
North Walsham u3a Newsletter December 2022

December – the tenth month in the Roman calendar, which started in March. The Old English name was *ǣrra gēola* ‘earlier Yule’, Yule being a pagan festival held at the winter solstice. The word Yule comes from the Old Norse word *jöl*.



Thanks to all you who have contributed to this month's issue. The copy deadline for next month is **Thursday December 22nd**. Please send any comments or articles to me at ralph4ed@hotmail.com.

Please take special note of the Dates for Your Diary Page (7) with an invitation to a hopefully memorable and convivial event in January.

If you are at a loose end for a morning or afternoon, how about joining another group? Details of which groups meet when are on page 6. If you can't see anything you fancy, start your own!

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CHRISTMAS THOUGHTS FROM THE CHAIR

I want to start this month with what may be a rather controversial statement, that Ebenezer Scrooge was misunderstood and got what Americans might call a bad rap. (A bit like Prince Andrew, but that's for another day....)

The important thing about Ebenezer (and yes, first names encourage sympathy and empathy more than surnames) is that his true character was revealed at the end of the story as one of kindness and generosity. His apparent earlier meanness was just a strategy to save enough money to be able to help people later. (Just like Bill Gates and apparently Jeff Bezos. Yes, really!) The three spirits were just a supernatural alarm clock telling him it was time to 'wake up' and be his real self.

This all seems especially relevant at the moment, and not just because it's nearly Christmas. We all know about the cost of living crisis, with food, fuel and many other prices going up faster than incomes, and now with more tax for many of us to pay as well. As a result, life is very difficult for many people, including no doubt some of our members.

I don't have the answer to all this and will leave it to people much more expert than me to give the sort of serious advice that might help. However, I have come across a few potentially money-saving ideas that won't solve the cost of living crisis but might make you smile.

In reading what follows, please bear in mind that if you follow any of the advice given, it's at your own risk and I accept no responsibility for the consequences of your choices.

1. Only buy the front half of your Christmas tree. It takes less space, it's cheaper than a whole tree and you only need half as many decorations for it. More details are available at:
<https://www.theguardian.com/lifeandstyle/2022/nov/11/split-in-half-fake-space-saving-christmas-tree-argos>



2. Don't waste money on things you don't need. This may seem obvious, but you'd be amazed and probably horrified at some of the things people buy at Christmas. If you don't believe me, just search on Google Images for 'stupid Christmas presents'.

For example, there's also a whole website selling stuff for dogs including these very stylish/ridiculous (delete as applicable) jumpers. They seem to have forgotten that dogs come with built-in jumpers called fur!



And if you don't yet have a pet because you're worried about the cost of feeding it, why not consider a nice, low maintenance pet rock, available at:

https://www.amazon.co.uk/Pet-Rock-Novelty-Birthday-Presents/dp/B07R592TT9/ref=sr_1_8?keywords=Silly+Gifts&qid=1669198012&sr=8-8

3. Thirdly, keep all your receipts so you can take things back and get refunds in January. You may have done this before with clothes that longer fit (after eating too much at Christmas) but why not

really push the boundaries? Surely any supermarket that values your custom will let you return those leftover Celebrations, turkey and stuffing flavour crisps and (uncooked) sprouts nobody wanted to eat. As a wise man once said, 'If you don't ask, you don't get'.

4. If you have a garden with some spare space, consider getting some chickens. Apparently, they will bond with you like pets and, unlike dogs and cats, they will give you eggs and you can eat them if they misbehave (but you won't will you). There are more details at:
<https://www.theguardian.com/lifeandstyle/2022/nov/11/the-joy-of-keeping-chickens-and-a-quick-how-to-guide>



5. And finally, you could get a hobby that doesn't cost anything. It could be something quite conventional like going for a nice walk every day but wouldn't it be better to stand out from the crowd and do something really unusual? For example, if you have a garden and a washing line, you could build football themed obstacle courses for squirrels and then video them... <https://www.bbc.co.uk/news/av/uk-england-beds-bucks-herts-63655720>



Best seasonal wishes,

Steve Guratsky,

Chairman, North Walsham u3a

FUTURE NEWSLETTERS

Following a review of our finances, the management committee has very reluctantly decided that we can no longer afford to provide paper copies of newsletters after this issue, as these cost over £200 per year to print and post.

If you currently receive printed newsletters and have an email address, please send us a message at <https://www.northwalshamu3a.org/contact-us> and we'll be very happy to email future newsletters to you.

NORTH WALSHAM U3A AGM, FRIDAY 4/11/22 – CHAIRMAN'S REPORT

Our 2022 AGM was well attended on 4th November, with over 50 members present. The following is my Chairman's Report, read out at the AGM.

Good afternoon and thank you for coming to our 2022 AGM.

I want to start by thanking the committee and other volunteers who continue to keep our u3a working as well as it does.

Several new members have joined our committee and are doing some great work:

- Ralph Edwards has taken over the newsletter and website
- Mave Edwards is supporting group leaders as Groups Co-ordinator
- Sara Laugher has been booking guest speakers for Friday meetings as Programme Secretary
- Lindsey Macpherson and Sue Cody are working with Ralph and me on marketing

Among longer serving committee members:

- Jayne Potter is beginning her sixth year as Secretary and continues to provide invaluable support to the rest of the committee
- Clive Irons is stepping down after six years as an excellent Treasurer and committee member; I'm very pleased to be able to report that Dave Audley has offered to take over from Clive
- Marilyn Nevill is stepping down after two terms as a committee member and hard working and efficient Membership Secretary, and will be succeeded by Sue Cody
- Richard Nevill has been our invaluable Beacon administrator, a role that will shortly transfer to Ralph Edwards, but will continue to provide technical advice to all who need it as well as hosting coffee mornings and several interest groups on Zoom

And I mustn't forget all the group leaders and other volunteers who are so essential to the success of our u3a.

The point here is that, like all u3as, ours only works because so many people volunteer their time and skills for no reward other than the pleasure of doing something worthwhile.

A huge thank you to all of you.

As a result of our volunteers' hard work, we've made some real progress in the past year:

- Most of our groups are now meeting face to face again
- Our monthly Friday meetings have restarted
- Several new groups have opened and, even though some have also closed, we still have more than the average for u3as of our size
- We've had a steady flow of new members joining us
- We've updated our website and produced some marketing posters and leaflets to attract even more new members.
- Having said that, our membership is still below what it was before the pandemic, which has reduced our income, while some of our costs have increased significantly. With that in mind, the committee have chosen a number of key priorities for the next year:
- The most important is to keep doing what we're doing, but hopefully even bigger and better

- Another is to increase membership by raising awareness of what we do in the local area
- And finally, we will move back towards a balance between our income and expenditure.

Expanding on the last of these, I have to report that we are expecting to make a small loss in the next year, after breaking even for the last several years. However, I also want to emphasise that we have enough accumulated cash in the bank to cover the expected shortfall and still leave us with adequate reserves afterwards. Our goal is therefore is to keep this year's loss at an acceptable level and to move back to a break even in 2023-24.

- We've started to look at way to improve our finances and several decisions have been made:
- We have not increased our subscriptions for this year and hope not to need to do so for next year
- We will be increasing our efforts to recruit new members
- We will be asking for voluntary donations for refreshments at Friday meetings, starting today (sorry about that!)
- We will stop providing hard copies of newsletters after the December issue. This will save around £200 per year
- We will consult members on cancelling or charging for Third Age Matters from September next year. Cancellation would save over £500 per year.

Now, as Corporal Jones often said in Dad's Army, 'Don't panic!' We will keep meeting in interest groups and on the first Friday in the month as always and we will continue to be able to pay the bills. And it could be a lot worse. If we'd made different decisions in life, we might be members of the government now!

When money is tight, I'm reminded of the observation that economists know the price of everything and the value of nothing. Well, I want to conclude by emphasising the value of what our u3a does. I regularly hear members say things like, 'Joining u3a was the best thing I've ever done' and 'I don't know what I'd do with my time if it wasn't for u3a'. Retirement is a huge and sometime difficult change in anyone's life and can leave you lacking purpose and feeling bored and isolated. North Walsham u3a can be the solution to that, and it's only £15 a year. So keep doing what you're doing and go and get your friends and neighbours to join us while you're at it.

Thank you.

Steve Guratsky,

Chairman, North Walsham u3a

Group Alerts

From Jayne Potter, u3sings

Invitation

The U3Sings group invite you to sing carols with them on Thursday 8th December at the Catholic Church Hall from 2 - 4pm. Please join us for some festive fun and friendship. A carol sheet will be provided. You may want to bring some water and/or wear your Christmas jumper! 🎄🎄

Jayne

From Chrissie Kimber, walking groups coordinator

Wanted: Coordinator for the shorter and slower walks

A person who can organise a walk each month for a shorter and slower distance

Generally 2 miles and at a slow pace

In the past these have been popular but we need a person to coordinate a leader for these walks
They currently are on the first Wednesday of the month at 10 am. However they could be any time of the month or time of day

If interested please let Chrissie Kimber know and she can answer any questions you may have rebnikc@btinternet.com

IF nobody comes forward these walks will no longer happen

Wanted !!!!

People to join the Poetry Group which is re-starting soon.

Contact Hilary Lawler via the website.

Yoga are still looking for more members. Contact Joy Lloyd via the website

Coffee Mornings on Zoom

Richard Nevill is still hosting coffee mornings on Zoom at 11.00 each Monday. They're open to all members and are a great chance to have a friendly chat over a cuppa. If you'd like to join in, contact Richard via the website and ask to be included in invitation emails.

Dates For Your Diary

Monthly Meeting, Friday 2nd December, 2.00 (please note the earlier than normal start time)

Our last general meeting before Christmas, with live music from Chanter's Jigge and festive refreshments.

Monthly Meeting, Friday 6th January, 2.15

Our first general meeting in the new year, with a quiz to get your brains working again after all the over-indulgence of the festive season. There's no need to form teams beforehand. We'll do that when you arrive.

Festive Lunch, Wednesday, 25th January, 12.30 for 1.00

Join us at the Sea Marge Hotel for a delicious lunch to celebrate the end of 2022 and the start of 2023.

The menu is shown on the right and you can have two courses for £22 or three for £26, including a tip.

If you'd like to attend, you'll need to let us have your MENU CHOICES AND FULL PAYMENT BY FRIDAY 6TH JANUARY.

You can do this at the Friday meeting on 2nd December or 6th January. We'll have copies of the menu there for you to look at. Alternatively, you can post your choices and a cheque to Lyndsey Macpherson at Rose Cottage, The Street, Honing, North Walsham, NR28 9AB.

Cheques should be payable to NORTH WALSHAM U3A.

Places are limited so please book early if you can. Cheers!

The Sea Marge Hotel

Festive Menu

2 Courses £21.95 or 3 Courses £25.95

Available daily from 26th November 2022

Starters

- Wild Mushroom Velouté (V) Garlic Croutons, Truffle Oil
- Terrine of Chicken & Duck Liver Parfait Red Onion & Sultana Chutney, Brioche
- Pan-Seared King Scallop Fisherman's Chowder, Spinach, Bacon Crumb
- Curried Spiced Vegetable Falafel (V) Spiced Aubergine Caviar Sauce, Coriander & Red Onion Salad, Mango Salsa
- Tian of 'Hot' Smoked Salmon & Prawns, Cucumber & Caper Salad, Quails Egg

Mains

- Traditional Bronze Roast Turkey Sage & Chestnut Stuffing, Pigs in Blanket, Roast Potatoes, Madeira Jus
- Slow Braised Shoulder of Lamb Chive Mash, Parsley Carrots, Truffled Mashed Peas, Braising Liquor
- Slow Roast Belly Pork Rashers, Duchesse Potatoes, Apple Purée, Kale, Fine Beans, Redcurrant Jus
- Pan-Fried Fillet of Sea Bass Crushed Potato, Wilted Greens, Wild Mushrooms, Chive, Cockle & Lemon Butter Sauce
- Herb Crusted Cod, Roasted Fennel, Cauliflower Purée, Dill Mash, Smoked Salmon Sauce
- Lightly Spiced Leek, Sweet Potato and Spinach Wellington (V) Warm Salad of Puy Lentils, Artichoke and Peppers, Sauté Potatoes, Madras Dressing

Desserts

- Christmas Pudding Cranberry Compote, Clotted Cream, Brandy Sauce
- White Chocolate Crème Brûlée Poppyseed & Raisin Shortbread
- Raspberry & Chocolate Tart
- Chocolate Ganache, Dehydrated Raspberries & Sorbet
- Passion Fruit and Lime Cheesecake Mango & Mint Salsa, Coconut Tuile
- Black Forest Brownie Sundae Compote of Kirsch Cherries & Syrup, Cherry Ice Cream, Chantilly Cream, Brownie Pieces, Chocolate Sauce
- Peach and Orange Jelly, Pink Champagne Sorbet, Crumbled Amaretti Biscuit
- Norfolk and British Cheeses (Blue Stilton, Norfolk Dapple, Somerset Brie) Fruit Chutney, Celery, Grapes & Biscuits

To Follow - enjoy Freshly Brewed Coffee with Petit Fours

BOOK AT RECEPTION or CALL 01263 579579

Menu correct at time of publishing but subject to change and availability. Dietary requirements can be organised upon request.

Interest Group Summary 25/11/2022

Group	Face to Face	Zoom	Not Meeting	Notes	Contact
Art Appreciation	X	-	-		
Book Group	X	-	-		
Brain Games	X	-	-		
Computing	-	X	-		
Croquet	-	-	X		
Cryptic Crosswords	X	-	-		
Current Affairs	X	-	-		
Cycling	X	-	-		
Digital Photography	X	-	-		
Drawing and Painting	X	-	-		
Family History	-	X	-		
Folk Music	X	-	-		
Gardening 2	X	-	-		
Gardening 3	X	-	-		
History	X	-	-		
Jazz Appreciation	X	-	-		
Knit and Stitch	X	-	-		
Mac Users	-	X	-		
Mah Jong	X	-	-		
Mind, Body, Spirit	X	-	-		
Organic Allotment	X	-	-		
Philosophy	-	X	-		
Poetry	X	-	-	Meeting Soon	
Rock'n'Pop	X	-	-		
Scrabble	X	-	-		
Ten Pin Bowling	X	-	-		
U3 Sings	X	-	-		
Walking	X	-	-		
Wine Appreciation	X	-	-		
Yoga	X	-	-		

Groups correct at 26 November 2022

NW u3a Groups and Days

Week	Day	Morning	Afternoon
1	Monday	Coffee Morning	Croquet Jazz Appreciation
	Tuesday	Yoga	
	Wednesday	Walking (short)	Mac Users
	Thursday		Digital Photography Mind, Body, Spirit
	Friday		Monthly meeting

2	Monday	Coffee Morning	
	Tuesday	Yoga	
	Wednesday	Walking	
	Thursday	Ten Pin Bowling	Book Group U3Sings Wine Appreciation
	Friday		Family History

3	Monday	Coffee Morning	Committee Meeting
	Tuesday	Yoga	Gardening 2
	Wednesday		Art Appreciation Rock & Pop
	Thursday	Current Affairs	Computer Group
	Friday	Philosophy	Brain Games Scrabble Mah Jong

4	Monday	Coffee Morning Painting & Drawing	Folk Music
	Tuesday	Yoga Cycling	Classical Music Cycling
	Wednesday		Knit & Stitch*
	Thursday	Cryptic Crosswords	
	Friday	Walking**	Family History ***

*Last Wednesday of the month

**Last Friday of the month

***Last Friday of every other month starting September

News from the Groups

Art Appreciation

Jacob and his Twelve Sons is a series of thirteen paintings by the seventeenth century Spanish artist Francisco de Zubaràn. Painted between 1641 and 1658, they hang in Auckland Castle, Bishop Auckland and had a huge impact on our presenter, Tamara, who gave a lively talk about them. For some reason, only twelve of the original paintings were on display; the thirteenth, Benjamin, is a copy of the original, which hangs in Grimsthorpe Castle, Lincolnshire.

The paintings were acquired by Bishop Richard Trevor of Durham in 1757, who instigated the redesign of the long dining room in the castle to display them, which showed his support for Jewish naturalization rights.

Each painting depicts a single figure, more than life sized, carrying a symbol of his trade and they make a striking set of paintings in the dining room. There was much discussion about the dress on the figures – they seemed to be more akin to medieval Russian costume than early Jewish.

If you wish to see the pictures, [click here](#).

Ralph Edwards

Book Group

We discussed "The Chalk Pit", by Elly Griffiths, which was given an average rating of 7, so generally well received. Several of us had already read books in this series so knew what to expect. We felt that the complex relationships between some of the characters could be confusing if the reader was not familiar with the previous books. However, the plot was stand-alone, dealing with a death in one of the tunnels that lay beneath Norwich. One book group member had been particularly interested in the tunnels and found more information on the internet about this! Someone else had met Elly Griffiths and was able to tell us a little more about her and her writing. I feel we all went away having learnt a little more. A very successful meeting.

Our next book is "The Foundling" by Stacey Halls, to be discussed at our next meeting on December 8th.

Yvonne Dickinson

Cryptic Crossword Group

Six cruciverbalists met for the third time on Thursday 24th November. We have a great couple of hours solving two cryptic crosswords: the Guardian's "Quiptic" warmed us up (having done a few "stretches" by finishing a couple of clues from Sandra's crossword) then onto the "cardio" of The Times cryptic. By sharing suggestions as to how to tackle the whole crossword and then to parse the clues we all learnt a lot from each other, especially from Ralph who definitely wears the "yellow

jersey" so far. If any members would like to join us, please make contact via the website BUT we only have a couple of places, at most, left unless we move from NW Library so, if you are thinking about it, don't delay.

John Harris-Hall

Current Affairs

Current affairs started this month with a discussion about ADHD (Attention Deficit Hyperactivity Disorder), which is increasingly being diagnosed (or self-diagnosed) widely. Many people identify as having the disorder, which causes a lack of organisation and various other traits that contribute to a somewhat chaotic lifestyle. There was some scepticism voiced among the attendees as to the validity of the diagnosis, it seemed to most that the symptoms displayed a lack of discipline, rather than a true syndrome. It was generally agreed that the use of drugs, particularly Ritalin, to manage the behaviour of people was a bad thing.

The M25 protests were next in the spotlight, which then led to a general discussion about protesting, population growth reaching 8 billion and the responsibility of rich countries making reparations for climate change. As usual, no firm conclusions were reached, although it was an interesting discussion.

The next topic was strikes. The point was made that percentage rises were unfair to the lower paid members of the workforce. Talk soon turned to the morality of strike action and the economy in general. Most seemed to agree that it would be reasonable to expect higher taxes in order to fund effective public services.

Our last discussion point was the allocation of Arts Council grants – should the government be forcing art organisations to re-locate to poorer areas of the country in order to provide some measure of 'levelling up'? Again, no firm conclusions were reached, although we did have a good discussion.

Ralph Edwards

Digital Photography

November's Meeting – Trunch Village Hall

I, being the Poppy Appeal Organiser for North Walsham, was unable to attend the DPG meeting in November; this was led by the Winter Events Leader of the Group, Richard Nevill ably assisted by John Tuck. The group is trialling a new meeting format and the meeting was, by all events, interesting and successful.

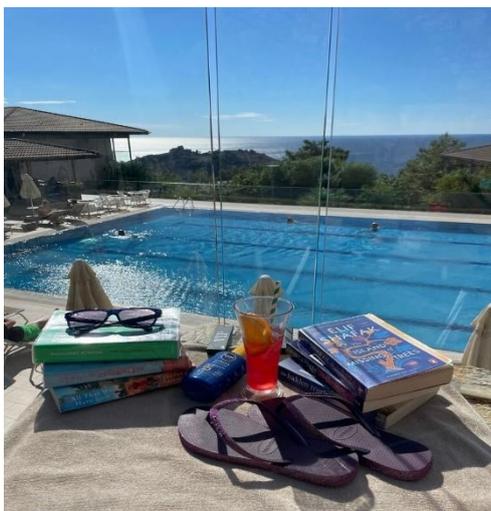
Richard opened the meeting and the group moved into 'breakout' groups, small groups, led by members who have an interest and experience in different topics, who lead and assist these groups in exploring different, but associated, topics of interest. This time, types of digital camera – DSLRs (Digital Single Lens Reflex) and Mirrorless camera's; Android and Apple mobile phones and tablets. A lot was learnt just by talking through and examining the known and not so well known features of these equipment's. So many features, so little time!

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Refreshments were then taken, tea/coffee, biscuits and conversation.

Richard then gave a short talk introducing the subject of Video editing. Something that most smartphones can do very well these days is to shoot videos! And what's the most important feature of a video? – A good audio track! (example: Jaws). Even so, we often need to edit or just top and tail a video. A good example of a simple way to do that is by using Windows Trim. Using this, videos can be shortened, 'trimmed', on a Windows computer by editing the start and end points of the video.



Which one do I read first – Carol Skipper

The Group then reviewed some of the photos submitted to our communal photo albums during the month. The Group Leader sets a monthly theme which is a photographic challenge to the Group and this month's theme is BOOKS, the results of which were again more varied and beautiful than might be expected.



Books – Helen Eales



Felbrigg Bookshop – Fiona Shortis

Other pictures, of Fungi, where also shown. Again some of which were weirdly beautiful.



Lepista Nuda – Paul Heinrich



Fungi 62 – John Fish



Fungi – Gill Palmer

At December's meeting, we intend to look at photographic lighting from both theoretical and practical angles in preparation for future Challenging Monthly Themes. We'll also be looking at some very good websites with excellent basic photography tutorials.

So, if you feel you'd like to join us, all are very welcome, we'll meet at Trunch Village Hall on Thursday the 1st of December; 2pm to 4 pm. See you there.

Gardening Group

We had our annual 'making Christmas wreath/table decorations' meeting this month.

We had great fun making our spiky arrangements with various degree of success. Some were carefully designed with lots of forward planning, some were just cobbled together on the day.

All were unique, and pretty.

Thanks to Julie for hosting this meeting and letting us have use of her barn again.

We will not be having a meeting in January but will resume in February.

Merry Christmas and Happy New Year to all fellow U3A members.

Ronnie Cooke



Jazz Appreciation

At the last meeting of the Jazz Group we all chose tracks on the theme of 'Body Parts'. The music we listened to was entertaining & cheerful ranging from 'Your Feet's Too Big', 'The Irish Black Bottom' up to 'Cheek to Cheek'.

At next month's get together on Monday December 5th we will of course celebrate a Jazzy Christmas.

The North Walsham U3A Jazz group meets on the first Monday of the month starting at 2.30pm at the Meeting Room at the Catholic Hall (please note our new venue). We ask you to pay £2 at each session which helps to pay for the refreshments & the hire of the hall.

Contact me if you would like to give our friendly group a try, you'll be made most welcome.

Jim Costello

Ten Pin Bowling

We all had a good time at our last session, plenty of good humoured rivalry was in evidence.

Our next time will be Thursday 8th December at 10.00am at "Strikers", all are welcome the cost is £9.95 for 2 hours, that includes tea or coffee half time.

The list will be by the notice board at the monthly meeting if you wish to come.

Contact via the website.

Diane Mulligan

U3sings

What a lovely singing session we had on 10th November.

We are now finding a good balance between challenging ourselves with new warm up exercises and music but retaining the fun and enjoyment.

We have now learnt all six parts of our cantata about the 'Mighty Mississippi' and continue to learn the two parts to 'Bring Me Sunshine' but will put these on hold next month as we will be singing carols; don't forget to wear your Christmas jumper! 🎄🎄

You do not have to belong to the singing group to sing carols on 8th December, just come along to the Catholic Church Hall 2 - 4pm and join us.

Jane Potter

Walking Group Report

On 9th November a dozen of us went on a 4.5 mile walk round lanes, woodland and around fields circling Trunch. The route map looked vaguely like a scotty dog, although some walkers couldn't see it! The weather was delightful and coats were soon taken off. A very enjoyable walk which was followed by lunch at The Crown pub in Trunch, where we all had some fantastic pies. If you haven't tried them yet we can all testify that you really need to. I must admit my thoughts were "I really don't fancy pies and mash" but they were so different and so delicious I will soon be going back there again.



Chrissie Kimber

Wine Appreciation

This month we tasted a selection of Wines from M&S Mystery Cases provided by Richard and Marilyn

The Wines and Scores were:

7.3 Chablis – Chardonnay, France 12.5% c. £14

7.1 Macon–Villages – Chardonnay, Burgundy, France 12.5% c. £10

7.3 Cotes du Rhone Villages – Grenache + Syrah, France 14% c. £11

6.8 Recanati – Carignan + Petite Syrah, Israel 2019 13.5% c. £11/12

Members also provided a lovely spread of Food

Next month David will provide a selection of Wines from Waitrose (and possibly Adnams) – Cheers

Roy Tuff

Yoga

Yoga sessions are back. Time 10am - 11.30 every Tuesday at St Benet Hall, North Walsham. It's opposite the Church. No experience is required. Come join the group. The aim is to do some stretching and relaxation and have time out for yourself once a week. Bring a blanket, a water bottle, perhaps a small towel, wear comfortable warm clothing and of course, yourself. I have extra yoga mats you can borrow, if you want to try before investing in one. We need to cover the cost of the hall each session, so cost depends on the number of participants. The more people come the cheaper the cost, so bring a friend! Contact me via the website if you have any questions, or email me via the North Walsham website from the Yoga Group Page.

Joy Lloyd

December Walk 2022

Walking Group Coordinator

Chrissie Kimber via the website.

The walking group is going down to one walk per month from December 2022, due to the lack of people coming forward to be walk leaders.

Sadly this means there will be no more shorter and slower walks on offer.

I'm hoping this may only be short term. In the interim there is a trial going on for a group of walkers who meet for longer walks.

If this works out well, and if there is a call for it, a similar group might be set up for shorter and slower walkers

December Walk

Friday 30th December approx. 4.5 miles

Leader Chrissie Kimber contact 07880 238 958

This walk will start at Warren Wood Cromer. Park along Warren Road NR27 OAR.

We will walk to Overstrand and have brunch at the café at Overstrand. I will need to know approx. numbers so that I can book tables

If the tide is right one of the directions will be along the beach

What I suggest might happen is that anybody who wants to do a shorter but slower walk meets up with us at 11am at the Cliff Top Café parking along Cliff Road NR27 OPP and then walks back with us to Cromer 2.2 miles. Lifts back to Overstrand can be arranged for those who joined us at Overstrand NB I will need to know if you wish to have brunch so let me know in advance please. By 21st December.

Many thanks

Chrissie

And Finally – Some News You May Have Missed

Once again, here's selection of recent this month's weird and sometimes wonderful news stories.

Piet Mondrian artwork displayed upside down for 75 years

<https://www.bbc.co.uk/news/entertainment-arts-63423811>

Attacked owl rescued by fishing crew 100 miles out to sea <https://www.bbc.co.uk/news/uk-scotland-north-east-orkney-shetland-63425826>

Ray of joy: Nasa captures image of the sun 'smiling'

<https://www.theguardian.com/science/2022/oct/29/sun-smiling-image-nasa-satellite>

The labyrinthine patterns traced by birds on the wing – in pictures

<https://www.theguardian.com/artanddesign/gallery/2022/oct/29/xavier-bou-ornithographies-birds-patterns-flight-in-pictures>

Let there be light: England's Anglican cathedrals at dawn

<https://www.theguardian.com/artanddesign/2022/oct/30/let-there-be-light-englands-anglican-cathedrals-at-dawn>

Need a present for someone you hate? How about a calendar showing views of the M40?

<https://www.theguardian.com/lifeandstyle/2022/oct/31/need-a-present-for-someone-you-hate-how-about-a-calendar-showing-views-of-the-m40>

I name this ship ... Human Lasagne?! <https://www.theguardian.com/business/2022/nov/08/i-name-this-ship-human-lasagne-the-worlds-biggest-cruise-ship-goes-viral-for-all-the-wrong-reasons>

Discovered in the deep: the sharks that glow in the dark

<https://www.theguardian.com/environment/2022/nov/09/discovered-in-the-deep-the-sharks-that-glow-in-the-dark>

Democrat re-elected by a landslide in Pennsylvania – even though he's dead

<https://www.theguardian.com/us-news/2022/nov/09/pennsylvania-dead-democrat-tony-deluca-victory>

Man discovers bud had been lodged in his ear for five years <https://www.bbc.co.uk/news/uk-england-dorset-63599329>

Man ends 20-year Llandegley airport sign joke that cost £25k <https://www.bbc.co.uk/news/uk-wales-63600184>

Glassy fangs and glowing fins: amazing deep sea animals found near Cocos Islands

<https://www.theguardian.com/environment/2022/nov/14/glassy-fangs-and-glowing-fins-amazing-deep-sea-animals-found-near-cocos-islands>

'Pepsi weren't counting on a dreamer like me': the student who sued a soft drink giant for a \$23m fighter jet <https://www.theguardian.com/tv-and-radio/2022/nov/16/pepsi-wheres-my-jet-netflix-documentary-student-who-sued-pepsi-for-jump-jet> If you want to share a news story with other North Walsham u3a members, send a message through the website at:

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