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# North Walsham u3a Newsletter July 2024

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If you are at a loose end and want to emulate the bee, there are a number of groups that have spaces for new members. Have a look at Groups and Days on page 5 for inspiration!

I hope you enjoy the newsletter. We are always looking for ways to improve. Please email your comments or suggestions to me at the address below.

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 25th**.

Please send any comments or articles to me at [ralph4ed@hotmail.com](mailto:ralph4ed@hotmail.com).

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# Thoughts From the Chair

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I'm writing this in my study, looking out of the window at a field of ripening wheat, positively glowing in the summer sunshine that's finally arrived.

*(For the sake of clarity, the editor has asked me to add that my study is actually just a small spare room with a desk and some books that has no resemblance to the British Library or even the Forum. Also, that the wheat might actually be a different kind of grain crop and that I shouldn't pretend I know the difference.)*

As well as the very nice view from my study, other recent highlights have included quite a lot of pottering in the garden and half an hour watching a deer from my kitchen while it ate enough grass and wild flowers to make me consider buying a deer at B&Q as a quieter and more environmentally friendly alternative to a strimmer.

*(Here, the editor has asked me to add that B&Q actually don't sell deer, so please don't go there and ask for one. Also that other DIY shops are available but they don't sell deer either.)*

So anyway, the point I would already have made if I hadn't spent so much time clarifying things is that I seem to have plenty of time to do things I enjoy, and that I didn't have time to do when I was working. These include the aforementioned garden pottering and deer watching as well as walking, cooking (when I can be bothered and when guests expect something better than a takeaway) and of course lots of u3a activities.

And yet, retired people often talk about how busy they are and how they sometimes struggle to fit everything into the time available. But what they rarely say is that it's because they spend lots of time doing things they want to do. Of course, we all have to eat, sleep, wash and so on, and may also have caring or other responsibilities. But in general, we do actually have much more time to do what we want than before we retired.

By coincidence while thinking about this piece, I spotted a newspaper article called, 'The life sabbatical: is doing absolutely nothing the secret of happiness?' You can find it at: <https://www.theguardian.com/lifeandstyle/article/2024/may/27/life-sabbatical-doing-absolutely-nothing-secret-of-happiness>.

It was about the benefits of even very short breaks from normally busy working lives, so on the face of it not all that relevant to retired people. And yet, as I noted above, retired people can actually be very busy and perhaps even somewhat stressed as a result.

So, I'm now wondering whether retired people might need sabbaticals as well. Perhaps we should set aside a day each week when we don't do anything that makes us feel 'busy' and use the time to just relax, enjoy the sunshine (or other weather) and maybe watch the occasional deer.

*(The editor, who must now be on overtime, has asked me to make clear that I'm not suggesting any sort of religiously inspired day of rest. It is official newsletter policy not to have any opinion on anything relating to religion, or indeed politics, and to let you make up your own minds about both.)*

Best wishes,

Steve Guratsky,

Chairman, North Walsham u3a

## **GENERAL MEETING, FRIDAY 5TH JULY, 2.15, AT ST. SACRED HEART HALL**

The guest speaker at this month's meeting will be Dave Batley from the North Walsham and Dilham Canal Trust. He describes the Trust's aims as:

- The enhancement of our neighbouring communities through the restoration programme
- The management of a blue/green corridor that will enhance the ecological value of the River Ant catchment through which the canal travels
- The restoration of the canal as a navigable waterway so it can be sailed, paddled, swum and used by craft with electric motors.

Please come along to find out more and to enjoy a cuppa and a chat with other u3a members.

### **SACRED HEART PARISH HALL AND ALTERNATIVES**

Geraldine and Arthur Williams have now taken over responsibility for bookings and invoicing at Sacred Heart Parish Hall and can be contacted on 07931 891278 or at [artfwilliams@outlook.com](mailto:artfwilliams@outlook.com).

If Sacred Heart hall isn't suitable or isn't available when you need a venue, other options include:

- St Nicholas Room and St Benet Hall, next to St Nicholas church. They're suited to a range of activities and both have kitchens. They have a shared entrance, with accessible toilets. They cost around £23 for a morning or afternoon. For further information and bookings, contact the Halls Manager Mrs Ann Herd (01692 402705) or [annherdb.ed@gmail.com](mailto:annherdb.ed@gmail.com)
- North Walsham Community Centre, next to the library with several rooms of different sizes. More information is available at <https://www.northwalshamcommunitycentre.co.uk/>
- North Walsham Library, which is happy to host small groups and doesn't charge.

### **THIRD AGE MATTERS**

Articles from recent editions of Third Age Matters are listed under Screenreader Editions at: <https://www.u3a.org.uk/news/publications>

### **COVID REMINDER**

When planning to attend any face-to-face u3a event, especially an indoor one, please remember that covid, flu and other infectious illnesses are still around and may affect you and other older people badly. Vaccination greatly reduces the risk of serious illness but none of us are indestructible!

Therefore, before coming to any face to face meeting, you should consider whether you are happy to take the risk of being exposed to covid or another illness. In doing so, you should take into account your own personal health and circumstances and those of anyone else you live with.

In any case, please stay away if you or someone else in your household has symptoms of an infectious illness. For covid, these include a high temperature, a new continuous cough and the loss or a change to your sense of smell or taste.

## Memorial walk for Neil Potter May 10th

Apologies for not getting this in to the June Newsletter but I just wanted to thank all of you who joined me for a lovely walk around Mundesley in May.

It was a beautiful, warm and sunny day even close to the sea.

We had a lovely stroll around the 'puddle' and the golf course before heading up to the windmill, the holiday chalets and back along the cliff top into the village via Gold Park.

Some of the group enjoyed lunch in The Ship before finishing the walk.

Thank you again for joining me.



Jayne Potter

## U3sings

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u3sings is an informal group that meets and sings once a month, with a professional conductor/pianist.

Singing is proven to have a number of health (mental and physical) benefits. The group do not put on concerts – the aim is for everybody to have a good time!

No experience is necessary and nobody cares about the quality of your voice!

Contact Patsy Tomlinson via the website if you are interested.

**Patsy Tomlinson**

# NW u3a Groups and Days

Week	Day	Morning	Afternoon
1	Mon	Coffee Morning <i>Richard Nevill</i>	JazzAppreciation <i>Jim Costello</i> Croquet <i>John Grier</i>
	Tue		
	Wed		Mac Users <i>Richard Nevill</i>
	Thur		Digital Photography <i>Richard Nevill</i> Mind, Body, Spirit <i>Chrissie Kimber</i>
	Fri		Monthly meeting
	Sun	Sundy Lunch <i>Jazz Waspe</i>	
Week	Day	Morning	Afternoon
2	Mon	Coffee Morning <i>Richard Nevill</i>	Classical Music <i>Jean Simpson</i>
	Tue		
	Wed		
	Thur	Ten Pin Bowling <i>Diane Mulligan</i>	Book Group <i>Yvonne Dickinson</i> U3Sings <i>Patsy Tomlinson</i> Wine Appreciation <i>Roy Tuff</i>
	Fri		History <i>Brenda Tibbles</i> Life Story <i>Maureen Cavanagh</i>
Week	Day	Morning	Afternoon
3	Mon	Coffee Morning <i>Richard Nevill</i>	Committee Meeting
	Tue		Gardening <i>Ronnie Cooke</i>
	Wed		Art Appreciation <i>Mave Edwards</i> Rock & Pop <i>Marilyn Nevill</i>
	Thur	Current Affairs <i>Steve Guratsky</i>	Computer Group <i>Richard Nevill</i>
	Fri	The Big Question <i>Steve Guratsky</i>	Brain Games <i>Janet Head</i> Scrabble <i>Jane Harris-Hall</i> Mah Jong <i>Ralph Edwards</i>
Week	Day	Morning	Afternoon
4	Mon	Coffee Morning <i>Richard Nevill</i>	Folk Music <i>Jean Simpson</i>
	Tue	Cycling <i>Roy Smith</i>	
	Wed		Knit & Stitch* <i>Brenda Tibbles</i>
	Thur	Cryptic Crosswords <i>John Harris-Hall</i>	
	Fri	Walking <i>Chrissie Kimber</i> Family History** <i>Marilyn Nevill</i>	

\* Last Wednesday of the month

ad hoc: Theatre Group

\*\* Last Friday of the month

# News from the Groups

## Art Appreciation

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This month's film was about the sculpture 'Little Dancer, Aged 14' by Degas. That this wax sculpture has survived is amazing, as was the initial negative reaction to it on first outing. The documentary went into a detail history of the work, including extremely questionable practises around ballet at the time.



Next month we are visiting the Holt Arts Festival to see a couple of the exhibitions there, and have la cuppa at Byfords.

## Ralph Edwards

## Coffee Mornings

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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

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We were ambitious this month. After completing the Guardian Quiptic crossword in about 25 minutes, we spent the rest of our allotted time on a Times Cryptic, which rated 100 (out of 150) on the difficulty scale. We all learnt something – for instance, I didn't know that **eyot** (a small island) was pronounced 'ait'.



There are two clues of the month this time – Trap a king – what's stopping merry old one? (8) and Daughters in coffee bar that's contemporary (6, 3)

The first answer is CAKEHOLE, the second LATTER DAY. Try and work them out! It took us ages.

We have a couple of places spare in the group. Contact the leader, John Harris-Hall via the website.

## Ralph Edwards

## Current Affairs

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Inevitably, with just 2 weeks to go, the election dominated our discussions this week, including TV coverage and tactical voting.



We also welcomed a new member who is of Polish extraction, who gave us an insight into how others see us, as well as an interesting slant on the Russian invasion of Ukraine.

## Ralph Edwards

## Jazz Appreciation

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Our June Meeting was all about some wonderful jazz vocalists.

First off Philip demonstrated what 'scat' was all about. Examples ranged from Louis Armstrong to Ella & even a marvellous track from Bing.

Janet then took us all on a trip down memory lane exploring three great lady jazz divas. Peggy Lee was always going to be my personal favourite but the chosen renditions from Lena Horne & Cleo Laine were just as enjoyable.

We all had a lovely relaxing afternoon listening to some great jazz.

The Jazz Group meet on the first Monday of the month, 2pm at the St Benet Hall behind the church. We are a friendly welcoming group who have a common interest in music. If you would like to join us, email me via the website.

## Jim Costello

## Ten Pin Bowling

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We enjoyed a friendly competitive morning, it was good to see Mike Tyrell who called in to see us, he had a fall, fractured his hip, so had surgery to repair his injury. He was in good spirits, making a good recovery and hopes to play next month, that was great news.

The next date for our game in July, is Thursday 11th at 10.00am. The charge is £10.95 for 2hr that includes tea or coffee half time. All are welcome to join us, it is friendly, we do not take ourselves too seriously.

If you wish to join us the list will be by the notice board at the monthly meeting, or you can email [diane\\_mulligan@yahoo.com](mailto:diane_mulligan@yahoo.com)

## Diane Mulligan

## Theatre Goers

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The U3A Theatre Goers group had its inaugural meeting in June. We are now a group of 18 who are interested in attending theatre productions in the area.

Several members brought suggestions for productions at the Sewell Theatre in Norwich and also Theatre Royal.

Two productions were chosen. 'The Memory of Water' at the Sewell Theatre later in June and 'Murder on the Orient Express' at the Theatre Royal in September.

The group discussed other theatres around Norfolk and transportation options. It was agreed transport should be by car pooling and public transport if possible.

Payment for tickets is direct to the U3A North Walsham group. There will always be a deadline as the theatres will not hold tickets indefinitely.

Please join us for our next meeting to be held 1/2 hour before the main U3A meeting in the small side room on Friday July 5th.

We will not meet every month, but can communicate by email. Please feel free to forward your ideas for outings to me via the U3A website and I will forward them on to the group.

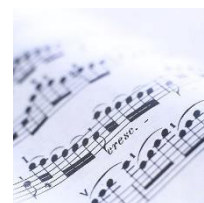
## **Jen Sutton**

jensutton611@gmail.com

## **U3Sings**

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The June meeting was very enjoyable and we all had a good uplifting sing!



David took us through the usual warm-up exercises which included clapping the beat and scales and then we danced and clapped to My Dog He Can Do The Can Can. This was followed by Banaha, Hal-en-Tow and Dona nobis pacem.

David then introduced us to a new song Paddy On The Railway!

After refreshments and a natter we sang All I Ask of You, Bound for The Rio Grande and Can You Feel The Love Tonight.

We would welcome new members. Come and join us for a free taster session. The next meeting is on Thursday, 11th July at 1.45pm in The Sacred Heart Church Rooms where there will be a warm welcome.

## **Patsy Tomlinson and Margaret Jeppesen**

## **Wine Appreciation**

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This month Hilary provided an interesting selection from the Wine Society



The Wines and Scores were:

- 7.2 Pecorino Abruzzo Contesa 2023 £10.95
- 7.1 The Society's Corsican Rose 2023 £10.95
- 7.1 The Society's Corbieres £8.95
- 7.7 The Society's Sicilian Reserve Red £8.95

Next month (July 11th) June is providing a selection of French Wines in recognition of Bastille Day

Cheers !

Roy Tuff



# July Walks 2024

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## Walking Group Coordinator

Chrissie Kimber at [rebnikc@btinternet.com](mailto:rebnikc@btinternet.com)

## July 2024 walks

**MONDAY 8th July 10am approx. 6 miles**

### Leader Myra Burgess

Meet at the lay by where there is masses of parking, on the A1151, just about opposite the old red brick Methodist chapel. Post code same as Walnut Cottage, NR12 9 LU.

We walk over field paths to Neatishead, then across fields and down narrow lanes, returning on different field paths. This could include a late lunch at the Crown if interested. Fabulous rood screen may be seen at the church at Barton .

**Tuesday 16th July 9:30 am start approx. 5.5 miles**

### Leader Chrissie Kimber

**Ebridge Mill car park NR28 9QG**

Please note the earlier start time for this walk. We intend to do the longer part of the walk before the drop in café stop. To arrive at the pop up café before they run out of the large selection of goodies we will start earlier

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

## Walking Group Coordinator

Chrissie Kimber at [rebnikc@btinternet.com](mailto:rebnikc@btinternet.com)



## And Finally – Some News You May Have Missed...

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First, yet more examples of the wide range of human generosity, brilliance and sometimes failure...

Oldest international cricketer: England-born grandmother breaks record after T20 debut for Gibraltar  
<https://www.bbc.co.uk/sport/cricket/articles/c255j2eqy2xo>

Lincoln grandad spends 14 years camping in garden  
<https://www.bbc.co.uk/news/articles/c0vvx53n3nno>

'Gutted': champion eater Joey Chestnut excluded from New York hotdog-eating contest  
<https://www.theguardian.com/us-news/article/2024/jun/12/joey-chestnut-banned-nathans-hotdog-contest>

Donors raise \$233,000 to give US cart pusher, 90, chance at retirement

<https://www.theguardian.com/us-news/article/2024/jun/01/louisiana-go-fund-me-veteran-cart-pusher>

Scientists develop method of making healthier, more sustainable chocolate

<https://www.theguardian.com/environment/article/2024/jun/01/scientists-develop-method-of-making-healthier-more-sustainable-chocolate>

Raisin found in toddler's nose after three-month mystery

<https://www.bbc.co.uk/news/articles/cg33rnx0792o>

Better than a doughnut? Delia Smith dishes up a deep-fried jam sandwich

<https://www.theguardian.com/food/2023/jul/14/better-than-a-doughnut-delia-smith-dishes-up-a-deep-fried-jam-sandwich>

And of course, this section wouldn't be complete without some animal stories...

Endangered penguin chicks hatched at Chester zoo named after plants

<https://www.theguardian.com/environment/article/2024/may/31/endangered-humboldt-penguin-chicks-hatched-at-chester-zoo-named-after-plants>

PR for pigeons: Woman's mission to give the birds a better image <https://www.bbc.co.uk/news/uk-england-nottinghamshire-66604567>

'They're out of control': flock of 100 feral chickens torments village <https://www.theguardian.com/uk-news/article/2024/may/26/out-of-control-flock-of-100-feral-chickens-torments-village-norfolk>

Dog runs four miles to get help for owner who crashed car into Oregon ravine

<https://www.theguardian.com/us-news/article/2024/jun/08/dog-saves-owner-oregon-crash>

Something fishy this way comes: rare 7ft sunfish washes ashore in Oregon

<https://www.theguardian.com/us-news/article/2024/jun/07/sunfish-oregon-beach>

Beavers create habitat suitable for water voles in Scottish rainforest

<https://www.theguardian.com/environment/article/2024/jun/17/beavers-create-habitat-suitable-for-water-voles-in-scottish-rainforest>

And some lovely photos, this time on the theme of 'ripples'...

<https://www.bbc.co.uk/news/articles/c4nn25pleego>

If you want to share a news story with other North Walsham u3a members, send a message through the website at: <https://www.northwalshamu3a.org/contact-us>