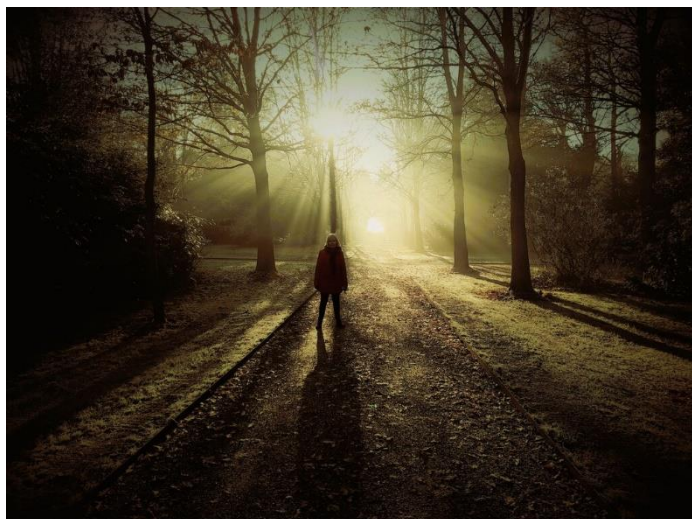

North Walsham u3a Newsletter March 2025



This month's rather haunting photo is by Len Casey of the digital photography group, responding to a silhouette challenge.

NW u3a has had a good month – the membership is steadily rising – 215 as I write this, but we have a long way to go to equal pre – Covid levels. The new quiz group has proved very popular.

If you have any suggestions for groups, or, indeed, want to start one, please get in touch 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 March 27th**.

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

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Thoughts From the Chair

This month has been very interesting in that lots of activity has taken place in our u3a picking up on the themes of Groups and Publicity. The new Quiz Group at the Black Swan has had 2 successful events with 12 people attending each session. In terms of other Groups, there is a planned Group Leaders Meeting on the 28th of February 25 and a meeting for new members on the 4 th of March 2025 where I am sure lots of ideas will be generated. We also had a small meeting about communication, with a technical slant, looking at how we can communicate more effectively with members and also for potential new members out in the community.

I have also been involved in a Zoom Meeting, through the Chairs Forum, where the new Chief Executive, Ian Cassidy, shared his views. He has had 20 years plus in voluntary services and his view was that the u3a was an excellent movement, with 400,000 members in the UK. He talked of supporting and recruiting new members, ensuring that anyone who wants to can join the u3a and that it remains relevant whilst there are so many changes, for example people having to work longer to pension age. Overall, Ian Cassidy accepted the challenges that various Chairs raised in the Forum, he was keen to have feedback from all members and he saw the u3a as an excellent example of "positive ageing".

Committee Meetings: The venue and time for the committee meeting topic discussion is at St Nicholas Hall at 2.30pm is on the March the 17th 2025. Any member is invited to attend this and at this meeting will be looking at Communication, volunteering within u3a and any issues members may wish to bring. All ideas and suggestions are gratefully received and valued.

Participating in the community. I would be grateful if people could identify, for the Committee, local groups that they attend or know about who may be interested in finding out about the opportunities that the u3a can offer. I believe it would be worthwhile and beneficial to visit such groups or share information with them.

Warm regards to all

Maureen Cavanagh

Chair North Walsham u3a

Notices

The next Monthly Meeting is on Friday the 7 th of March 2025 at 2.15pm at the Sacred Heart Hall is Emily Matthews who will be talking about the Snetterton Dogs' Trust.

We have had 6 members who have volunteered to support the PositiviTea events in North Walsham on the 13th of March 2025 at the Salvation Army Hall. We will have a table, and we can share leaflets and information and talk to members of the public and other local organisations. Before this event a meeting will be arranged with the volunteers, to whom I am very grateful.

There are increasing difficulties in finding additional booking spaces at the Sacred Heart Hall. They are prioritising Parish events and are renting out on a weekly basis to a number of organisations for vulnerable groups. Therefore, booking opportunities are reducing which is challenging, as it is a good venue for those that need parking immediately outside the venue. They do have the majority of Saturday mornings that can be booked and occasionally all-day Saturday, which may be an opportunity if people would like to develop some short focussed weekly meetings. They are adding a ramp to the side of the building entering the front of the main hall for people who use electric wheelchairs.

The u3a North Walsham was registered with the Charity Commission on the 11th of February 2025 and our Registered Charity Number is 1212098 if people want to look this up or contact me if you are interested in reading the application.

OPEN TO ALL MEMBERS – The Life Story Group would like to invite you to an Open Meeting on the 14th of March 2025 in the St Nicholas Room /St Bedes Hall between 2.30 pm and 4pm Steve Guratsky will be giving a presentation on “125 Years of Life Stories”, describing his family history from Russian refugees in the 1890s to their very different lives today.

Croquet 2025 Season

April to September inclusive

1st Monday of the month

Coordinator

John Grier



Cromer at Sunset

Len Casey

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

Book Group



"Sunshine and Sweet Peas in Nightingale Square" by Heidi Swain was this month's book. It had an average score of 6, with 8 being the highest and 4 being the lowest.

No one gave up on it as we all found it to be an easy, light read. (I found it to be a good read after several heavier, more meaty books so gave the generous 8.) We agreed that we scored as to whether the book appealed to us on a personal level.

A book should not be judged on its cover, I believe, but looking at the jaunty script and colourful cover I anticipated it would have a "happy ever after" ending and it did just that. We discussed whether some books were written to appeal specifically to men or women. Our last book was "The Thirty Nine Steps" which was an adventure/spy story which we all enjoyed, chosen by Bob. But on reflection, we thought that books should not be labelled and would, hopefully, be enjoyed according to individual tastes.

Our next book is "Lady in Waiting" by Anne Glenconner, an account of the life of a friend and lady in waiting to Princess Margaret. A different kettle of fish altogether!"

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

Cryptic Crosswords



The cryptic crossword group welcomed a potential new member this month. We tackled our usual fare of: a "warm up" *Guardian* "Quiptic" (1193) and then a *Times* cryptic crossword (29048).

Maybe due to a few members having been to a quiz evening the night before, the group sailed through the first crossword very quickly. Our COD* was:

East European composer cited points to be considered? (9)**

Our elated and quick solving mood didn't last however and we were soon really challenged by the *Times* offering. As usual, our collective brains did manage to get a full completion with the usual suggestions as to good and bad clues. Our COD was:

Absorbed in thought about can offering no alcohol. (9)***

We had the usual banter as well ranging from the latest "Bridget Jones" film to Smetena's *Má vlast* (nope, me neither!) and lots in between. We could probably just about squeeze in one more person to the group. Please contact me soon if you are interested as we will have to close the list at 7 unless we move to a different venue from the library (and we really don't want to do that as it suits us so well).

*Clue Of the Day.

**CHECKLIST

***ABSTINENT

Current Affairs



Unsurprisingly, the various words and actions of the new US President dominated the discussions this month. It is safe to say that Mr. Trump is not admired by anybody in our group.

After coffee, sausage rolls and cake, we discussed personal responsibility as regards foreign travel, which widened to include lifestyle and dangerous sports. We then moved on to the questions raised by Lucy Letby's conviction and, finally, diversity elements in employment rules.

A wide ranging and amicable meeting.

Ralph Edwards

Gardening

During the month of February, there's nothing quite so cheery as seeing a carpet of nodding snowdrops. (i.e. *Galanthus* originally hailing from southern Europe and Turkey.)



Some of us in the Gardening group managed to achieve the planned winter quest for drifts of snowdrops *twice* - first at Walsingham Abbey (awe inspiring) followed by St. Margaret's in Thorpe Market (a little treasure).

Walsingham Abbey's snowdrops seem to grow as far as the eye can see. A perfect example of that can be viewed in Dell garden (above).

St. Margaret's church graveyard was a lot more intimate but some of the snowdrops were huge.

You could just spot the odd yellow winter aconite popping up between the snowdrops (as you can see in Elizabeth Sawyer's photo below – who also took the one to the right.)



St. Margaret's church itself was small and friendly and built symmetrically in the Gothic Revival style (the exterior entrance arches were added later).



4°C in a keen SE breeze made us glad for the warmth of the Groveland Restaurant (Thorpe Market Road). A hot drink seemed like a fitting way to end our 2025 snowdrop recce.

Veronica Korczak

Quiz Group



It was a very enjoyable evening last Wednesday at the Black Swan North Walsham.

The fully attended room was full of mainly non-competitive teams which we (the U3A) had 2 teams of 6

We might not have won, but both teams did well, although we need to brush up on our musical knowledge, especially Motown, as this was a very difficult round.

Joe, the quiz master, kept the questions lively and varied, often generating a lot of discussion.

The quiz is held on the last Wednesday of the month at the Black Swan function room, starting at 7.30pm, usually finishing 2 hours later.

The cost is £2 per person.

Any further information please speak to Brenda Redding or Karen Fox at the Friday monthly meeting.

To book a place for next month's meeting please email Brenda. bredding@tiscali.co.uk

Brenda Redding

Sunday Lunch Group



This has been such an enjoyable first year for us as a group. We have sampled a big variety of local venues, many of them new to us, and a few old favourites! Members have willingly come forward every month to make sure we have top-notch pubs, restaurants and cafes to spend a delightful and warm few hours, even when the weather is gloomy. Every month, we rate our lunch experience in a number of categories, and rarely has the score dipped below 8 out of ten. In fact, our winner in 2024 came in with an average score of 9.7! (The Old Rectory in Crostwick – try it!!)

I know that December seems like months ago - but we had a lovely Christmas meal at the beginning of the month, as you can see. What a happy start to the Festive Season!

Jazz Waspe

Ten Pin Bowling



We had a good time on the 13th, Stella very kindly bought us heart shaped biscuits and Love hearts sweets to give our session a "romantic" flavour!

We welcomed Dave a new member to our group, he seemed to be enjoying himself and got a strike or two.

Also it was good to see Judith who came for the first time since her hip replacement.

We all had a good time with a lot of friendly banter.

If you wish to join us our next meeting will be Thursday March 13th at 10.00am cost is £10.95 for 2 hours including coffee or tea halfway.

Please phone or email me 01692 531857 or diane_mulligan@yahoo.co.uk

Or you can put your name on the list at the monthly meeting

Diane Mulligan



We had a very happy time at our February session. We warmed our voices up to Banaha and This is a Round singing in three parts. We then started learning Swing Low Sweet Chariot, an African American spiritual song which we sang in two parts.

After a break of tea and biscuits and a good chat we sang the first part of Gaudete, a sacred Christmas carol thought to have been composed in the 16th century.

We concluded the session with Down By The Riverside.

Come and join us on 13th March in The Sacred Heart Church Room, North Walsham. Our teacher/pianist David is so talented. The first session will be free.

Patsy Tomlinson and Margaret Jeppesen

March Walks 2025

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com or on 01692 40567

Please note that the dates for walks in 2025 are on the North Walsham u3a website under the link for the walking group



Friday 14th March 10:00 am start approx. 4 miles

Leader Chris Gaunt mobile is 07783036162

The start location for the walk is the lay by in front of houses on Rectory Road, Horstead. This is very close to All Saints Church and the post code is NR12 7ET. The Recruiting Sergeant Pub is a very short walk away on Norwich Road. Rectory Road is accessed from the roundabout near the pub. Lunch/coffee can be taken at the Recruiting Sergeant after the walk

Tuesday 25th March 9:30 am approx. 5.5 miles

Leader Chrissie Kimber contact 07880 238 958

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