
North Walsham u3a Newsletter April 2024



Things are certainly looking positive at the moment. Spring has sprung and the weather is (hopefully) improving. In addition to this, we have the possibility of two new groups starting – see the group alerts panel on page 4. If you have any more group ideas, please make contact via the website.

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 April 25th**.

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

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Thoughts From the Chair

My starting point this month is a newspaper article inspired (if that's the right word) by a far from impressive Willy Wonka-themed tourist attraction that opened recently in Glasgow. An enterprising journalist with access to lots of old articles that could be recycled wrote a 'new' one about the Glasgow event and similar previous fiascos including a Fortnite festival in Norwich in 2019. The events were all different but had in common their poor quality and value for money and a lot of disappointed customers, many of them children. If you want to read the article, you can find it at: <https://www.theguardian.com/film/2024/feb/28/rip-off-events-willy-wonka-chocolate-experience>

So, my theme for this piece is disappointment and, perhaps surprisingly, why it's not always a bad thing. And it has a happy ending...

If you're anything like me (or probably any other human being on the planet), you'll have experienced disappointment many times in your life. In everything from exciting new career opportunities (more work for the same money) to presents (socks and gadgets that come without batteries) to meals out (salmonella) to people (just don't get me started!), pretty much anything can turn out worse than you hoped or expected... and it often does.

And yet, do not despair. The well-known 'law of averages' tells us that in the long run, some things will be better than you expect, some worse and some about the same. (Of course, the great economist, John Maynard Keynes did also say that in the long run, we're all dead, but let's not worry about that for now.)

Having said that, this 'law' only works if your expectations are realistic in the first place. If they're unrealistically high, you'll be disappointed more often; and if you have very low expectations, you'll be pleasantly surprised more often. This is why it's always better to be a pessimist.

Another thing to remember is that disappointment can actually be a good thing. If you doubt that, consider the effect of a first disappointment on someone of mature years who has never been disappointed before. Imagine how shocking, indeed devastating, it will be for them. Surely, it's better to experience disappointment from time to time throughout your life so you learn to take it in your stride. It's like vaccination. You might get a sore arm or a bit of a headache after a flu jab, but it's worth it if it means you avoid being struck down with actual flu later on. Similarly, you should always give children disappointing presents that will help to develop the resilience they'll need when more serious disappointments come along in the future. And don't worry if you forget your significant other's birthday; they'll adjust their expectations and be pleasantly surprised when you buy them some chocolates from a petrol station at the last minute next year.

So, to sum up, don't be disappointed by disappointments. They're actually doing you good.

Anyway, I haven't forgotten the happy ending I promised. It concerns a pallet load of ivy plants that I ordered online, to cover a large fence and a big ugly wall in my garden. They arrived as planned but were in a very sorry state. After being kept on an exposed site throughout the winter, they were smaller than expected and had lots of dead leaves and in some cases whole dead stems. Well, dear reader, I'm sure you can imagine my disappointment and indeed several other emotions. But, my lifetime of previous disappointments proved to be invaluable. I negotiated with the suppliers using all

my hard-earned resources of tact, diplomacy and bloody-minded resilience and secured a free box of hedging plants and a refund of almost half what I'd paid for the ivy. The result is that I still have the ivy plants (that will recover and grow with a bit of time and TLC), some plants to extend my hedge and some money to spend on other things. You see, it was a happy ending after all!

Best wishes,
Steve Guratsky,
Chairman, North Walsham u3a

Notices

GENERAL MEETING, FRIDAY 5TH APRIL, 2.15, AT ST. SACRED HEART CHURCH HALL

This month's meeting will be a quiz set by Sue Cody. Teams will have up to six members each. You don't need to have a team to join in, as we'll put people together when they arrive if necessary. Please note change of venue from recent months.

COMMITTEE VACANCY

The u3a's management committee has a vacancy for a co-opted member to serve from now until the AGM in November (and after that, subject to election at the AGM). If you think you may be able to help and would like to know more about what's involved in being a committee member, please email steve.guratsky@gmail.com

TRIP TO PETER BEALES ROSES

A coach trip is being planned to Pete Beale's Roses near Attleborough on TUESDAY 25TH JUNE.

This will include a guided tour of the two acre rose gardens and tea and cake and there will also be time to visit the garden centre and gift shop. All parts of the site are easily accessible.

The cost is £24.00 each, which includes return coach travel from Sacred Heart Catholic Church in North Walsham, leaving at 1.00 pm and returning at approximately 6.00 pm. Cars can be left in church car park.

Payment must be made in full at the Friday General Meeting on 5th April or by bank transfer before that date. The u3a's bank account details are as follows:

Account name: North Walsham U3A

Account number: 00847626

Sort code: 30-96-16

Reference: Peter Beales and your name/s

32 places are available on a first come, first served basis. To reserve a place, please contact Brenda Redding at bredding@tiscali.co.uk.

SACRED HEART CHURCH HALL AND ALTERNATIVES

We're very pleased to be able tell you that Sacred Heart church hall is now available again.

From Monday 1st April, Geraldine and Arthur Williams will be taking over responsibility for hall bookings and invoicing. They can be contacted by email at 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 or 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.

Group Alerts

New **Apple iPad** beginner's course?

A few people have said that they'd like another presentation of my Apple iPad familiarisation course.

An iPad offers better portability than a laptop, and their big screens make them better than a phone for streaming video, reading websites, writing letters, creating graphics and art and listening to and creating music. The iPad is also a great e-book reader and may be used to take pictures and record video and sound. Contact Richard Nevill - ricnev@gmail.com.

A new group is being proposed - **THEATRE GOERS GROUP**

The idea is to go to both amateur and professional theatrical productions at local theatres in the area and Norwich.

Visits can be matinees or evening performance.

The group could meet every second month - June, August, October and December on the first Friday of those months before the normal u3a meeting. The first meeting could be on Friday June 7th at 1.00 pm.

The group leader can email all members with an agenda and a list of forthcoming productions, a week or so before a meeting. The agenda can cover the following:

- discussion of shows seen by members recently
- discussion on forthcoming productions to assess the level of interest

For the most popular shows, particularly at the Theatre Royal Norwich, the group leader may need to reserve a block of tickets.

Contact jensutton611@gmail.com

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		Monthly meeting
	Sunday	Sunday Lunch Jazz <i>Waspe</i>	

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		History <i>Brenda Tibbles</i> Life Story <i>Maureen Cavanagh</i>
3	Monday	Coffee Morning <i>Richard Nevill</i>	Committee Meeting
	Tuesday		Gardening <i>Ronnie Cooke</i>
	Wednesday		Art Appreciation <i>Mave Edwards</i> 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>	Brain Games <i>Janet Head</i> Scrabble <i>Jane Harris-Hall</i> Mah Jong <i>Ralph Edwards</i>
4	Monday	Coffee Morning <i>Richard Nevill</i>	Folk Music <i>Jean Simpson</i>
	Tuesday	Cycling <i>Roy Smith</i>	Cycling <i>Roy Smith</i>
	Wednesday		Knit & Stitch* <i>Brenda Tibbles</i>
	Thursday	Cryptic Crosswords <i>John Harris-Hall</i>	
	Friday	Walking <i>Chrissie Kimber</i>	Family History** <i>Marilyn Nevill</i>

* Last Wednesday of the month

** Last Friday of the month

News from the Groups

Art Appreciation

This month's visit was to a number of new installations at The Sainsbury Centre, loosely linked by the title 'What is Truth?' As is usual with this venue, we had a very informative guide who led us through the galleries. The tour started with a mock-up of a 1960s living room, complete with lava lamp and a dalek. The TV was showing an AI generated broadcast by Richard Nixon giving the speech he would have delivered had the Moon landing failed. Just down the corridor was a small section on Chinese and Japanese artefacts, many of which were either false or wrongly attributed. This section was dominated by three photographs taken by western journalists of a protestor in Tianamen Square stopping tanks by standing in the road.

The next part of the exhibition was entitled 'Liquid Gender' and featured work by artists Leilah Babiye, Martine Guttierrez and Laryssa Machada. All three artists draw on personal histories and pre-colonial traditions to convey fluid approaches to gender expression and self-identity.

The final exhibitor was Jeffrey Gibson, who will be representing the USA at the Venice Biennale in 2024. Jeffrey is the first indigenous solo artist to have this honour. His large works deal with ecological and ethnographic themes in a very colourful way. He has also visited the Pitt Rivers museum in Oxford to borrow some Native American artefacts to accompany his exhibition.

Ralph Edwards

Book Group

War of the Worlds by H.G. Wells was this month's book. It was pleasingly short, having been re-edited recently and made easier to read than the original book. We approached this with a little trepidation, for the most part, but comments were positive and most of the group said they had enjoyed the read. I think we all acknowledged the authors vision and inventiveness, the book was written mid 1890s when there were so many scientific discoveries happening.

We spent a while talking about the films that had been made of the book, and the radio play. This moved us onto other films made of books, some more successful than others! This book received a better than average score and I, at least, might try another of H.G. Wells' books in the future.

Wishing you a Happy Easter

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

Computer Group

Over recent meetings we've discussed a whole raft of interesting topics:

- Society's response to technical complexity
- Google apps
- Digital 'Phone switchover
- Ai, Large Language Models (LLMs) ChatGPT
- How to re-purpose a computer that is now too old to run Windows securely

We viewed a series of good animated videos explaining aspects of computer technology

If you want to join in with similar interesting explorations of how useful and infuriating computers and their ilk can be, we meet via Zoom at 2pm on the third Thursday of each month. Contact Richard Nevill via the 'Contact' button on our NWu3a website, or ricnev@gmail.com

Richard Nevill

Cryptic Crosswords

We cruciverbalists held our usual meeting at North Walsham library. We were so rowdy this month that we even managed to drown out the toddler group's rendition of "The Wheels On The Bus" emanating from the next booth.

We did a Times Quiptic, but not in record time, as our Leader, American Toilet?, despite wearing a fabulous waistcoat, appeared to be having some problems getting his brain to flush adequately. "Setter's Norwegian Boat" was keen to point out she had singlehandedly finished the quiptic in a faster time last month.

We then tackled Times Cryptic No 28711. This turned out to be far more problematic. I was not much help as I am on a fasting diet at present and could scarcely remain conscious, but I did get "Two Aliens, one with no answer for hard taskmaster" , the answer to which being "Martinet". This was voted clue of the month.

In other news. "Ancient Desert God?" was wearing a gorgeous sweater and scarf. "Oddly life mingled with even score" was busy showing off his new dictionary. And, sadly, the "British and English mixed up conjunction" wasn't there.

Greek Goddess Meets Shouty Man?

Diana Barker

Current Affairs

The first and main topic of conversation was the apparent failure of democracy, with populist politicians taking control in a large number of countries. We discussed the appeal of sound-bite politics and the advanced age of both candidates in the forthcoming US elections.

After a coffee break we talked about housing problems in North Norfolk – there are 2455 on the housing list, 557 of those are in urgent need.

Our final topic was the amount of news coverage allotted to a family photo. The general feeling was that this story was out of all proportion to its importance.

Ralph Edwards

Digital Photography Group (DPG)

We have just finished our series of indoor 'Winter' meetings where we explored a wide range of features and techniques of our digital cameras. We did our best to accommodate all type of camera, from simple 'snap' cameras, through smartphones and tablets to digital bridge cameras, micro 4/3 and digital SLRs.

At each meeting, we spent some time looking at some of our members photos on a big screen and learnt from each others achievements (and mistakes!).

We're now about to embark on our series of Summer photo-shoot outings. John Fish co-ordinates these, but he needs members help by them suggesting suitable venues and leading group outings. Would all members please feed him with ideas, and most importantly we need more volunteers to take the lead at each outing.

These outings will take place usually on the first Thursday of each month. DPG Members will be notified of the outing programme using our NWu3aDPG@groups.io members mailing list.

If anyone want more details about this group, please send a message using the 'Contact' button on our website.

Richard Nevill.

Mac Users Group

If you have one of the rather more refined Apple Mac computers (showing my bias here!), you might well prefer to join our Mac User's Group. We have a similarly wide-ranging series of discussions as the Computer group, but targeted towards issues, solutions and applications that optimise the use of Apple devices such as Macs, iPads, iPhones etc.

Our Mac User Group meets via Zoom at 2pm on the first Wednesday of each month. Contact Richard Nevill via the 'Contact' button on our NWu3a website, or ricnev@gmail.com

Richard Nevill

Ten Pin Bowling

We enjoyed our monthly friendly competition with varying degrees of success, but the main thing they was a lot of laughter.

Sad to say we are not allowed to have our meeting during school holidays so there will not be a date for April.

Hopefully we will meet again in May, I will confirm in next month's newsletter.

Have a good Easter holiday.

Lee and Diane

Our March singing session was very enjoyable. David introduced us to a Cornish folk song Hal-an-tow, a celebration of welcoming back the summer after the winter months. It is apparently an integral part of the ancient festival The Helston Flora Day.

After the tea break we sang Thank You for the Music, I Don't Know How to Love You, Yellow Submarine and I Wanna Hold Your Hand.

We are meeting at the Sacred Heart Parish Hall in April. Come and join in the fun.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation

This month we sampled Wines from a local Vineyard:

Babu's Vineyard – Weston Longville

The Rose 2022

The 2022 Rose is dry, delicate and delicious. Perfect for summer evenings or indeed at any time. It has a delightful hint of strawberry on the nose. BRONZE MEDAL in the 2023 Wine GB East competition

The Parson's Pleasure

Named after Parson Woodforde, the 18th Century Diarist, who's former rectory is next to the vineyard. This easy drinking off dry white is a well balanced blend of Solaris and Seyval. SILVER MEDAL in the 2023 Wine GB East competition

The Dulce Solaris

A medium sweet white wine. Perfect for enjoying in the sunshine, on its own or as an accompaniment to fruit dishes. SILVER MEDAL in the 2023 Wine GB East competition

The Late Harvest Solaris

Similar in character to our Gold Medal award winning dessert wine. This sweet, smooth and superb white is the delicious on its own or as an accompaniment to a perfect pudding. SILVER MEDAL in the 2023 Wine GB East competition

Peter Ross, Babu's Vineyard and Winery, Glebe Farm, Weston Longville NR9 5LF

www.babusvineyard.co.uk info@babusvineyard.co.uk

Their Red Wine is still maturing – we will be advised when it is available

THE RECTOR'S RED 2021 – Coming soon-ish!!

Named after Parson Woodforde the 18th century diarist who lived in the Old Rectory next to the vineyard. Made from our rondo grapes this was in oak barrel for 14 months before being bottled in March 2023. We expect it will be ready for drinking in about 10 months time

We therefore inserted the following Wine from Majestic between the first two and last two Babu Wines:

Nero Oro Nero d'Avola Appassimento

If your idea of a good red is velvety-smooth and full of plush fruit, our top-selling Nero Oro is not to be missed. So what makes it so silky-smooth? Creator Stefano Chioccioli uses the appassimento style of winemaking. After picking, his grapes are left to dry out in the warm sun, adding richness and intensity. Dessert wines have been made this way in Sicily for centuries, but the dry Nero Oro is something entirely unique – and you'll only find it at Majestic. It's full-bodied with concentrated flavours of cherry, damson and blackcurrant. Its silky texture makes it a great match for aubergine-based pasta.

Cheers !

Roy Tuff

April Walks 2024

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com

Friday 12th April 10:00 am approx. 5 miles

Walk leader Maureen Cavanagh

The start point for the walk is on Chapel Road Trunch, NR28 OQG parking is along the road and we can assemble at the corner of Kingsleigh Close. The terrain is easy walking. A walk around the village of Trunch, with lovely rolling countryside and views of the historic church.

For those who want to have lunch afterwards, there is a pub in the village that basically serves different types of pies and mash and the link below shows their menu. I will need to book in advance so if people could please let me know by the 3rd of April if they would like to go.

<https://www.opentable.co.uk/r/the-crown-at-trunch-north-walsham>

Tuesday 23rd April 10:00 am start approx. 5.5 miles

Leader Andrew Lamyman

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**

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

We don't normally do politics in the newsletter but I couldn't resist including this...

Man changes name to Literally Anybody Else and announces US presidential run

<https://www.theguardian.com/us-news/2024/mar/25/texas-name-change-election-candidate>

And of course, as it's Easter, chocolate had to get a mention or two...

Orkney shop orders more Easter eggs than population

<https://www.bbc.co.uk/news/articles/c723n29vv9go>

Lindt's tiniest bunny named UK's priciest Easter chocolate by weight in supermarkets

<https://www.theguardian.com/money/2024/mar/22/lindt-bunny-uk-easter-chocolate-cocoa>

And a couple of very different races that also caught my eye...

Ready, steady, eau! Paris waiters race returns to French capital

<https://www.bbc.co.uk/news/av/world-europe-68649600>

Jasmin Paris: I ran 'toughest race' to inspire women worldwide <https://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-68651150>

And not forgetting the vital matter of keeping you informed about eating and other bodily functions...

US man extends record for most Big Macs eaten in a lifetime to over 34,000

<https://www.theguardian.com/us-news/2024/mar/01/most-mcdonalds-big-macs-eaten-lifetime-world-record-don-gorske>

Puberty makes teenagers' armpits smell of cheese, goat and urine, say scientists

<https://www.theguardian.com/society/2024/mar/22/teenagers-armpits-smell-of-cheese-goat-and-urine-say-scientists>

Everest climbers prepare to pick up their own poo as season gets under way

<https://www.theguardian.com/world/2024/mar/22/everest-climbers-prepare-to-pick-up-their-own-faeces-as-season-gets-underway>

And the apparently unlimited capacity of human beings to be just a bit odd...

Lego tells California police: stop putting our heads on your mugshots

<https://www.theguardian.com/us-news/2024/mar/26/lego-heads-california-police-mugshots-murrieta>

Burberry's £690 rain boots: are these the worst wellies of all time?

<https://www.theguardian.com/fashion/2024/feb/28/burberrys-690-rain-boots-are-these-the-worst-wellies-of-all-time>

Coupling: Rail-crazy pair get married on moving train <https://www.bbc.co.uk/news/uk-england-london-68502988>

And not forgetting the natural world, starting with absolutely the best pun in a headline ever...

Gills Aloud? Tiny fish found making very big noise <https://www.bbc.co.uk/news/science-environment-68402386>

Dogs can understand the meaning of nouns, new research finds

<https://www.theguardian.com/science/2024/mar/22/dogs-understand-meaning-nouns-research-finds>

And finally, a few articles containing selections of absolutely stunning photographs:

Your pictures on the theme of 'reflections' <https://www.bbc.co.uk/news/in-pictures-68615860>

Concrete in Life Photo of the Year: Picture of kite flyers wins top prize <https://www.bbc.co.uk/news/in-pictures-68659273>

Walkers spot 'breathtaking' cloud inversions in the Peak District <https://www.bbc.co.uk/news/uk-england-derbyshire-68403553>

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>