
North Walsham u3a Newsletter April 2025



Sunset on a Misty Evening by Len Casey

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 April 24th**.

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

In this month's issue

General Information	Page	Group Reports	Page
Thoughts from the Chair	2	Coffee Mornings	5
Notices	3	Cryptic Crosswords	5
Groups and Days	4	Current Affairs	6
April Walks	8	Jazz Appreciation	6
		Life Story	6
		quiz	7
		Ten-pin Bowling	7
		u3sings	8
		Wine Appreciation	8

Thoughts From the Chair

A warm welcome to you all, and I hope you are enjoying the beautiful sunshine, the appearance of flowers and trees budding. Another busy month at the u3a, where I was delighted to meet with Group Leaders who shared their expertise and knowledge. There was a wide-ranging discussion on venues and accessibility, communication and promotion of the u3a, welcoming and engaging new members, ideas for developing new Groups and supporting new Group Leaders and thinking about social and cultural visits we could make. As always, the emphasis was on the u3a principle that we are all volunteers, run by members for members and that we should do all that we can to ensure that people wanting to join a u3a should be able to do so.

We are beginning to look at Groups identifying where they have vacancies so that the information is readily available. I also met with three new members and their feedback was useful in terms of the need to identify for new members, the range of options that are available.

Eight members joined the Positiviti Tea event promoting the u3a and they met members of the public as well as linking to organisations, that have volunteers working in this area.

There were three interesting developments this month. The first was the use of the Digital Signage Board that our expert adviser Richard demonstrated. He identified how consistent information can be available about the u3a, using information available through the newsletter and website. This is for both internal members and it was used externally at the Positiviti Tea Event to potentially engage new members. The second was that the Life Story Group added an additional event where all members were invited to a presentation by Steve on "125 Years of Life Stories", describing his family history from Russian refugees in the 1890s to their very different lives today. This was well received by the 40 people who attended, and it may be a useful for Groups or individuals to share one off presentations. The third was that due to Patsy's drive, we now have two adverts in place for the u3a Singing Group in the North Walsham Town and Country News and the Cromer Crab Tales. Another idea that is so worth progressing for the u3a and Groups. Warm regards to all

Maureen Cavanagh

Chair North Walsham u3a

Committee Meetings: The venue and time for the committee meeting topic discussion is at St Nicholas Hall at 2.30pm is on the 19th May the 2025. This is for any member to attend; they can bring any issue they wish to discuss, and we can update people on actions that have been taken. Warm regards to all,

Maureen

Notices

The next Monthly Meeting is on Friday the 4th of April at 2.15pm at the Sacred Heart Hall, when a quiz will be held. This is a popular event which is always well attended. 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

A Message from North Norfolk u3a

Greetings – Something for your members to consider?

Neil Storey is back!

Neil Storey Norfolk's military historian will be paying another visit to the North Norfolk u3a Military History Group, on Wednesday 23rd April the theme: The Home Guard in Norfolk

All u3a Members are welcome to join us, £5 admission on the door. Prompt start at 10:00-hrs, please don't be late. Refreshment Break; Tea/Coffee & Biscuits (included in your admission) at about half way for a finish at around 12:00-hrs. Please reserve your seat by emailing me: John

Lewis at holtbiker@gmail.com

If this is to be your first visit to our HQ at Field Dalling Village Hall please advise and John will email you a map and joining instructions.

Neil Storey; historian and author of over 50 books, several of which chart aspects of Norfolk's military history during the First and Second World Wars is known for his ground-breaking research and as a guest lecturer to academic and social audiences across the UK and internationally. Neil frequently appears on TV factual programmes and documentaries.

Best Regards – John

John Lewis

Scrabble, Brain Games & Mah Jong

Just to let you know that we will be unable to hold the Brain Games meeting on Friday 18th April because it will be Good Friday and the Church requires use of the hall. The next meeting will therefore be on Friday 16th May and I look forward to seeing you all then.

Janet.

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

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



At the March meeting, we had our usual fare of a "warm up" Guardian Quiptic and then progressed to a Times cryptic. The Times crosswords are given a score via the **SNITCH** ("**S**ame-day **N**umeric **I**ndex of **T**imes **C**ryptic **H**ardness"; a score of the difficulty) and this one (no 29,152) had a SNITCH of 90, defined as at the upper end of "easier". Our very first crossword in the group (no 26,659) had a SNITCH of 48 (less than 64 being "very easy") so we have made real progress over the last couple of years. A SNITCH of more than 138 is defined as "very hard" so I don't think we'll be attempting those anytime soon

The Quiptic took longer than normal to solve (about an hour) and, as usual, we had lively conversation as to the best way to proceed as well as simultaneous clue solving despite my best efforts to keep fixed on one clue at a time! This crossword gave us our "Clue of the Day" ("COD") although there were a few other contenders:

Overpriced contract to include church in cross-country race (12)*

The Times crossword was quite difficult and probably a SNITCH of 90 needs reducing for a few months. An electronic anagram device was beaten in solving a few clues by one of our members (he knows who he is - don't you Ralph!), although the microchips solved:

DISGRUNTLED WHIP'S RAGE SET ASIDE (5,7)**

quicker than we could.

We can accommodate one more person so, if you are interested, contact me via the website soon.

As time was not on our side, we did resort to the web for a few answers, some of which we still could not fully understand !

We were joined again by Maureen who made great contributions to the group and will continue to join us.

*Steeplechase

**Stage whisper

John Harris-Hall

Current Affairs



This month's topics were as follows:-

The apparent decline of humanism and the rise in religious zealotry, including the increasing role that religion is taking in politics

Welfare cuts, increasing incidence of NEETs (not in employment, education or training)

Should we abandon our net zero targets, given the position of other governments, particularly that of the USA

Ralph Edwards

Jazz Appreciation



Our next u3a Jazz Group meeting is coming up on Monday, April 7th, and we're excited to be diving into the music and life of the legendary pianist George Shearing.

It was great timing that a recent concert in Sheringham paid tribute to George, and four of us had the pleasure of attending. The show was a sell-out, and it gave us a fantastic insight into his incredible talent. Plus, it was such a treat to enjoy live music again!

At our next session, we'll be listening to some of his well-known songs and enjoying some classic instrumental & vocal jazz together. As always, we'll meet at The St Nicholas Room at 2pm.

The North Walsham U3A Jazz Group meets on the first Monday of every month from 2–4pm. Whether you're a lifelong jazz fan or just enjoy good music, you're very welcome to come along and see what we're all about.

If you'd like more details, feel free to give me a call.

Jim Costello

Life Story



In the last months the Life Story Group has spent time looking at our history through the decades and we have shared some beautiful photographs and stories. We have resources to look at if we want to record a life story book, have a memory box or produce a PowerPoint for family and friends. 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 11th of May and we have vacancies if people would like to join us. You would be very welcome.

Maureen Cavanagh

Quiz Group



Two teams of six went to the Black Swan function room in North Walsham on Wednesday evening. This quiz is held on the last Wednesday of the month and costs £2 per person, starting at 7.30pm

It is an enjoyable 2 hours of questions on various subjects.

The first round was general knowledge which both teams scored full marks.

The second and subsequent rounds we didn't score so well.

Our musical knowledge again was variable ranging from Nessun Dorme to Lady Gaga.

What we lacked in knowledge we made up with enthusiasm.

Joe, the quiz master, was a tough taskmaster when it came to the correct full answers.

Both teams came somewhere in the middle when the final scores were counted and listed.

Mick and Jill, each won a prize in the raffle, so there were U3A winners.

Any further information for this friendly group please speak to Karen Fox at the Friday meeting or email Brenda Redding (bredding@tiscali.co.uk)

To book a place for April's quiz please email Brenda

Brenda Redding

Ten Pin Bowling



We had a new member join us, pleased to say Mick enjoyed his game, he scored well so that was good as he said it was years since he last played, which goes to prove you soon get back the skills.

We all enjoyed ourselves, it was nice to see Judith, she has yet to play, but she continues to improve her mobility, she caught up with all the news.

Our next date for our session will be April 10th at 10.00am, at Strikers.

If you wish to join us please email me

diane_mulligan@yahoo.co.uk

Alternatively the list will be on the raffle table

Diane Mulligan



Our March singing session was very enjoyable. We spent the first half of the session singing Banaha and This is a Round by Tabitha Beaven which we sang in three parts. We then sang Down By The Riverside and Gaudete and finished the session with Swing Low Sweet Chariot which is an African American spiritual song which was the 2015 England Rugby Anthem.

We all enjoyed a cuppa, a cake and a good catch up.

We would welcome more members so if you are free on the second Thursday of the month come and join our friendly group. The first taster session is free. We don't ever intend to sing in public so the quality of your voice doesn't matter just come along and sing for fun and for the health benefits.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation

A big thank you to Tony for providing the Wines (from Lidl) and Hosting
With the Scores the Wines were:

7.8 Pecorino Terre Di Chieti – £5.99

7.0 Albarino Rias Baixas Saineval – £8.49

6.8 Cepa Lebril Rioja Reserva 2019 – £6.29

7.1 Swartland Shiraz 2023 – £5.99

Next month (April 10th) David is providing the Wine selection

Cheers !

Roy Tuff

April Walks 2025

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



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

Friday 11th April 10:00 am start approx. 4 miles

Leader Steve Guratsky

Starting and finishing at the Goat Inn near Skeyton (NR10 5DH). The route is via Scottow Ponds and Swanton Abbott.

There's an optional lunch afterwards at the pub. I'll take food orders and phone them through before we start the walk. We can park at the pub. If people can share cars, that will help to avoid us taking over too much of the car park.

Dogs are welcome on the walk and at the pub but there may be livestock on the route; if there are, dogs will need to be on leads for those parts. We may also have to cross some stiles.

Tuesday 22nd April 9:30 am 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

Ebridge walks these walks start at 9:30 am every 4 weeks always on a Tuesday. Dates for 2025 are below

20th May, 17th June, 15th July, 12th August, 9th September, 7th October, 4th November, 2nd December