
North Walsham u3a Newsletter November 2026



As I write, the wind is howling and welcome rain is coming down. The clocks go back tonight, presaging the onset of winter. This makes it an ideal time to look at the list of activities on offer on page 3 and join some new groups.

Photo: John Tuck

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 **Thursday November 27th**. Please send any comments or articles to me at ralph4ed@hotmail.com

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Thoughts From the Chair

November is nearly here, and I do hope you will join us for our Annual General Meeting on Friday 6 November at 2.15 pm at Sacred Heart Hall.

I know that Annual General Meetings don't always sound like the most exciting way to spend a Friday afternoon! But this is much more than a formal meeting. It is an opportunity to celebrate what we have achieved together, look ahead to the future and, most importantly, enjoy each other's company.

What a year it has been! We celebrated our 20th anniversary, welcomed new members and continued to develop our range of interest groups. None of this would have been possible without the enthusiasm and generosity of our group leaders, volunteers and committee members.

After the AGM, we will share photographs of our groups in action. There will also be an opportunity to chat with group leaders, discover activities you might like to try and enjoy refreshments together.

We particularly want to hear your views. What do you enjoy about North Walsham u3a? What could we do better? How can we make it easier for everyone to feel welcome and involved?

Please come along, even if you don't usually attend our monthly meetings. Your u3a belongs to its members, and your ideas, involvement and support really do matter.

I look forward to seeing you on Friday 6 November – and there will be tea, coffee and plenty of time for a chat!

Maureen

Chair, North Walsham u3a

Announcements

1. November AGM – Friday 6 November

Our November monthly meeting at 2.15 pm will be the Annual General Meeting. We will be welcoming changes to the Committee and additional volunteers to help share the work.

2. December meeting – Friday 4 December

Chris Bales from Norfolk Police will talk about cybercrime. Afterwards, we will enjoy Christmas tea and coffee, with a video showing photographs from our August anniversary celebration.

3. Festive Meal – Wednesday 20 January 2027

For newer members, we traditionally hold our festive meal in January to give us something to look forward to. After considering other venues, we have booked the Beechwood Hotel again. Please arrive from noon for a 12.30 pm meal. The menu and booking information have been sent in a separate email, along with a request for volunteers to help organise the event.

4. Keeping group lists up to date

If you are on a group list but no longer attend, please let your group leader know. This helps us keep accurate records and identify spaces for other members.

Local Community Event

North Walsham Drama Group – The Nighttime Scorpion

This dark comedy is at North Walsham Community Centre on Friday 13 and Saturday 14 November 2026. Doors open at 7.00 pm for a 7.30 pm start. There will be a bar and raffle. u3a members pay £6 at the door – a £2 discount. Do come along and support them!

NW u3a Groups and Days

Week	Day	Morning	Afternoon
1	Monday	Coffee Morning <i>Richard Nevill</i> 	Jazz Appreciation <i>Jim Costello</i> 
	Tuesday	Darts <i>Trevor Cheeseman</i> 	
	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		Quiz Group <i>Brenda Redding</i> 
	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>	Easy Bytes <i>Richard Nevill</i>  Healthy Living <i>Suzanne Lakin</i> Book Group 2 <i>Yvonne Dickinson</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> 	
	Tuesday		Gardening <i>Steve Guratsky</i> Meditation <i>Chrissie Kimber</i>
	Wednesday		Knit & Stitch* <i>Brenda Tibbles</i> Art <i>Stella Shanahan</i> Quiz Group <i>Brenda Redding</i> †
	Thursday	Cryptic Crosswords <i>John Harris-Hall</i> 	Tai Chi <i>Maureen Cavanagh</i> 
	Friday	Family History** <i>Marilyn Nevill</i>	

*Last Wednesday of the month

**Last Friday of every other month starting September

† Last Wednesday 7.30 pm

News from the Groups

Art Group



On September 30th we were treated to a wonderful session led by Professor Simon Willmoth. He showed us examples of works of art which hold significance to him and prompted some lively discussion. We explored composition, subject matter, colour use, historical relevance and so much more! Simon's reaction after the session was... "What a lovely group "

Our reaction after the session was...
"Wow! That was really good"



Stella Shanahan

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

October's meeting took place on a rather cold and wet day, but we soon warmed up by getting our grey cells into action. As usual, we started with a Guardian Quiptic (No. 1040, freely available online). A cracking start in the south-west corner gave us a great foothold on the puzzle.



One clue in particular raised a few eyebrows: "Upsets leader of department involved in IT studies (7)" = SADDENS. To solve it, we had to interpret "IT" as in an "IT" girl and turn that into "SA" (sex appeal). In these more woke times, we wondered whether this was quite an appropriate clue! Comments welcome...

Working together, our combined brainpower enabled us to find answers more quickly than most of us would have managed individually. The grid was completed in a very respectable 40 minutes.

Our CoD* was:

"Ministerial garb said to be redundant (7)"¹

"Redundant" being the **definition** and "said to be" hinting at a homophone of "ministerial garb" (SURPLICE).

After the usual break with topics for discussion ranging from, *inter alia*, Norfolk classical music concerts to how to reef a sail, we attempted a *The Times* cryptic crossword (no: 28324 – level 86):

<https://feeds.thetimes.co.uk/puzzles/crossword/20220623/51217/crossword-20220623-51217.pdf>

We made a quick start with “Steps taken by Cubans having drink at pub reduced (5)” = RUMBA. Things slowed down a little after that, however, and we encountered a couple of unfamiliar words: ESCHEATMENT and ROUNCEVAL (although one member had a distant recollection of the latter). If either is new to you, do look them up on Google. You could even try slipping them into conversation over the next few weeks – good luck with that!

We also nearly fell into a trap by entering PRIMORDIAL instead of PRIMORDIUM as one of our answers. Download the puzzle and take a look at clue 18a to see how easily we could have been caught out!

Our solving time was 40 minutes once again. Everyone played their part, whether by cracking clues outright or helping to unravel the parsing. A good team effort all round!

Our CoD* was:

“British excel in equestrianism, confined here once? (9)”²

-
- “Confined her once?” is a DBE** (because of the “?”). The wordplay is – “British” = “B” and “excel in equestrianism” is “ride well”

We did have a runner up CoD this time:

“Singer capturing large bird fairly quickly (10)”³

“Fairly quickly” being the **definition** and a “singer” (ALTO) capturing (ie: containing) a “large” (ie: L) “bird” (EGRET). The whole “surface” of the clue (giving a hint of a musical nature) appealed to us.

If you would like to join our group (we meet on the fourth Thursday in NW Library at 10am) you would be very welcome but we probably can only fit in one or possibly two more so be quick...

Contact me via the u3a website.

John Harris-Hall

*Clue Of the Day

**Definition By Example

SURPLUS¹

BRIDEWELL²

ALLEGRETTO³

Current Affairs

It was good to welcome back two members who have had recent stays in hospital, so our first topic was the state of the NHS.

Later we discussed the party conference speeches; executions in the USA; French school riots; crypto currency and next month's budget.

Ralph Edwards



Digital Photography Group

Our Digital Photography Group 'Winter' sessions resumed at Trunch Village Hall, Knapton Road, Trunch NR28 OQE on Thursday 1st October 2026 at 2pm.



We decided to develop a programme which recognises that many of us now use mobile phones for taking and editing our photos and that AI provides some great tools for photo editing. Other things we might like to help each other with are data transfer, video techniques, phone apps and features, and general support for finding out how to use and control our cameras.

We also thought we could have a monthly subject linked to a practical photo challenge. A list of challenges was presented and it was agreed that the challenges would appear in the Photo Albums section of our Groups.io website. Many members also said they enjoy looking at each other's photo submissions and we displayed a selection of our Summer outing photos on the big screen tutorials.

Some time was spent showing the use of our email system, [Groups.io](https://groups.io), to our newer members and Richard and John offered to provide further help once these members had signed up to the system.

After the meeting, Richard sent out links to a couple of videos – one about ways to restore photos using AI and another about using Google Lens.

Lastly, as newbies to Nwu3a Digital Photography Meeting – Oct 2026, I wanted to say how welcome we were made to feel. It is currently a small group, but room for more. At the end of the session, I 'foolishly' volunteered to write the reviews for each session, but had not taken notes! Therefore, I have to thank Richard for his assistance and admit to plagiarism.

The next meeting will be at Trunch Village Hall at 2pm on Thursday 5th November. Where you will receive as warm a welcome as we did.

Donna Christie

'The Green Man' by Jenny L





With such a wonderful spread set before us, we decided that maybe we were an 'eating group' rather than one devoted to gardening! Hazel did us proud as we sat in her conservatory overlooking her 4-year garden (originally full of ant's nests, so nothing like the haven it is today). We chatted about the current size of our gardening group and what we might want to do in the future, given that we've expanded from 12 members to 19. There were lots of opinions about what would be

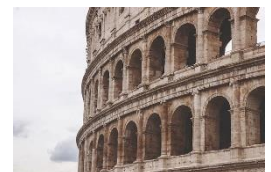


worth continuing with and what might be worth changing. But as Roger had very kindly offered to give us the lowdown on Autumn gardening, we stopped nattering and paid attention to his suggestions based on his own fruitful gardening experience. He reminded us of one of the biggest challenges that we all experienced – the drought – which, as one person pointed out, could be more intense next season, given the influence of El Niño. We were thus keen to discuss water conservation, especially after the hosepipe ban. Those of us without a hosepipe dispensation got very creative indeed when it came to watering – from ingenious greywater harvesting to different kinds of mulching. Roger noted which plants had thrived in his plot, and which had struggled, and this elicited a whole chorus of similar stories – the unexpected toughness of roses; the glut and losses of vegetables; the annihilations (and surprise recoveries) of our beloved plants. We even talked about critters, large and small and, in addition, how we all just keep a troshin' in the face of tough health issues. I noted with interest that I wasn't the only one who came away from the gathering thinking that the session had been wonderfully focussed, mellow, guileless and equitable – a bit like a happy family imbued with a really positive (and welfare-boosting) passion.

Veronica Korczak

History

We have come to the end of Crime and Punishment and we have found out some interesting facts:-



- The great surprise was that until 1836 a person accused could not have anyone in the court to help in their defence. However, those prosecuting could call as many witnesses as they liked. The punishment, drawn hung and quartered- in this way not as most say, hung, drawn and quartered was started at the end of Henry III reign, but it was his son Edward I who used it freely. This law was only repealed in 1870.
- The Habeas Corpus act was passed in 1679. This was to stop people being held in prison without trial.
- The oldest is from Saxon times. Raise a Hue and Cry. If someone in your village had committed a crime, they had to be found and this was by the villagers raising a hue and cry, and searching for them. Our next meeting will be Clothing and Fashion through the ages. **Brenda Tibbles**

Paddle Group

October's paddles have certainly felt autumnal, with an extra layer of clothing becoming essential! We're now approaching the end of another excellent paddling season, which everyone seems to have thoroughly enjoyed.

Our new members have been a wonderful addition to the group. Their enthusiasm, knowledge and previous paddling experience have all helped us develop the way we operate, and it's great to see the group continuing to evolve.

The weather forced us to cancel one paddle, although on another occasion, despite some initial doubts about the conditions, we eventually made it onto the water at Barton Turf.



One of our favourite trips, from Hautbois Activity Centre up to Buxton, attracted an almost full house of 11 paddlers. We were rewarded with lovely sunshine, and, with no hire boats on this stretch of the Bure, enjoyed a peaceful paddle and plenty of opportunities to appreciate the beauty of the Broads.

This will be our final report until the spring, although we may squeeze in another paddle or two before the year is out. As I write, the forecast for this Friday's outing isn't looking particularly promising! We hope to be back on the water in late March or early April, but, as always, the weather will have the final say.

We're always delighted to welcome new paddlers, whether you're an experienced kayaker or simply keen to give it a try. We don't provide kayaks, equipment or formal coaching, but we're a friendly and welcoming group, always happy to share advice and lend a hand with loading and unloading. Most importantly, we enjoy getting out on the water together, exploring the beautiful Broads and sharing the occasional laugh along the way.

If you fancy joining us next season, why not get in touch through the NW U3A website? You'd be very welcome to come along, meet the group and discover the pleasure of paddling with us. We're already looking forward to another season of fresh air, lovely waterways and good company – and it would be great to have you join us! Please get in touch via the NW U3A website.

John Harris-Hall



Ten Pin Bowling

Our October session was a lot of fun as usual, Stella treated us to biscuits with our tea and coffee break which was nice. Everyone seemed on good form as more strikes than normal were achieved. It is a light hearted group not fiercely competitive, much more social and friendly, anybody is welcome to join us.

The next date is Thursday November 12 th at 10.00 am at "Strikers" £12 for 2 hours including tea of coffee.

Put your name on the list which will be on the raffle table at the monthly meeting, or email me diane_mulligan@yahoo.co.uk

Diane Mulligan



U3Sings



Our October session of U3Sings was very enjoyable. We sang Banaha, Dona Nobis Pacem, Gaudete, Down By The Riverside, Rhythm of Life, Sloop John B, Mighty Mississippi, In New Orleans and Zebby Pike.

Singing boosts your mood, strengthens your lungs and reduces stress. Come and join us on Thursday, 12th November from 1.45pm to 3.45pm in The Sacred Heart Church Room, North Walsham for a free taster session.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation

This month we enjoyed a further selection of Bin Ends
With our Scores they were:

- 7.7 Rives-Blanques Blanquette de Limoux 2017 – France – CH Wines – 12.5% £14.77
- 8.0 De Bortoli Willowglen Chardonnay 2019 – Australia – Adnams – 12% £8.09
- 7.9 Pares Balta Cosmic 2019 – Spain – CH Wines – 12.5% £13.81
- 8.2 Casa Mariol Garnatxa Negra 2016 – Spain – CH Wines – 13% £11.20
- 8.3 Introvert Cabernet Sauvignon 2016 – California – CH Wines – 13.5% £15.66

Please note that the prices are original, and that some of the vintages may no longer be available
Our next Tasting will be in November (12th) at Roy and Eva's – Steve is providing the White Wines and Sue her favourite Reds

We do have some spaces in the Group now – please contact me if you are interested in joining us – tuffnw@gmail.com

Cheers !

Roy Tuff



November Walks 2026

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



Tuesday November 3rd start time 9:30 approx 5.5 miles

Walk leader

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 from £1. Cash only

Friday November 20th start time 10.00 am approx. 5 miles

Walk leader Andrew Lamyman

Start point: Red Hart Inn, The Street, Bodham, NR25 6AD. Car parking near the pub, in the pub car park (agreed with the Red Hart Inn) or in the small village car park opposite the village hall. Avoid parking in the village hall car park as this is padlocked when not in use. Meet in the Red Hart Inn car park.

Circular rural walk from Bodham via the moated ruin of Baconsthorpe Castle (free entry), countryside tracks and views and quiet lanes.

Post walk lunch at the Red Hart Inn. Please let Andrew know at the start of the walk if you wish to have lunch afterwards.