
North Walsham u3a Newsletter September 2024



If you are no longer working full-time and don't know what to with yourself sometimes, have you considered starting a new group or joining the committee? It is really quite rewarding and you will know that you are helping others.

This photo, entitled Splash, is by Paul Heinrich of our 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 October 24th**.

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

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Thoughts From the Chair

John Keats called autumn the 'Season of mists and mellow fruitfulness'. And the season can indeed be misty. And mellow, which I think means not too hot and not too cold. And is in fact when lots of fruit is harvested. And I do apologise to any English teachers out there for this rather literal and unromantic reading of the line, but I studied economics for a reason. I really do know the price of everything and the value of nothing.

One thing Keats forgot to mention was the 'outdoor housework' (registered trademark) done in gardens at this time of year. In theory, as plants begin a well-earned rest after their spring and summer growth spurt, garden maintenance should become a bit less frantic. Even the most enthusiastic shrubs can be pruned without growing back even bigger than before as soon as you turn your back. And new weeds stop sprouting and old ones settle for dropping just enough seeds to keep you busy next year. Just for a few weeks, you can actually believe that your garden will be tidy before winter arrives. This is hugely comforting after months of fighting a losing battle to 'keep on top of things'.

Apparently, I'm not the first person to feel better after a successful bit of tidying up. As if to prove that serious investigative journalism is still alive and well, a recent newspaper article reported on the psychological benefits of tidy homes and offices. According to the article, there are recognised experts on this who are paid to tell their clients how to put things in boxes and why they will feel better if they do. There are also other people who will sell you as many boxes as you want in lots of different sizes, shapes and colours. OK, I'm paraphrasing a bit, but you get the idea. If you really have nothing better to do, you read the article at:

<https://www.theguardian.com/lifeandstyle/2024/sep/16/the-cult-of-storage-is-tidying-really-the-fast-track-to-a-happier-healthier-life>

Anyway, back to garden tidying. It turns out that a completely tidy garden, however desirable it may be, is a fantasy. Gardens (and I suspect homes and offices) just move between different degrees of untidiness. As soon as the shrubs are cut down to size and weeds disposed of, you just move on to the next gardening Circle of Hell. Thousands and thousands of leaves and in my case acorns literally fall out of the sky, or at least from somewhere above the ground. It's almost as if nature is tempting us to make 'one last push' and then laughing at our naivety when it turns out not to be the last one at all.

So, as you can imagine, I've been feeling a bit frustrated about all this. But then, as so often happens, Radio 4 came to the rescue. It aired an interview with a butterfly expert who was explaining that untidy gardens are great for wildlife, especially (you guessed it) butterflies. But not just butterflies. Other insects as well. And the birds that eat them. And small mammals that need somewhere to keep warm and hide from predators.

I did wonder why we'd want to have more butterflies if they're just going to be eaten by birds. And if the extra birds would just become cat food. And whether the 'small mammals' we're providing shelter for include rats. But then I remembered that glasses are always half full, not half empty, and therefore that more wildlife is better than less, even if it has a limited life expectancy and bites you if you corner it.

So, what can we conclude from all this? First, complete tidiness is unachievable and untidiness has its advantages – so relax and enjoy the chaos. Second, some experts are less useful than others. (Please, can we have more doctors and fewer tidying up experts.) Third and last, your garden is basically a low budget David Attenborough documentary, and we all need more of those don't we...

Best wishes

Steve Guratsky,

Chairman, North Walsham u3a

GENERAL MEETING, FRIDAY 4TH OCTOBER, 2.15, AT SACRED HEART HALL

This month's meeting will include a talk by Stephen Poulter on Tales of Supernatural Norfolk. We look forward to seeing you there.

ANNUAL FESTIVE MEAL – SAVE THE DATE

This year's Christmas meal isn't actually at Christmas or during 2024! But it will be both festive and delicious. Like previous successful festive meals, it will be just far enough into the new year for us all to have recovered from the excesses of Christmas. We'll be having an extra Christmas lunch at the Beechwood Hotel in North Walsham on Thursday 16th January 2025. More details will follow later, but please put this special event in your 2025 diaries now.

MEMBERSHIP RENEWAL

If you haven't renewed your membership for 2024-25 yet but still intend to, please do it as soon as possible, as payment was due by 1st September.

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 at a Friday monthly meeting or you can post your cheque 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.

NORTH WALSHAM U3A AGM AND COMMITTEE ELECTION

Our 2024 AGM will be at 2.15 on Friday 1st November. You will receive formal notification and the agenda and other papers for it by Friday 11th October.

In the meantime, I'm writing to ask you to consider standing for election to the u3a's management committee at the AGM.

Having enough committee members is essential for the continued operation of our u3a and being one is both interesting and enjoyable. We normally meet every two months and, while there is some work to do in between meetings, it's never so much that it gets in the way of doing other things.

Committee members can also focus on different areas that match their varied interests, skills and experiences.

Any paid-up member of the u3a may stand for election and I would be more than happy to talk to anyone considering doing so, to answer any questions they may have.

If you do decide to stand, you'll need to return a completed copy of the attached nomination form to me by Friday 4th October. You can do so by post to Laurel Cottage, Southrepps Road, Antingham, NR28 0NS, by attaching a scanned copy to an email reply to this message or in person at the general meeting on that date. Copies will be available to fill in at the meeting.

Even if you don't wish to be a committee member, please make every effort to come along to the AGM as we will need around 50 attendees to be quorate.

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

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>

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.

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



Our September Meeting was really enjoyable and interesting. The August meeting was a visit to the Sainsbury Centre where we chose an item we would like to own. Then last week we showed photos of our items and talked about them. We had a wide variety of artifacts

But only two paintings – one of Mrs. Sainsbury by Bacon and the other a Still Life by Dufy were chosen.

We had a wonderful Walking Hippopotamus from Egypt, made from faience and he was used as a scarier for real hippopotamuses ruining their crops. A tiny seal made by the Inuit people from walrus ivory as an amulet. He was so tactile. I loved him. A pair of Inuit glasses – made in the shape of a fox and had slits for the eyes to enable the wearer to use in the snowy landscape, a tiny little amulet in pottery in the shape of an Ibis and a baboon. It was so lovely. A head of a King from Benin, beautiful – a figure of a ballerina by Degas which was made by him in wax and had a real tutu, but now was made of bronze. A tiny little figure playing a trumpet.

Mave Edwards

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

Current Affairs



We started this month comparing Donald Trump and Boris Johnson, both populist leaders with large followings, in two very different countries. We then discussed how the new government are doing after their first ten weeks; inflammatory statements on the internet; the high cost of HS2 and, inevitably, the problems in the Middle East.

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 26th September. For a change we used a *Times Quick Cryptic* to warm up and then tackled our first *Guardian Cryptic*. The “warm up” crossword took about 30 minutes and, as usual, we all enjoyed sharing the different approaches used to solve crosswords.

Our COD¹ for the *Times* was: “One in flight crossing east, costing a lot” (5)²

We also had an MER³ for this clue: “Active US soldier involved in sallies from time to time”(5)⁴. The clue definition (ACTIVE) did not really work well for the solution.

We then tackled the *Guardian Cryptic* and made a good start although it took a few clues to get the FOI⁵ so we could start. Sandra took the honours for: “Rehersal for TT race” (3,3)⁶.

A steady progression through the rest of that crossword took place along with the usual craic including the use and future of IT and the long-running debate about whether *The Times* or *The Guardian* readers are the more intelligent!

Coincidentally, there was a locally based clue: “College girl found in Norfolk” (5,4)⁷

Our overall COD was: “Concede well contains fish” (7)⁸

We could probably accommodate one more person in this group so, if you are interested, contact me via the webpage.

¹Clue Of the Day

²STEEP

³Minor Eyebrow Raise

⁴AGILE

⁵First One In

⁶Dry run

⁷King’s Lynn

⁸Forfeit

All the best

John Harris-Hall

Jazz Appreciation

At our recent Jazz Group session, we enjoyed a selection of music originally issued on the Felsted record label. Alistair shared fascinating insights about both the origins of the music and the label itself. It was particularly interesting to learn that the recording sessions, held in New York by English-born jazz critic Stanley Dance, featured some long-forgotten musicians. To our surprise, we also discovered that the label was named after a village in Essex!

Looking ahead to our next meeting on Monday, October 7th at 2pm, we are excited to hear from Val, who has been researching jazz musicians with roots in Norfolk. Surprisingly, there appear to be quite a few, and we can expect an afternoon filled with marvellous music and stories.

The Jazz Group meets on the first Monday of every month at 2pm in the St Nicholas Room, located behind the church. If you're interested in joining us, feel free to contact me.

Jim Costello

Ten Pin Bowling

We all enjoyed another friendly session, there was a few whoops of joy when a strike was achieved.



Our next meeting will be a week later than normal, it will be Thursday October 17th at 10.00am at Strikers. The cost is £10.95 for 2hrs that includes tea or coffee.

The list will be at the monthly meeting if you wish to come, you will be most welcome.

Alternatively you can email me.

email: diane_mulligan@yahoo.co.uk

Looking forward to seeing you.

Diane Mulligan

U3Sings



September's singing session was in St. Benet's Hall as The Sacred Heart was booked out to The District Council.

We had a very enjoyable time singing My Dog He Can Do The Can Can, Banaha, a Congolese Traditional Song, Hal-an-tow, a Cornish Song and Paddy on The Railway.

After the tea break we sang Windmills of Your Mind and Cockles and Mussels.

We are back at The Sacred Heart Parish Hall in October. Come and join us. New members are very welcome. We sing for fun and enjoyment.

Patsy Tomlinson and Margaret Jeppesen

Wine Appreciation

This month June provided excellent Old World / New World selection of Wines

The Wines and Scores were:

7.8 Pouilly Fume 'Les Clos du Matin' Sauvignon Blanc 2022 £14.99 Waitrose

7.5 'The Ned Pinnacle' WAIHOPI, Sauvignon Blanc 2023 £9.99 Waitrose

8.6 Saint Joseph Syrah AOP Cru des Cotes du Rhone 2022 £15.99 Waitrose

8.4 Penfold's Max's Shiraz. South Australia 2021 £15.99 Waitrose

Next month (October 10th) Dave is providing the Wine selection

Cheers !

Roy Tuff



October Walks 2024

Walking Group Coordinator

Chrissie Kimber at rebnikc@btinternet.com



Tuesday 8th October 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

Friday October 25th 10:00 am start approx. 4 miles

Judi McKenzi

Walk to leave Butchers Arms car park East Ruston Nr12 9JG.

Possibly lunch at Wayford Bridge afterwards <https://www.wayfordbridge.co.uk/>

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

This month, we have a couple of shopping-related stories, one about toe wrestling (sadly not yet an Olympic event), lots of animals (again!) and some stunning photographs from the BBC News website. Surely worth your membership subscription even without all the other good stuff we do...

Shopper's videos of himself trying to beat 'insanely speedy' Aldi cashiers go viral

<https://www.theguardian.com/uk-news/2024/sep/16/shoppers-videos-of-himself-trying-to-beat-insanely-speedy-aldi-cashiers-go-viral>

Battle for Britain's best brew: budget Asda teabag comes out top

<https://www.theguardian.com/food/article/2024/sep/06/battle-britain-best-brew-budget-asda-teabag-comes-out-top>

Toe wrestlers to put best foot forward in competition's 50th year

<https://www.bbc.co.uk/news/articles/cp8n5qqm456o>

Cat makes surprise return home four days after being 'cremated' <https://www.theguardian.com/uk-news/article/2024/sep/06/cat-makes-surprise-return-home-four-days-after-cremation>

Hot queen conch seeks cool mates: Florida's new 'speed dating' service to save endangered shellfish <https://www.theguardian.com/environment/2024/sep/16/shellfish-florida-endangered-queen-conch-high-sea-temperatures>

'I set a goal to make her famous': the baby pygmy hippo who became a giant online

<https://www.theguardian.com/world/2024/sep/13/moo-deng-hippo-tiktok-khao-kheow-open-zoo-thailand-viral>

Your pictures on the theme of 'still life' – BBC News

<https://www.bbc.co.uk/news/articles/clyw9v2xypeo>

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>