
North Walsham u3a Newsletter August 2024



This photo from the Digital Photography Group was taken by Penny Davis on their recent outing to Mannington Hall. It serves as a reminder that there is sunshine sometimes in this sceptred isle, although our garden could now do with some rain!

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 August 29th**.

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

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Thoughts From the Chair

As you may have heard, the Olympics are about to start in Paris. But don't worry; this piece has (almost) nothing to do with sport. I know my readership (yes, both of you) and am fully aware that you see elite sport as one of the following:

- (a) Impressive but not something you have the inclination or ability to participate in yourself
- (b) A chance to have a nice nap in the afternoon because they've cancelled Bargain Hunt to show people running around in circles instead
- (c) A colossal waste of TV licence payers' money that could have been spent on more programmes about making a profit buying and selling bric-a-brac
- (d) Yet another reminder that Great Britain (why not Team UK?) isn't actually the best in the world at everything
- (e) All of the above

For the record, the right answer is (e).

So when I saw a recent newspaper headline that started with 'I know how to improve the Olympics...', I felt a tiny ray of hope that there might be an answer (f), something like 'Better than it used to be'. Reading on, I found a hilarious and beautifully written list of suggestions for new food-related Olympic events from food critic Jay Rayner. These, he said, would make the Olympics more inclusive and relevant for people like him (and me) who don't actually like sport as the word is conventionally understood. You can read his article at: <https://www.theguardian.com/food/article/2024/jul/18/i-know-how-to-improve-the-olympics-first-up-the-burger-stacking-contest-jay-rayner>

Between fits of giggling and full-on laughing out loud at Mr Rayner's suggestions, I remembered that he is actually one of my heroes, as indeed are several other newspaper columnists I enjoy reading. What they all have in common is that are absolutely brilliant at what they do.

So, based on that criterion, how about a few more heroes? Such as Dave Fishwick who started a successful new bank from scratch, Burnley Loans and Savings, for people other banks wouldn't deal with. Or your best ever teacher. Or Leonardo da Vinci. Or John Mayall – literally a guitar hero. Or people who grow giant vegetables. Or whoever invented the corkscrew....

And through gritted teeth, I even have to include all the people competing in the Olympics. Not just the ones who win, but those who don't and never will, like the Jamaican bobsleigh team and 'Eddie the Eagle' in the 1988 Winter Olympics. They're all much better at what they do (or did) than I or probably any of you are.

So maybe the point is that being very, very good at something is really quite admirable, even if it's not something we're interested in ourselves.

And yet I do still wonder. Can anyone really be a hero regardless of what they're good at? For example, what about those highly skilled salespeople who can persuade you to buy things you don't need? Maybe not heroes exactly, but they do help to keep the economy going and generate tax revenue to pay for our pensions. So perhaps a little bit heroic – or anti-heroic? Or how about

criminals? Surely they can't be heroes, however skilled they are in their chosen line of work. But then again, what about Robin Hood? Totally heroic in spite of being 'Nottingham's Most Wanted'.

I'm not sure where all this leaves us except that there are probably more heroes around than we sometimes realise and that they're not all Olympic athletes (though some of them are). So, as David Bowie, another indisputable hero, might have said, 'We can be heroes... as long as we practice really, really hard'.

Best wishes,

Steve Guratsky,

Chairman, North Walsham u3a

GENERAL MEETING, FRIDAY 2ND AUGUST, 2.15, AT ST. SACRED HEART HALL

This month's meeting will be our annual Summer Tea Party, so please come along for lots of chat, some extra special refreshments and an optional table quiz. We look forward to seeing you there.

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.

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
- 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.

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



On 17th July seven of our members enjoyed two exhibitions at Holt as part of the festival.

Firstly, a well curated exhibition "German Expressionists and the Third Reich" which showed works which were either deemed degenerate or from artists who were persecuted for their faith/race. Many of these had been sourced from private collections including a bayonet damaged oil painting from Stephen Fry's mother which mercifully sustained the cut instead of one of the family whilst they were escaping Nazi Germany. There were works by Schiele and Grosz and harrowing sketches of poverty and persecution. It proved to be a sobering experience and we were grateful to Peter and to the guides for explaining the artistic climate of this period.

The second exhibition was the shortlist for the Sir John Hurt prize. This was very varied, mostly two-dimensional with oil, acrylic, mixed media and different print techniques but also some ceramics. One of our number (who to preserve their modesty shall remain nameless) also had a charming, narrative oil painting there. If you do visit, the clue is 1H3.

Sue Holmes.

Book Group



Our book this month was "Brighton Rock" by Graham Greene. It is set in 1930s Brighton and deals with the seedier side of life. The main character is Pinky, a seventeen year old who steps up to take over the gang who have recently lost their leader. He is a rather unpleasant young man who thinks nothing of a spot of murder. The book deals with a particular murder which was committed by his gang, on his orders, but he is now having to tidy up after them after mistakes were made! The overall reaction of the book group was very positive with most members having really enjoyed it. It came out with a very respectable 7 out of 10 rating.

We are turning to ancient Rome for our next book; "Pompeii" by Robert Thomas - and we all know what happened there!!! "

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

Jazz Appreciation



We are all looking forward to our next session of the Jazz Group on Monday August 5th as we will be learning about, & listening to the musical legacy of a band leader called Stan Kenton. Many young jazz musicians spent their formative years in his band & we will be exploring their later successes.

The North Walsham U3A Jazz Group meet at the St Nicholas Room on the first Monday of the month starting at 2pm. We ask for a donation of £2 per meeting towards the hire of the room & for tea/coffee & some biscuits.

If you need any further details about our Jazz Group email jamescostello@yahoo.com

Jim Costello

Sunday Lunch



Quick as a flash, six months of happy feasting in a great variety of local venues has sped by! We have enjoyed dining in many a diverse diner, from cafes to five-star, usually a group of around twenty U3A members, happy to be out on a Sunday lunch-time with old and new friends.

We now have a ratings system for the venue, and members, if they wish to, score their experience out of a possible top mark of ten, under six headings such as quality of food, value for money and service. Perhaps our findings will encourage more people to get out and about in our wonderful county and explore !

The Cliftonville, Cromer – was a wonderful setting and scored an average 7.9 out of 10.

The Goat at Skeyton – was a very happy lunch, scoring an average 8.9

The Old Rectory at Crostwick – was exceptional, with an average of 9.7

The group is very grateful to the members who come forward each month and organise our lunch.

Jazz Waspe

Ten Pin Bowling



We are unable to meet in August as priority is given to the younger generation. So our next date for the diary will be September 12th

Diane Mulligan



We all enjoyed another singing session on the 11th July.

During the hour before our tea break we sang Hal en Tow, Paddy on the Railway, My Dog He Can Do The Can Can and Banaha.

After a cuppa we sang I Whistle a Happy Tune, Michelle, Yellow Submarine, Can You Feel The Love Tonight and There Will Always Be an England.

Singing helps lower stress, boosts immunity and lung function and improves memory. Come and join us and our very talented music teacher and pianist on the second Thursday of each month.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation

This month June provided an interesting selection of French Wines in recognition of Bastille Day



The Wines and Scores were:

- 7.6 Cremant de Bourgogne Brut £12.50
- 6.9 Picpoul de Pinet Baron de Guers £9
- 6.9 Cotes de Provence Saint-Victoire £15
- 7.0 Roc de Lussac Saint-Emilion £9
- 8.5 Saint-Chinian Syrah Grenache £9.50

Next month (August 8th) Richard and Marilyn are hosting a BBQ – we hope for good weather ...

Cheers !

Roy Tuff

August Walks 2024

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



Tuesday 13th August 9:30 am start approx. 5.5 miles

Leader Andrew Lamyman

Start Point 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 30th August 10:00 am start approx. 3.9 miles

Leader Steve Guratsky

Walkers should park wherever they can, in the village, and meet at the pub for a 10.00 start

Circular walk from the Foundry Arms in Northrepps. (Church St, Northrepps, Cromer NR27 0AA) to Overstrand and back. It's just under four miles, so a nice gentle couple of hours at most, with an optional lunch booked at the Foundry Arms at 12.00.

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

This month we start with an election news story that's not about politics and move on to an unexpected effect of some hot weather, people doing some pretty amazing and/or silly things and finally, of course, to a load of stuff about animals...

Hens, lost engagement rings and other odd polling station stories

<https://www.bbc.co.uk/news/articles/cy00817d5j4o>

DC heat melts head off wax replica of Abraham Lincoln

<https://www.bbc.co.uk/news/articles/c0xxjn07d6qo>

Londoner continues epic trans-Africa run after release from South Sudan jail

<https://www.theguardian.com/world/article/2024/jun/27/londoner-deo-kato-transafrica-run-detained-south-sudan>

Playing for survival: the blind Japanese woman keeping a music tradition alive

<https://www.theguardian.com/world/article/2024/jul/19/playing-for-survival-the-blind-japanese-woman-keeping-a-music-tradition-alive>

Scientists inflict karaoke on young volunteers to find out what makes us blush

<https://www.theguardian.com/science/article/2024/jul/17/scientists-inflict-karaoke-on-young-volunteers-to-find-out-what-makes-us-blush>

Britons asked to pop a slug in the post to help science

<https://www.theguardian.com/environment/article/2024/jul/11/slugs-post-pest-resistant-crop-wheat-research>

Liskeard postal workers hampered by dive-bombing seagulls

<https://www.bbc.co.uk/news/articles/c0333d1v9g9o>

Six-legged 'mermaid' dog Ariel finds new home by the sea in Wales

<https://www.bbc.co.uk/news/articles/cd11xd80kp2o>

Hippos might fly: UK research discovers animal can get airborne

<https://www.theguardian.com/world/article/2024/jul/03/hippos-might-fly-uk-research-discovers-animal-can-get-airborne>

White-tailed eagles: Footage reveals 'miracle chick' in flight

<https://www.bbc.co.uk/news/articles/c047gl9zyx3o>

'Africa's most resilient lion' and his brother filmed making 1.5km swim across dangerous African river

<https://www.theguardian.com/environment/article/2024/jul/11/africas-most-resilient-lion-and-his-brother-filmed-making-record-breaking-swim-across-dangerous-african-river>

'Frog saunas' could save species from deadly fungal disease, study finds

<https://www.theguardian.com/environment/article/2024/jul/11/frog-saunas-australia-research-treatment-deadly-fungal-disease-aoe>

Komodo dragons have iron-coated teeth, scientists find

<https://www.theguardian.com/environment/article/2024/jul/24/komodo-dragons-iron-coated-teeth>

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>