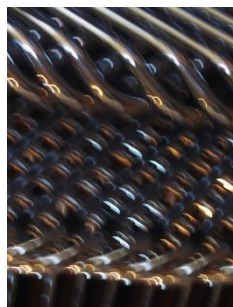

North Walsham u3a Newsletter December 2025



New u3a groups are bit like buses – Not much happens for a while, then three come along at once. Beside the social darts group which has been previously advertised, two new groups are proposed –details are on page 3. Please get in touch if you are interested.

Photo Stacked Chairs by Stewart Casimir

Thanks to all of you who have contributed to this month's issue. It is nice to receive everybody's contributions, particularly from those who have not previously sent articles. I am particularly pleased that so many are sending photos.

The copy deadline for next month is **Tuesday December 23rd**– **this is earlier than usual due to Christmas**

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

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Thought From the Chair

I would like to extend my heartfelt thanks to the 57 members who attended this year's AGM—what a fantastic turnout! It was equally inspiring to see so many of you stay afterwards to share ideas and discuss our Groups. The lively buzz of conversation around the room was wonderful to hear, and I am delighted to report that interest is strong, both in our long-standing Groups and in several exciting new possibilities.

I'm pleased to announce that six new Groups have been proposed, each with a Group Leader already in place, though a few would welcome a co-leader to share the fun and responsibility. In addition, there were three more ideas that received a lot of enthusiasm but currently have no Group Leader. I encourage anyone who is considering stepping forward to think about teaming up with a co-leader; it can be an enjoyable and supportive way to make a Group thrive.

Full details about these new Groups will be sent to all members shortly. Looking ahead, we'll be offering free taster sessions in February 2026, giving everyone the chance to explore these Groups before committing.

To keep the momentum going, the committee will also be launching a Groups Table at the back of the Hall during our monthly meetings, starting January 2026. This will be a place for members to find information, register interest, or volunteer to lead a Group. Our first session on the 2nd of January 2026 will spotlight the potential new Groups, though leaders from all Groups are warmly invited to join in.

Finally, I'd like to take this opportunity to wish each and every one of you a wonderful festive season and a happy, healthy New Year. Thank you for your enthusiasm, your ideas, and your ongoing support of our u3a.

Announcements

1. The monthly meeting on Friday the 5th of December at 2.15 pm, at the Sacred Heart Hall has Chandlers Jigge performing. They are a popular duo who play a variety of instruments, tell wonderful stories, and play festive music and songs. It will be popular, so it may be advisable to arrive a bit earlier.
2. The speaker at the next monthly meeting on January the 2nd 2026 is Tim Lambon a retired journalist, an overseas correspondent from war zones and a hostage negotiator. This promises to be a fascinating and informative talk.
3. There will be a GROUPS TABLE set up on the 2nd of January, and group leaders who wish to set up new groups, will be available for discussion and booking members into taster sessions, which will take place in February 2026.
4. The u3a Festive dinner is booked for the Beechwood Hotel on the 21st of January 2026 – 12.30pm for 1pm. This is a one price offer of £29.95 for three courses based on their Sunday Lunch menu. No deposit or payments in advance required. Brenda Redding and Karen Fox will collect menu choices Brenda's email address is bredding@tiscali.co.uk Karen's email address is dollydaydreams100@hotmail.com
5. Invitation to join the initial planning meeting for the **20th anniversary celebrations of the North Walsham u3a**. We would like to have a number of volunteer members as well as committee members to plan events. We are keen to include, members who were part of the 10th year anniversary. The date for the planning meeting would be Monday the 19th of January 2025 at 2.30pm in St Nicholas's Room, Vicarage Street, North Walsham NR28 9DQ. Can you please let Maureen know if you are interested and wish to attend – contact details cavanagh_m@yahoo.co.uk

Group News

New Group - Canva for beginners

Do you want to join a course to learn how to use Canva? Here are the things you'd learn: • Introducing Canva & Your First Design

- Templates & Elements and Text
- Composing the Picture & Principles of Design
- Images & Sharing Designs
- Apps & Magic & Magic Write
- Managing your Projects & Quick Actions
- Presentations & Tips and Tricks

Canva is a free graphic design platform that allows you to easily create visual content for various purposes, such as invitations, business cards, flyers, lesson plans, Zoom backgrounds, videos, logos and more. You can use Canva's professionally designed templates or start from scratch with your own photos and graphics. You can also collaborate with others on your projects and share them online or download them in different formats.

Canva has a simple and intuitive drag and drop interface that lets you customise your designs with fonts, colours, filters, stickers, animations and music. You can access Canva from your web browser or download the app for your mobile device. Canva also offers a Canva Pro subscription that gives you access to more features, such as premium templates, media, fonts and storage. You can also use Canva for Teams to create professionally effective brand assets (marketing-speak for 'look and feel') and work with your team members on larger projects.

Canva is a great tool for anyone who wants to create stunning and professional-looking visual content without any design skills or experience. Whether you need to make a presentation, a social media post, a video collage or anything else, Canva can help you do it with ease. You can get started with Canva for free by signing up on their website or downloading their app.

If you'd like to participate in a short course to see how Canva might be useful to you, get in touch with Richard Nevill via North Walsham u3a website contact page or phone him on 01263 721570

Late breaking news - a free Canva subscription now includes free access to the Affinity graphics programs. Affinity is a serious contender to the suite of Adobe graphics programs but available at no cost!

New Group - Explaining AI Course

Do you want to join a course to learn about AI? Here is the expected course format:

Six one-hour sessions usually delivered face to face to small groups (12 to 15 people), but may be a 'hybrid' Zoom meeting. It is entirely non-technical and is suitable for anybody who wants to grasp the potential implications of AI.



Attendees can, if they wish, access AI online tools between course sessions using simple devices like iPads and laptop computers.





AI Course - Sessions:






- S1. Making AI Images and AI Songs
- S2. Where AI chat is used
- S3. Advanced image creation and AI video
- S4. Creative writing, podcasts and more with the help of AI
- S5. Self-driving cars, robots, drones and AI assistive technology
- S6. AI Ethics and AI Futures




Interested? Get in touch with Richard Nevill via North Walsham u3a website or phone him on 01263 712570

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> Quiz <i>Brenda Redding</i>
	Wednesday		Rock & Pop <i>Marilyn Nevill</i>
	Thursday	Current Affairs <i>Steve Guratsky</i>	Easy Bytes <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

Coffee Mornings

Richard Nevill 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

Four of us met in NW library, including a new learner, Penny. Our first crossword was a *Guardian* "Quiptic" and we polished this off in 30 minutes. Being fully democratic, we voted for our CoD* and this was it:



Biscuit needs drink – get urn working! (6,3)**

After a protracted break where we chatted about, *inter alia*: Prince Andrew; the Louvre heist; ex-president Sarkozy; David Beckham's guest editing of *Country Life* (as well as his diagnosis of Tourette's syndrome – yes, he has got it apparently) and how to win dinghy races! We also learnt the origin of the insult "Berk" – it's Cockney rhyming slang ("RS" in crossword circles) for a group of people who pursue foxes on horseback in the county that Windsor is in!

After that, we launched into the usual *Times*' cryptic (28923) and, although we found a few answers challenging with a couple of MERs*** we finished it in 33 minutes.

Our CoD* was:

O for the means to disseminate information! (8,6)****

Personally I thought this was a very elegant clue.

We also discussed: the molecular basis of metalworking; over diagnoses of medical conditions and the "QAnon" conspiracy theory (alive and well in Cromer apparently!).

If you would like to join us for a very lively and friendly group, you would be most welcome. The U3A national cryptic crossword lead (Henry Howarth) offers regular (free) online courses for beginners and I would strongly recommend one of these if you are one of those people who say: "I can never understand cryptic crosswords, they are too hard for me". You would be surprised how easy the basics are to pick up it's just the practice that takes time. All details in the email links that Maureen send round.

*Clue Of the Day

**Ginger Nut

***Minor Eyebrow Raise (ie: slightly dodgy clue)

****Circular Letter"

John Harris-Hall

Current Affairs

This month was at Peter's house and the topics discussed were:-

The BBC (row over alleged bias, Trump speech edit, etc.)

Immigration policy (Shabana Mahmood announcement)

The budget (what will or should be in it)

There were other topics but we didn't have time to talk about them!

Steve Guratsky



Gardening

The November meeting of the gardening group was a very useful talk by local garden designer Charlotte Philcox, organised by Roz Myhill.



Charlotte showed some examples of her work and answered questions from the group about different aspects of gardening. These included: the questions she asks clients to help her create a design; how to deal with soil problems in new build properties; how to keep muntjak and other deer out; alternatives to traditional lawns; using peat free compost for seedlings; making and using leaf mould; adapting gardens as we get older.

In addition to benefiting from Charlotte's expertise, the group enjoyed some quite exceptional home-baked cakes and scones, courtesy of Roz. A very high bar to get over for future hosts!

Steve Guratsky

Paddle Group



A mix of bad weather and various other commitments meant we didn't manage any paddles in November. We usually squeeze in a few before the season closes, but not this year. That said, we've had a really good run overall, with plenty of enjoyable outings. It's always a bit of a shame when we lay up the kayaks for winter, but the promise of next year's adventures keeps spirits high.

If you'd like to join the Paddle Group, you'd be very welcome. We paddle most Fridays (weather permitting) from around March to November. While we don't provide equipment or formal coaching, the group is very supportive. So if you're new to paddling or returning after a break, you'll find plenty of encouragement and help. Feel free to contact me via the U3A website.

Wishing everyone a very happy festive season, and I look forward to reporting on another successful year when we're back on the water in the spring

John Harris-Hall

Ten-Pin Bowling



We welcomed Eddie King to our group, she enjoyed the session, she experienced the frustration of trying to get the strike, not always easy, but she was so happy when she did. Mike Tyrell was unstoppable on his lane, Frances and Nena, won one game each on the other. Most important we all had fun and encouraged each other.

If you wish to join us our next time we meet Thursday 11th December at 10.00am at "Strikers " the price is £10.95 for 2hrs including tea or coffee.

Please email diane_mulligan@yahoo.co.uk also there will be a list on the raffle table at the monthly meeting

Diane Mulligan

U3Sings



We welcomed three visitors to the group in November for a free taster session and sixteen of us enjoyed a great afternoon of singing.

We warmed up with clapping the beat and do ray mi fa so la ti do forwards and backwards! Following this we sang Guadete, Down My The Riverside, Paddy On The Railway, Rhythm of Life and a new song Jonah-Man-Jazz a 1966 pop cantata which is based on the story of Jonah and the whale.

Our final get together of the year will be on Thursday, 11th December when we will sing Christmas Carols and have some festive fun tasting mince pies from four local supermarkets – which one will come out tops! Come and join us we welcome new members.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation



David provided an interesting selection of Sherries for sampling and discussion (Roy and Eva hosted us)

With our Scores they were:

6.6 Tio Pepe – Gonzalez Byass – Dry – 15% – £11.50 / 75 cl

6.8 Sanchew Romate – Amontillado – 20% – £16.35 / 37.5 cl

7.5 La Concha – Medium Dry – 19% – £13.25

8.7 Harveys Pedro Ximenez – 16%

Next month (December 11th) Tony will be hosting us

Cheers !

Roy Tuff

December Walks 2025

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



Tuesday 2nd December 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 12th December Start time 10 a.m approx 5.2 miles

Leader Andrew Lamyman

Start point – Winterton-on-Sea beach car park at the end of Beach Road, **NR29 4AJ**. The car park charges £1.50 an hour (cash only I think) I suggest we allow 3 hours parking for the walk and stopping to look at the seal pups. Don't think we will need the full 3 hours but I suspect it will take longer than 2 hours.

Fairly flat with undulating dunes towards the end.

As we are visiting the seals all dogs must be kept under tight control.

Lunch venue – Fisherman's Return pub in Winterton-on-Sea. They only take bookings for parties of 10 or more, if people can advise if they are staying for lunch and there are 10 or more I will book a table. Email andrew@lamyman.net