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# North Walsham u3a Newsletter November 202

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November's meeting is our AGM, at which our current Chair, Steve, will be stepping down after 6 years in the job. I'm sure that you'll join me in thanking him for his service.

This month's image of sunset on a misty evening, is by Len Casey of the Digital Photography group

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 November 28th**.

Please send any comments or articles to me at [ralph4ed@hotmail.com](mailto:ralph4ed@hotmail.com).

## ***In this month's issue***

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## Thoughts From the Chair

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After seven years on our u3a's Committee, including the last six as Chairman, I'll be stepping down at the AGM, so these are my final Thoughts from the Chair. As they used to say at the end of cartoons when I was a child, 'That's all folks!'

Except of course, it's not all. Our u3a will continue to do what it does now and I'll continue to be a member. Monthly meetings will still happen, as will interest group activities and Committee meetings, and newsletters will still be sent out. And the reason for that is that members will make sure of it, just as they have since our u3a was formed in 2006.

I've talked about all the people who help to run our u3a so well in my Chairman's Report to the AGM, so I'm not going to repeat all that here; but I must reiterate how grateful I am to them for what they do. There simply wouldn't be a North Walsham u3a without their hard work.

This is entirely in keeping with the principles of the Third Age movement as a whole, which are:

- The Third Age Principle – openness to people who are no longer working full time
- The Self-help Learning Principle – learning from each other rather than from paid experts
- The Mutual Aid Principle – being self-sufficient and run by volunteers

So, as my (almost) final act as Chairman, and as a former teacher, I'm going to ask you all to do a few things over the coming months and years. I would call them homework, but they're not necessarily things you'll be able to do at home.

- The first is simply to continue as a member of our u3a. It can't do anything without its members and the more it has, the more it can do for you and others
- The second is to volunteer for something that helps our u3a operate – yes, I mean all of you, not just some of you! It doesn't much matter what you do, as long as you do something. You don't have to be a Group Leader or a Committee member, though it would be great to have more of both. You can make new members feel welcome at their first Friday meeting; you can help with refreshments; you can store equipment at home; and so and so on
- Third and last, you can help to expand our u3a. Most people who could be u3a members actually aren't, both locally and nationally. I think more of them would be if they knew what a u3a is and how they might benefit from being a member. So, when you meet someone in their Third Age, tell them about us and encourage them to join if you can. If each of you finds just one new member, we would have over 400, many more than we've ever had before, enabling us to have more groups doing a wider variety of activities.

So in conclusion, I want to say simply that being Chairman of North Walsham u3a has been a pleasure and a privilege and that I hope that after the AGM you'll give the new Committee same great support you've given me.

Best wishes,

Steve Guratsky,  
Chairman, North Walsham, u3a

P.S. I will still be around and may be checking that you've done your homework. You have been warned!

## **ANNUAL GENERAL MEETING, FRIDAY 1ST NOVEMBER, 2.15, AT SACRED HEART HALL**

Please make every effort to come along to the AGM. It's an important part of our u3a's governance and we will need around 50 attendees to be quorate.

A usual tea, coffee and biscuits will be served after the formal part of the meeting ends.

Please note that you may only attend the AGM if you have renewed your membership for 2024-25.

### **MEMBERSHIP RENEWAL FINAL DEADLINE ON 31ST OCTOBER**

If you haven't renewed your membership for 2024-25 yet but still intend to, please do so by Thursday 31st October. The cost is unchanged at £15 for a full member or £12 if you are an associate member (a full member of another u3a).

If you can, please make your payment by bank transfer. This can be done online, by phoning your bank or in a branch, depending on how your account works. The u3a's account details are as follows:

Account: North Walsham U3A

Sort Code: 30-96-16

Account Number: 00852956

Please use your name and if possible your membership number as a reference.

If you are unable to pay by bank transfer, you can pay by cheque to NORTH WALSHAM U3A, posted to:

Sue Cody

Membership Secretary

North Walsham u3a

5 Mill Road

North Walsham

NR28 9EZ

If you pay by cheque, please write your name in capitals and if possible your membership number on the back.

Upon receipt of your payment, we'll send you an acknowledgement email if we have an email address for you.

If you have decided not to continue as a member, please let us know so we can avoid sending you any more reminders. If you are also able to tell us briefly why you have decided not to renew your membership, that would be most helpful as we will be able to use that information to improve what we do.

### **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](mailto: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](mailto: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.

## IT PROBLEMS?

NW u3a can tame your recalcitrant techno-gadgets! If you're puzzled by your 'Smart' TV; if Alexa, Siri or Hey Google aren't behaving, or if you feel digits are dastardly and diabolical, we have a variety of groups that can help.

We have an I.T. (Compute)r help group, a Mac group, a digital photography group and a Zoom chat group. If you'd like help from any of these groups, just get in touch with Richard Nevill on 01263 721570.

**Two groups are closing if you  
don't help!**

**Art Appreciation and Cycling**

**Would you be able to take  
over as leader?**

**If so, contact Mave Edwards**

**Groups co-ordinator**

# NW u3a Groups and Days

Week	Day	Morning	Afternoon	
1	Mon	Coffee Morning <i>Richard Nevill</i>	JazzAppreciation <i>Jim Costello</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

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Our October event was a visit to Norwich Castle Museum and Art Gallery, principally to see their modern art exhibition entitled Holding Space. After going through the Norwich School galleries, we went to this gallery, which houses 50 pieces from the mid-1950s onwards. Most were slightly underwhelmed by the exhibits, although there one or two stand-out items – an Elizebeth Frink drawing and a large canvas of a Golden Wedding party.

We have not visited this gallery for some time, but it is well worth going to, even if the refurbishments are as yet uncompleted.

## Ralph Edwards

### Book Group

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This month's book was "Miss Benson's Beetle" by Rachel Joyce. We were taken back to the 1950s London where Margery is struggling to make ends meet as a teacher. An incident occurs and she gives up her job to sail across the ocean, with a fun-loving companion, Enid, who is quite unlike Margery. The pair have adventures and meet a few troubles on the way in pursuit of Margery's dream of finding the New Caledonian Golden Beetle. At first the pair struggle to get on but the book is mainly about how they grow in their friendship until they have a very strong bond which enables them to face the hardships they encounter. We loved this book and would recommend it to anyone who would like to start to get to know this author, who has written several books. We gave it a 9 out of 10!

Next month we go to Marlow, present day, to help solve a murder with the "Marlow Murder Club" (Robert Thorogood). Come and help us! We meet at the library on the third Thursday of the month.

## 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

### Current Affairs

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The discussion this month started on the advisability of politicians receiving political gifts.

The next headline topic was House of Lords reform.

After a coffee break. we discussed the change – from the relatively benign policies under M<sup>c</sup>Millan & Heath to the proposed policies of the new leadership candidates.

Our last topic was conspiracy theories – who believes them?

Discussions in this group are always friendly, inclusive and wide ranging – if you want to join us please get in touch via the website.

## Ralph Edwards



The cryptic crossword group met at NW library on 24<sup>th</sup> October. We used a Guardian Quiptic to warm up, the graduated to a full Guardian that none of us had done. Both crosswords proved to be mildly salacious and we struggled with last two clues on the full crossword, eventually solving them with 45 minutes to spare, with everybody contributing.

Three Clues of the Day this month, all from the Quiptic:-

Vexed stars possibly desperate for it (3-7)<sup>1</sup>

Numbers of pearls I link clumsily (11)<sup>2</sup>

Expects disastrous Tory PM to admit fault, ultimately (6)

We still have space for a couple of new members. If you are interested. Please get in touch via the website.

Answers and explanation

1. Sex-starved (anagram of vexed stars)
2. Painkillers (anagram of pearls I link – painkillers numb you)
3. Trusts (Truss around the last letter in fault)

### Ralph Edwards

#### Sunday Lunch

##### OCTOBER LUNCH

Thanks to Jane and John Harris-Hall for another happy lunch - this time at The Saracen's Head, a fairly small venue deep in the countryside who really did us all proud! Out of interest, the scores we gave it are these (lots of 10's included!)

Standard of food : 8.6

Quantity of food: 8.9

Quality of menu choices: 8.3

Value for money: 8.1

General Ambience : 9

Service : 8.6



##### NEXT MONTH

Next month Penny and Jenny have organised a visit to The Roman Camp Inn, Aylmerton. There is a website (<https://www.romancampinn.co.uk>), where you will be able to see the typical menu, however, they will be forwarding a special Sunday menu to us later so that we can pre-book.

If you would like to join us on November 3rd, please send a short email to Penny ([pennydavisnw@gmail.com](mailto:pennydavisnw@gmail.com)) by the 15th October, just so that she has some idea of numbers involved. In order to get over the potential problem of stairs, The Roman Camp people have very kindly moved us to their lovely conservatory. They do need to know numbers asap though as we won't have the conservatory exclusively.

#### Jazz Waspe

## Ten Pin Bowling

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Our numbers were rather diminished this session caused by a change of date, nevertheless we had an enjoyable time and we had fun.

We are back to our normal time next month so hope to see everyone at our next meeting which will be November 14th at 10.00am at "Strikers".

We always welcome new bowlers, experience is not necessary, the competition is friendly so give it a try.

The cost is £10.95 for 2 hours, that includes tea or coffee half time.

The list will be at the monthly meeting, or you can email me at [diane\\_mulligan@yahoo.co.uk](mailto:diane_mulligan@yahoo.co.uk)



## Diane Mulligan

## U3Sings

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We all enjoyed our October session and it was great to welcome a new member.



David our pianist and teacher led us in clapping the beat and then we moved on to singing Paddy on The Railway, My Dog He Can Do The Can Can and Banaha. We practised singing three part rounds till the tea break.

After a cuppa and a chat we sang Close Every Door, a song from Joseph and The Technicolour Dreamcoat, followed by A Hard Day's Night, All You Need is Love and Castle on a Cloud. Finally, we started learning songs from Les Miserables which we will continue to work on in November.

We welcome new members. Come and join the fun.

## Patsy Tomlinson and Margaret Jeppesen

## Wine Appreciation

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This month Ben (CH Wines) provided an excellent selection of Wines from lesser known Grapes

The Wines and Scores were:

7.1 Bourgogne Aligote, Domaine Dupre, Burgundy, France

7.0 Roter Veltliner, Cellar Fritsch, Wagram, Austria

6.4 Trousseau 'Grevilliere', Domaine Dugois, AOC Arbois, France

7.1 Shilda Winery, Kirke Saperavi, Khaketi, Georgia

Next month (November 14th) David is providing the Wine selection

Cheers !

## Roy Tuff





# November Walks 2024

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## Walking Group Coordinator

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

**Tuesday 5<sup>th</sup> November 9:30 am approx. 5.5 miles**

### Christine 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.

**Friday November 22<sup>nd</sup> 10:00 am start approx. 4.5 miles**

### Christine Kimber

Start point Weavers Way Car Park Station Road North Walsham NR28 0DZ.

Walking from this car park past the back of Rossi's and towards Bryant's Heath and Felmingham before coming back along the Weaver's Way

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

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This month, we start as usual with a selection of the weird and wonderful things that people get up to...

Michelin-starred chef opens London restaurant staffed by homeless people

<https://www.theguardian.com/society/2024/sep/20/without-a-purpose-its-nothing-the-restaurant-serving-up-a-solution-to-homelessness>

Beer can artwork accidentally thrown in bin by staff member at Dutch museum

<https://www.theguardian.com/world/2024/oct/08/beer-can-artwork-lam-museum-thrown-out-all-the-good-times-we-spent-together>

'Chucky goes north': Rochdale reacts to arrival of 'creepy' giant baby [https://www.theguardian.com/uk-](https://www.theguardian.com/uk-news/2024/sep/26/chucky-goes-north-rochdale-reacts-to-arrival-of-creepy-giant-baby)

[news/2024/sep/26/chucky-goes-north-rochdale-reacts-to-arrival-of-creepy-giant-baby](https://www.theguardian.com/uk-news/2024/sep/26/chucky-goes-north-rochdale-reacts-to-arrival-of-creepy-giant-baby)

Couple reunited with lost wedding film after 57 years <https://www.bbc.co.uk/news/articles/cm291p3nkj0o>

Fish and chips: NHS bosses want chippy to sell fruit and veg <https://www.bbc.co.uk/news/articles/ce3zww4025zo>

Boy whose Mousetrap show at school led to legal threat joins West End cast

<https://www.theguardian.com/books/2024/oct/05/boy-whose-mousetrap-show-at-school-led-to-legal-threat-joins-west-end-cast>

And of course not forgetting the animal kingdom...

UK's first ever bison bridges under construction in Kent woodland

<https://www.theguardian.com/world/2024/sep/20/uks-first-ever-bison-bridges-kent-woodland>

Cat lost in Yellowstone travels 800 miles to reunite with owners after two months [https://www.theguardian.com/us-](https://www.theguardian.com/us-news/2024/sep/20/yellowstone-lost-cat-rayne-beau-found)  
[news/2024/sep/20/yellowstone-lost-cat-rayne-beau-found](https://www.theguardian.com/us-news/2024/sep/20/yellowstone-lost-cat-rayne-beau-found)

The pet I'll never forget: Shackleton, the cat who faked his own death

<https://www.theguardian.com/lifeandstyle/2024/sep/23/the-pet-ill-never-forget-shackleton-the-cat-who-faked-his-own-death>

'Good girl and true hero': dog saves owner by leading US officer to her home <https://www.theguardian.com/us-news/2024/oct/05/gita-dog-saves-owner-washington>

Thousands of sausage dogs invade Southwold beach for meet up  
<https://www.bbc.co.uk/news/articles/cwyv15vqv05o>

And we end with some stunning photography, old and new...

Pioneering aerial photographer's pictures show England of the 1930s  
<https://www.theguardian.com/artanddesign/2024/oct/03/aerial-photography-england-1930s>

Your pictures on the theme of 'arches' <https://www.bbc.co.uk/news/articles/cvgxrqyr01ro>

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>