
North Walsham u3a Newsletter July 2025



This photo sums up summer by the seaside in sunny North Norfolk for me.

If you are at a loose end this month, have a look at page 3 of this newsletter which has all our groups. Do not hesitate to get in touch if you want to join one of the groups – they're all friendly!

Paul Heinrich – Sea Otters

Thanks to all you who have contributed to this month's issue. It's nice to receive everybody's contributions, particularly from those who have not previously sent articles. The copy deadline for next month is **Thursday July 31st**.

Please send any comments or articles to me at ralph4ed@hotmail.com.

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Thoughts From the Chair

I apologise in advance for my thoughts this month, as it is rather dry, I was prompted by a request to complete a u3a Satisfaction Survey, which asked how The Third Age Trust could support individual u3a's nationally in the best possible ways.

The Third Age Trust have a national website, and they send out newsletters and online courses, which I distribute through emails. I reflected on what I sent out in June by email. I sent out online courses which cover a wide range of subjects, and any member can apply. The u3a Friends newsletter from the CEO, which included a bitesize u3a Friends newsletter. Contained within the newsletter was a digital copy of the u3a Matters online magazine and a bitesize version of the u3a Matters magazine. All this information can be accessed directly through the Third Age Trust website in a more readable format.

For me it all feels a bit confusing, and I would like to work on improving communication to you as members, as well as promoting other valuable information from the Third Age Trust and their website. I would therefore like to invite members, who are interested in getting more from the website to meet with me and look at the opportunities. I think it would be particularly helpful, for those not used to going on websites. The committee and I can then work on the feedback.

On a lighter note, the Black Swan now have a quiz afternoon, on the third Tuesday of the month, starting at 3.00p.m., the cost is £2.00 per person. There is tea and cake available for £2.00 at 2.30 which is optional. Committee Meeting: The venue and time for the committee meeting the topic discussion "Gathering Members views and using feedback to retain members" is at St Nicholas Hall at 2.30pm is on the 21st of July 2025. Members can also bring any topic they wish to discuss. As always feedback is welcome at any time, please do not hesitate to bring forward suggestions. Warm regards to all, Warm regards,

Maureen Cavanagh

Chair North Walsham u3a

Committee Meetings:

The venue and time for the committee meeting the topic discussion "Gathering Members views and using feedback to retain members" is at St Nicholas Hall at 2.30pm is on the 21st of July 2025. Members can also bring any topic they wish to discuss. As always feedback is welcome at any time, please do not hesitate to bring forward suggestions.



Maureen





Notices






The next Monthly Meeting is on Friday the 4th of July at 2.15pm at the Sacred Heart Hall. The speakers are from the East Anglian Air Ambulance. Please contact me if you would like to discuss issues around The Third Age Trust communication and website, through email Cavanagh_m@yahoo.co.uk or catch up with me at the monthly meeting. Online learning events free for u3a members – these can be identified and booked on www.u3a.org.uk/events.




Projector and Screen: Available If people are interested in using a projector and screen for their Groups or one-off events, please contact Maureen through email Cavanagh_m@yahoo.co.uk

NW u3a Groups and Days

Week	Day	Morning	Afternoon
1	Monday	Coffee Morning <i>Richard Nevill</i> 	Jazz Appreciation <i>Jim Costello</i> 
	Tuesday		
	Wednesday		Mac Users <i>Richard Nevill</i> 
	Thursday		Digital Photography <i>Richard Nevill</i> Mind, Body, Spirit <i>Chrissie Kimber</i>
	Friday	Paddling Partners <i>John Harris-Hall</i>	Monthly meeting 
	Sunday	Sundy Lunch <i>Jazz Waspe</i>	

Week	Day	Morning	Afternoon
2	Monday	Coffee Morning <i>Richard Nevill</i> 	Classical Music <i>Jean Simpson</i>
	Tuesday		
	Wednesday		
	Thursday	Ten Pin Bowling <i>Diane Mulligan</i>	Book Group <i>Yvonne Dickinson</i>  U3Sings <i>Patsy Tomlinson</i>  Wine Appreciation <i>Roy Tuff</i>
	Friday	Paddling Partners <i>John Harris-Hall</i>	History <i>Brenda Tibbles</i> Life Story <i>Maureen Cavanagh</i> 

Week	Day	Morning	Afternoon
3	Monday	Coffee Morning <i>Richard Nevill</i> 	Committee Meeting
	Tuesday		Gardening <i>Steve Guratsky</i>
	Wednesday		Rock & Pop <i>Marilyn Nevill</i>
	Thursday	Current Affairs <i>Steve Guratsky</i>	Computer Group <i>Richard Nevill</i> 
	Friday	The Big Question <i>Steve Guratsky</i> Walking <i>Chrissie Kimber (please check first)</i> Paddling Partners (<i>John Harris-Hall</i>)	Brain Games <i>Janet Head</i>  Scrabble <i>Jane Harris-Hall</i>  Mah Jong <i>Ralph Edwards</i> 

Week	Day	Morning	Afternoon
4	Monday	Coffee Morning <i>Richard Nevill</i> 	
	Tuesday	Walking <i>Chrissie Kimber</i>	
	Wednesday		Knit & Stitch* <i>Brenda Tibbles</i> Quiz Group <i>Brenda Redding</i> † 
	Thursday	Cryptic Crosswords  <i>John Harris-Hall</i>	
	Friday	Family History** <i>Marilyn Nevill</i> Paddling Partners (<i>John Harris-Hall</i>)	

*Last Wednesday of the month

**Last Friday of every other month starting September

†Last Wednesday of the month 7.30 pm

News from the Groups

Book Group



"The Authenticity Project" by Clare Pooley was a winner, scoring the highest of the year so far of 7 out of 10!

Artist Julian starts the project by leaving a book in Monica's cafe, after truthfully writing about the man behind the flamboyant facade. Monica continues this by expressing her hopes for a family and children and so the book gets passed on. It tells of the hopes of very differing characters and culminates at Christmas when they are brought together, when an unexpected person turns up!

We talked about how what you see is not always what there is when it comes to people and how there are certain facets of ourselves that we may want to remain hidden. The book was well received, the short chapters and the engaging characters made it an easy read. The story moved along well and the ending was a surprise, not without humour!

Our current book is "Breakfast at Tiffanys" by Truman Capote.

Yvonne Dickinson

Coffee Mornings

Richard Neville is still holding coffee mornings on Zoom every Monday between 10 and 12. If you are interested in joining the fun, get in touch with Richard via the website.

Richard Nevill

Cryptic Crosswords



As our esteemed leader was absent, four of us gathered in the Library to solve two crosswords a Guardian Quiptic, and a Times cryptic rated at 85, a reasonably hard level. We found both quite challenging, and had to ask Mr. Google for the final clue in the Times.

Clues of the day:-

1. Dancing dad sang with cast iron bucket (4,4,3,4)
2. Saw that could be done easily (4,4,2)

Answers –

1. RAIN CATS AND DOGS Anagram of dad sang & cast iron. The definition is bucket (as in bucket down)
2. LAID EYES ON Anagram of done easily

Ralph Edwards

Current Affairs

This month's topics were as follows:-

Israel, Iran & nuclear weapons.

Personal Independence Payments and benefits generally

European Court of Human Rights, immigration & asylum



Ralph Edwards

Gardening Group



Note – the pictures referred to in the text are on the following page

It was a searing hot day as we stood gazing at rows of lush peony plants perfectly happy in their south facing field. (see pic 1 with peony 'Bowl of Beauty'). We were in Sarah Hammond's floral haven (English Peonies) in Knapton.

Sarah explained the plant's origins (mountainous thus requiring both full sun and winter cold); their importance to the Chinese for the last 2,000 years and how they were named after the god Paeon.

We heard how Sarah used to support Betty Hammond (her late horticulturist mother-in-law) who had grown peonies to sell locally since the 1970s (a favourite being the fragrant 'Sarah Bernhardt' – pic 2) on the family farm; how Sarah eventually took over completely and how, after 50 years (peonies are long-lived), the original plants needed replacing. Sarah (pic 3) chose to relocate them all and use a granular feed with liquid seaweed as well as a weed-suppressing membrane. Sustainability was vital to Sarah so she rejected all toxins, and the use of plastic and floral foam.

We listened to Sarah's advice on buying peony tubers – select the big ones with 6 –7 eyes and plant them shallow – 3 cm deep. She told us how to make cut flowers last by picking buds in the 'marshmallow' stage (neither hard, nor blown) but round and reasonably soft.

We then had a look around Sarah's sheltered, walled cutting garden (pic 4) full of sustainably grown seasonal flowers, starting the year with Narcissi and ending with Dahlias. Our final location was the old brew house where Sarah made personalising bespoke floral bouquets, tributes and wedding flowers.

She talked of her success at flower shows, her encounter with the King and the satisfaction of giving talks and running courses. Sarah very kindly provided us with refreshment; her experimental rhubarb and custard cake elicited 'wows' on tasting. It was a grand way to round off a friendly, flawless and captivating afternoon.



Veronica Korczak

Jazz Appreciation

Our next u3a Jazz Group meeting will be on Monday 7th July at 2pm in the St Nicholas Room.



We're in for a real treat this time, as Val will be taking us on a journey through the history of the trombone — from its role in the early days of jazz right up to how it's used in more modern styles. Along the way, she'll be sharing some great music to showcase the instrument and its many voices.

It promises to be both an interesting and entertaining afternoon, and I'm sure we'll all come away having learned something new (with a few toe-tapping moments too!).

Hope to see you there!

Jim Costello



Unfortunately, neither team did very well at May's quiz night.

One team had the dubious honour of coming last, but on a positive note, did receive a bag of chocolates as a commiseration prize.

Never mind, onwards and upwards. Nobody takes the quiz too seriously and it's a good evening of fun.

The quiz is held at the Black Swan pub function room at 7.30pm on the last Wednesday of the month. Cost is £2 per person and we have room for 2 tables of 6 people

To book a place for the next quiz please text or email Brenda (see below for contact details)

The Black Swan has started an afternoon quiz session and we have been asked if we would like to join.

The afternoon quiz is on the 3rd Tuesday of the month starting at 3pm. £2 per person. Tea and cake are available at £2 from 2.30pm (optional)

If you would like to come along on 15 July, you'd be very welcome. Please email or text Brenda to book a place

Contact details

Bredding@tiscali.co.uk

Brenda Redding

Sunday Lunch

JUNE LUNCH AT THE LIGHTHOUSE, WALCOTT

Just back from a very satisfying lunch at the Lighthouse in Walcott, courtesy of Ronnie and Les Cooke. Thank you both for all your much-appreciated efforts (even running to a bit of furniture re-arrangement! far beyond the call of duty!!). Ratings slips praised the staff ("excellent"!) and the landlord, who, not content with delivering piled-high plates of delicious food to us, seemed determined to press even more Yorkies and potatoes onto us!



Average scores out of 10

Standard of food : 8.8

Quality of menu: 9.3

Value for money: 9.1

General ambience: 8.3

Service: 8.9

LOOKING AHEAD

July 6th – The Crown, Smallburgh – Tony Cooke

August 3rd – Sizzling Sunday Lunch Special at The Beechwood. – Jenny Jones

September 7th – Wayford Bridge Hotel – Paula and Alec Adams

October 5th – The Boathouse, Ormesley St Margaret – Lindsey Macpherson.

November – TBA – Joyce Gudgeon

February 1st – TBA – John Fish

Jazz Waspe

Ten Pin Bowling



Tenpin 🎳

We had another enjoyable morning, friendly competition, lots of cheering for skilful strikes. The next meeting will be 10th July at 10.00am at Strikers, the cost is £10.95 for 2hours including coffee or tea. If you wish to join us email me at diane_mulligan@yahoo.co.uk or phone 75126989312

All are welcome, we are a friendly group,

Diane Mulligan

U3Sings



Our June meeting was a little unusual. David was unable to join us as he was playing the organ at a friend's funeral so we "did it ourselves" and sang to CDs.

These included The Beatles 1962 – 1966 – Michelle, I Want to Hold Your Hand and Yellow Submarine and Really Easy Chorals – The Sally Gardens, Rule the World and Thank You For The Music. 🎵

Our next session is on Thursday 10th July in The Sacred Heart Church Room at 1.45pm. Come and join us we welcome new members.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation



Tony kindly hosted us and June provided a range of German Wines
With the Scores the Wines were:

- 6.0 Riesling Feinherb Bernkasteler Kurfurstenlay Mosel 2024 9.5% alc Lidl
- 6.9 Deidesheimer Weinmsnfaktur Tete-a-Tete Riesling Gewurztraminer 2023 Pfalz Lidl
- 6.6 Maximin Grunhaus Riesling. Herrenberg Mosel Auslese 2018. 7.5% * (v)
- 5.8 Fritz Haag 2018 Brauenberger Juffer Riesling Spatlese Mosel 8%* (v)
- 6.5 Junge Winzer Pinot Noir Rose 2022 Baden Med. dry

Next month (July 10th) will be at Roy and Eva's

Cheers !

Roy Tuff

July Walks 2025

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



Tuesday 15th July 09:30 am start approx. 5.5 miles

Leader Chrissie Kimber

Ebridge Mill car park NR28 9QG

The walk includes a stop at the pop-up cafe approx. half way at Honing village hall Tea/Coffee and cake for £1. Cash only

Friday 25th July 10:00 am approx. 3.7 miles

Leader Chrissie Kimber

As July can be hotter than is comfortable for walking I am keeping this to a short walk and avoiding any holiday towns to avoid tourists.

Meet at Briggate Car Park on Weavers Way NR28 9QX. Circular walk along the Weavers Way to Bengate going across fields to Worsted and then across more fields back to Briggate. Lunch possible in North Walsham.