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# North Walsham u3a Newsletter May 2025

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## **Blickling Daffodils by John Tuck**

There are opportunities for all in this month's edition. You could join any of the groups, stretch your brain as part of a quiz team (page 7), or help children with their reading (page 3). Trying new things making new friends is what the u3a is all about!

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 May 29<sup>th</sup>**.

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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As we are all enjoying the longer sunlight days, it is a wonderful time to feel energised and looking forward to time with families and friends and pursuing outdoor interests. It is also a great time for our u3a as we now have 223 members. There are other positive opportunities, which is great to be able to share with you all.

The first is that we now have a publicity officer, Steve Guratsky who most of you will know, as he was the previous Chairman of this u3a. This has been a vacant post for a long time, and Steve has the experience and knowledge to fill this. He would welcome the support and input of members and happy to work in partnership with others.

I attended and spoke briefly at the Town Council Meeting on the 17th of April on behalf of the u3a, in total there were 10 voluntary Groups involved. I met Lucy Shires who is a councillor from the District Council, and she was really interested in what the u3a offers and took a number of leaflets to use for the Phoenix Centre in North Walsham. She considered that she could identify a number of people who dropped in to the café who may be interested and have a lot to offer. Lucy also offered us a table to use at the Phoenix café, on a regular basis so that we can promote the u3a. I will be looking for volunteers in the future to support this, when dates are confirmed.

I have also begun to look at the Online Learning Events which are available opportunities through Zoom calls nationally. There is a wide range of one-off events, and some longer courses, all free to members and in announcements below I have identified a few to show you the range of interest. I am fully aware that not everyone is comfortable in using Zoom but do believe there would be benefits if a small group of us watched some of these learning events together, we could then have a discussion and a cuppa. If you are interested in developing this idea, please get in touch with me.

Warm regards,

**Maureen Cavanagh**

Chair North Walsham u3a

### **Committee Meetings:**

The venue and time for the committee meeting topic discussion on Publicity is at St Nicholas Hall at 2.30pm is on the 19th May the 2025. Steve Guratsky as the new Publicity Officer is keen to engage with people who may want to assist, share ideas or give the benefit of their experience in this area. Members can also bring any topic they wish to discuss.

**Maureen**

## Notices

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The next **Monthly Meeting** is on Friday the 2nd of May at 2.15pm at the Sacred Heart Hall. The speaker is Chris Foster from the North East Norfolk Conservation Volunteers, a positive and hard-working group working within our community.

**Online learning events** free for u3a members – these can be identified and booked on [www.u3a.org.uk/events](http://www.u3a.org.uk/events). Below are examples of the courses that are available.

- Turner and Impressionism Looks at life and work of British landscape painter. This year 250th anniversary of his birth. Date Thursday 8th of May at 10am
- Flight Inspiration USAAF and RAF aircrews and how the airmen dealt with the psychological stress of knowing that each mission could be their last. Date Tuesday the 3rd of June at 10am
- A Life Living and Exploring with the most exciting wildlife on Galapagos Join Ramiro Tomala as he shares his first-hand experience of living there. Date Thursday 8 th of May at 2pm

### 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](mailto:Cavanagh_m@yahoo.co.uk)

### An Opportunity to Work With Children

Hi, I am writing to you as I am the Growth and Partnership manager for Coram Beanstalk, a national charity with over 50 years' experience of helping children to grow a love of reading. We have a school in North Walsham partner with us and we are looking for a few people who we can train to become reading helpers and support in this school. We provide all the training via zoom as well as a DBS check. I was wondering if there would be a way of you sharing our charity and hopefully help us gain some volunteers, for example by sharing our role with your members? I look forward to hearing from you,

Best wishes,

Kerry Ward

[kerry.ward@corambeanstalk.org.uk](mailto:kerry.ward@corambeanstalk.org.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		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		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>	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>	Folk Music <i>Jean Simpson</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>	

\*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

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## Book Group

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Our last book was, "The Family Upstairs" by Lisa Jewel. It tells of a family who invite friends into their home and then find that not only do those friends stay but that they gradually take over the running of the home, particularly one man. Years later three bodies are found in the house, with a baby upstairs who appears to be fit and well, and the rest of the occupants have gone. The book is told through the eyes of three of the children, who are now adults. The group felt that the short chapters made it easy to read although it was easy to confuse some of the characters. There was discussion about how susceptible the adults in the original family were, and whether some people are gullible or is it that others are more crafty and manipulate? It brought up a topical problem about "Cookoo-ing" which the Government is looking to outlaw, where a person ingratiates themselves into a household and then takes over for their own gain ( often running illegal businesses from that premise, such as supplying drugs).

As usual, we did not have complete agreement on our views of a book, and our scores ranged from 3 to 9 out of 10. The average was 7/10.

The next book, to be discussed (8th May), is "The Authenticity Project" by Claire Pooley. Six strangers tell lies about their lives - what would happen if they told the truth? Watch this space in the next newsletter and we will tell you what we think!

**Yvonne Dickinson**

## 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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As our esteemed leader was absent, five of us gathered in the Library to solve two Guardian crosswords a Quiptic, and one cryptic from last Wednesday. We generally solve the former as a warm-up, but found this one quite difficult.



Clues of the day:-

Joins male bears getting caught out (7)<sup>1</sup>

Aspiring to the level of Tom, Jade and Quincy (7, 2, 4, 3, 7)<sup>2</sup>

1. Marries - the definition is joins, M is male, followed by Carries without the C
2. Keeping up with the Joneses - Tom, jade and Quincy are all Joneses

**Ralph Edwards**

## Current Affairs

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This month's topics were as follows:-

Trans-sexual rights, given the recent High Court ruling

Dealing with violent ideological prisoners

Saving the NHS by bringing back cottage hospitals

And, inevitably Trump and the economy

## Ralph Edwards



## Jazz Appreciation

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Tony has been a passionate jazz fan and a valued member of our Jazz Group for many years. He's had the incredible experience of seeing many of the jazz greats live in concert—and we're in for a real treat! At our next U3A jazz session, Tony has kindly offered to share some personal stories and anecdotes from those memorable gigs, along with playing music from some of his favourite jazz legends.



Just a quick note about the venue: because of the Bank Holiday on Monday, May 5th, our usual meeting space—the St Nicholas Room—will be in use for the NW Fun Day. So instead, we'll be gathering at Tony's home:

65 Yarmouth Road, North Walsham.

If you're not a regular member but are interested in joining us or simply want to come along and see what we're all about, just drop me a message.

The North Walsham U3A Jazz Group meets on the first Monday of each month at 2 pm. We ask for a small £2 donation per session to help cover the cost of the room, plus tea, coffee, and of course, some biscuits!

For more information, feel free to get in touch with me,

Jim Costello –jamescostello@yahoo.com

Looking forward to seeing you there! 🍷

## Jim Costello

## Life Story

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In the April Meeting we reviewed the Talk by Steve on his family history and the technology that could be potentially used to present our own Life Stories. We looked at identifying national events from the u3a which could be relevant for this group to watch together, as opportunities arose. In the May meeting, we will be looking at the education we experienced as children, in contrast to the education our parents and grandparents had and the education our children and grandchildren now experience. The Life Story Group meets on the second Friday of the month in St Nicholas Room, between 2 and 4pm. Our next meeting is on Friday the 9<sup>th</sup> of May and we have vacancies if people would like to join us for a one-off session to try it out. You would be very welcome.

## Maureen Cavanagh

## Quiz Group

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There are a few places available for April's quiz at the Black Swan pub in North Walsham on Wednesday 30 April. The quiz starts at 7.30pm and costs £2 per person.

If you've been before you know the format but if you haven't, it's a fun evening with a wide range of questions (no team takes it too seriously)- so you will know the answer to some.

To book a place please email me [bredding@tiscali.co.uk](mailto:bredding@tiscali.co.uk)

## Brenda Redding

## Ten Pin Bowling

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Although not so many attended due to Easter breaks and grandparents' duties, we had an enjoyable morning with the usual banter and laughter.

Our next meeting will be Thursday May 8th at 10.00am, all are welcome just email [diane\\_mulligan@yahoo.co.uk](mailto:diane_mulligan@yahoo.co.uk)

Or the form will be on the raffle table to sign up.

The cost is £10.95 for 2 hours including coffee or tea halftime at Strikers.

## Diane Mulligan



Despite a stressful start which involved changing rooms and moving the piano! we had a very enjoyable singing session. We welcomed two possible new members for a free taster session and we all had a good chat over tea and biscuits.

After warming up with clapping the beat and singing Lee, Lay, La we sang Paddy On The Railway, Hal-en-Tow, Swing Low Sweet Chariot, Three Part Round and Down By The Riverside.

We are back in The Sacred Heart Church Room on the 8th May and welcome any new members for a free taster session.

### **Patsy Tomlinson and Margaret Jeppesen**

#### **Wine Appreciation**

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A big thank you to David for providing the Wines (from Waitrose) and Hosting, and everyone else for their Food contributions

With the Scores the Wines were:

7.3 Piccozza Pinot Bianco 2022 – 13.5% – £12

6.5 Gavi "Venturina" 2023 – 12% – £12

7.8 Terre di Faiano Nero d'Avola 2023 – 14% – £11

8.3 Primitivo di Manduria – Paolo Leo 2023 – 14% – £9

Next month (May 8th) will be at Roy and Eva's

Cheers !



### **Roy Tuff**

## **May Walks 2025**

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### **Walking Group Coordinator**

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

### **Friday 9<sup>th</sup> May 10:00 am approx. 5 miles**

Walk leader Maureen Cavanagh

The start point for the walk is on Chapel Road Trunch, NR28 0QG 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.

Lunch possibly at Kitale or Shambles afterwards

### **Tuesday 20<sup>th</sup> May 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**

