portuguese grape varieties and they don't list them on bottle labels, so we must presume that each wine is made from a blend of Portuguese grapes.

1. ATLANTIQUE Vinho Verde DOC. Year: 2024. ABV: 11% Source: Sainsbury. Price: £8.75.

From Portugal's west coast. Adjectives on the label include: Food-friendly, zesty, fruity, aromatic, light, elegant. Other keywords: mineral, lime, apple. And all in one small glass! Claims to be good with fish, seafood and salads. Let's hope it's ok with cheese and cold cuts too.

2. Porta 6 Vinho Regional Lisboa Year: 2024. ABV: 12.5% Source: Sainsbury. Price: £9.00

White wine. Still marketed with a label depicting the 140 year old local tram despite the fatal crash last year. >Sigh< Aromatic, fresh, lively, fruity.

3. Taste The Difference DOURO DOC. Year: 2023. ABV: 12.5% Source: Sainsbury. Price: £10.50.

White wine from the Douro Valley. Two for one: complexity *and* elegance. Stone fruit and a pinch of florality. This has *lifted acidity* whatever that is.

4. Mimo Moutinho DAO DOC Year: 2024. ABV: 13% Source: Aldi. Price: £6.69.

From the mountainous DAO region. Blackberries, Cherries, wildflowers and spice. Yum. Should be good with roasts, mushrooms and soft cheese (or any one of those). Rates a 'D' where 'E' means full-bodied.

5. Animus DOURO RESERVA DOC Year: 2022. ABV: 13.5% Source: Aldi. Price: £7.49

The marketing department have shown uncharacteristic restraint in their description of this wine – to the extent that there isn't a description! How refreshing. We'll have to make our own minds up.



Wine Appreciation Group Meeting (WAG) 18th May 2026

Hosted by Ian and Suzanne at their home.

Eight of us met and tasted a selection of five Wines all from Italy;

Ian and Suzanne's Choice of Wine

WINE NO 1. POP It Now, Vino Spumante 11% £8.50 - Privately Imported

A new style of Sparkling wine made with young, carefree, party going people in mind. Light lemony colour with notes of acacia, apples and peaches to the nose and traces of sweetness on the palate balanced by fresh acidity. We scored it 243/320 coming 2nd

WINE NO 2. Roversi – Pecorino Terre D'Abruzzo 2024 11.5% £8.00 From Asda

This Pecorino was bright yellow with fruity scents and a balanced dry taste. Ideal as an appetizer and, it goes well with fish and mild cheeses. It scored 229/320 bringing it to 5th position.

WINE NO 3. 7pm Rosé – Vino Spumante 11% £8.50 - Privately Imported

Another Sparkling wine made with the young modern, fun loving generation in mind. It was fresh and lively and would complement any party or celebration. We scored it 238/320 bringing it to 3rd place.

WINE NO 4. Grande Alberone – Vino Rosato D'Italia 13% £11.00 - Privately Imported

Pale pink in colour with floral aromas with exotic fruit flavours of melon and pineapple. The taste was intense, smooth with a persistent finish. The grapes are de-stemmed, crushed and undergo a light maceration to obtain a rosé colour. It is convincingly intense which is uncommon in a rosé wine. Although we really liked it, it only scored 233/320 bringing it to 4th place.

WINE NO 5. Sicilian Rosso 12% £4.75 From Tesco

A fruity, smooth Red made from local Sicilian Grapes, with flavours of fruity wild summer berries and a hint of spice on the finish. Goes well with Vegetable Bakes or Pizza's. Scoring 248/320 takes it to **First Place**.

A "Well Done" to Ian and Suzanne was expressed for yet another most enjoyable evening together and, a "Big Thank You" for their generous hospitality. Our next tasting will be on Monday 8th of June (my birthday) when I will be hosting at my home with wines from one of my favourite regions. No bumps but a small cake would be welcome! Jim Stalley May 2026



[u3a Sutton Bridge](#)

Please note that because of certain constraints which prevent us from using our venues in the normal rotation (Curlew Centre & St. Mary's Church Hall) we have changed dates and venues as follows;

June 2nd St. Mary's Church Hall - Speaker Mike Newbold - My Extra Life

July 7th The Curlew Centre - u3a Sutton Bridge Open Day

with Alan Jackson The Vintage Singer

August 4th The Curlew Centre - Speaker Rachel Canwell - Author Topic Paper Sister

September 1st St. Mary's Church Hall - The AGM - No Speaker

October 6th The Curlew Centre - Speaker Peter Cox - Q.E. Hospital Development

November 3rd St. Mary's Church Hall - Speaker Martin Dickinson - The Real China

December 1st The Curlew Centre - u3a Sutton Bridge Christmas Social; Details to follow.

I will have some printed details of this programme for you to take away on my "Reception Desk" at our 2nd June General Meeting. Jim Stalley - Membership Secretary.

[A Great Afternoon Tea](#)

Including; [Sausage Rolls](#), [Sandwiches](#), [Quiche](#),
[Scones with Cream & Jam](#), [Cakes](#) and [Drinks](#)

On Saturday 6th June 2026

At St. Matthews Church Sutton Bridge

From 3.00 p.m. until 5.30 p.m.

Lucky Ticket Draw Plus a Raffle

**Tickets in advance please for catering purposes Only £10.00 from; Christine
01406 359067 or Kevin 01406 258477**

