

From the Chair



I do hope all of you are coping with this lockdown. It is unprecedented times the like of which most of us have never experienced. I have met many of you over the last few weeks whilst out walking and you all seem quite happy.

We are now slowly connecting with each other through emails, phone calls and increasingly by video conferencing. Many U3As around the country are now also holding virtual meetings. It is good to see that we are starting to do the same.

Groups that are now meeting up virtually are Bridge which is working well on messenger. Social History are using Zoom as are the Technology Group, although our first attempt had technical problems, but we will overcome! I also hear that Healthy Living are going to meet virtually soon.

Many of you are cleaning, sorting, gardening, painting etc, you just make me feel bad as I sit in the sun in the garden! I keep saying to myself when it rains!

But please all of you remember that we are always here to help, you only have to ask.

There are many things you can do at present –

Mr Motivator has filmed a week long programme of exercises exclusively for U3A Members starting on Monday 20th April. Please tell all your colleagues and friends and watch his trailer here - explaining what you will need to take part.

<https://youtu.be/WzUIM7blf24> This will take you to the preview.

Diary Project 2020

Make a Diary Project submission through the [online form](#). If you have a query or want to get involved with the Diary Project please e-mail diary@u3a.org.uk

Creative Writing 2020

- In summary, your story must be your own, individual, original work, in English, a maximum of 1500 words, and not submitted anywhere else.
- Your submission must be on the theme of: TIME.
- You must read the [Creative Writing Competition Rules](#) before submitting.
- Any submission which does not meet these will not be considered.
- All submissions will be judged by regional panels and the best story from each region/devolved country will be compared to decide on an overall winner.

We will open the submission portal on 18th May, with a link on this page (all entries will need to be submitted via this to be accepted). The deadline for submission is 12 noon on 19th June 2020.

U3A members are invited to join our weekly mindfulness sessions hosted on our [YouTube Channel](#) and run by the mindfulness Subject Adviser, Nancy Taylor. MOOCs – <https://www.futurelearn.com/> or <https://www.edx.org/>

Free online courses across a range of subjects. Self-paced but with specified start dates so groups start learning altogether and can communicate and support each other via forums.

If you look at our National web site u3a.org.uk you will find lots of information



Janice Clarke
Group Link Coordinator

Never in our wildest dreams did we think that we would have to stay at home for weeks at a time and keep our social distance from our friends and family - completely against the ethos of the U3A.

However, in spite of this, a lot of our interest groups are managing to keep in touch and some are even having meetings remotely courtesy of technology.

The Zoom App is being used by some groups. If any of you haven't already tried this with your groups and would like to do so but need help please contact Peter Curbishley. Peter's email address is peter-curbishley@yahoo.co.uk and I am sure he will be pleased to help.

In the meantime please try and keep in touch but also stay safe.



Chris Frederick
Membership Secretary

Thanks to all those members who have renewed their membership via various means.

Renewal of membership fees were due on the 1st April. Renewals Policy, a Standing Order Form and BACS details can be found on pages 9 and 10 of this newsletter.

Annual Membership Rates from 1st April 2020

| | |
|--|-------------------|
| Individual £15.00 | Associate* £12.00 |
| Joint £28.00 (2 people living at same address) | |

* Associate membership is only available to those who are already members of another U3A group.

The committee will consider any adjustment to the annual fees, should it be deemed necessary as soon as the current Coronavirus situation is clarified. It should be noted however, although activities are currently suspended, as an organisation we do still incur some fixed costs expenditure.

If you are unable to renew using any of these methods, please post or hand deliver to Christine Frederick, 32 Mileham Drive, Aylsham NR11 6WD.

New membership cards will be available as soon as possible after you have renewed and will be distributed by post.

Membership application forms can be downloaded from the website.



Bridge Group
Convenor: Jean Warren

Now that we cannot meet regularly the Bridge Group are learning to play on-line. It adds another dimension to the game as we learn to master the technical skills as well, but we miss the social interaction of the regular games. However, the convenor starts off a round robin letter every Tuesday morning when we should be meeting and members add their own news when they receive it and then forward it on.



Healthy Living Group
Convenor: Martyn Fox

Sue and I are taking our daily exercise with the dogs. We realise how privileged we are to live here with Marriots Way and Weavers Way so close by.

We are hoping to set up a Zoom Healthy Living group. Our breakfast smoothie now includes home-made Kefir and while we once loathed it, we now love it. It adds a yoghurt taste to your smoothie. Thanks to Tony and Clarice for their perseverance with us.

A huge thanks to Woodgate Nursery for supplying lots of plants and other items to us. Stay safe and healthy.



Movement to Music Group

Convenor: Dawn Willson

Let's hope our group remains in good spirits and is still practising the basic movements we have learnt, marrying them to our favorite tunes. I have found Elgar to be a rich source of suitable music.

As those of you have been to Movement to Music already know, all our dance is based on the teaching of Margaret Morris. You can Google her early life which mentions that after WWI she took training at a London hospital so that she could care for those disabled by the fighting. However, it became clear to her that, like the disabled dancers she had previously restored to health, these casualties from the battlefields needed not only physical but also mental and spiritual healing, this is where her dancing training came into play.

The healing power of beautiful music acted as an accompaniment to the exercises that restored their strength. So now in times not so dissimilar to the 1920's, when they had to tackle the dangerous epidemic of Spanish flu, we now need to keep moving and keep our spirits until all this tribulation is over.



French Conversation Group

Convenor: Kathy Smith

The members of the French Conversation group have arranged to ring each other for a chat in French on the days we would normally meet. Rather than hold a Zoom meeting or conference call, we decided to take turns calling each other for a friendly catch-up. We are thinking of holding topic-based conversations if this goes well. For example, we could fill out fun questionnaires and then share the results, play Twenty Questions with a telephone partner, read a text in advance and then discuss our reactions to it, and so on. Several of us have been watching and reading French news bulletins online more often than usual, and taking the opportunity to learn new phrases such as: "Respectez le confinement!"



New Technology Group

Convenor: Peter Curbishley

Video conferencing seems to be everywhere. People working from home, television reports on our screens offering glimpses of offices, spare bedrooms or any set of bookcases. Even the Archbishop of Canterbury gave his Easter address from his kitchen.

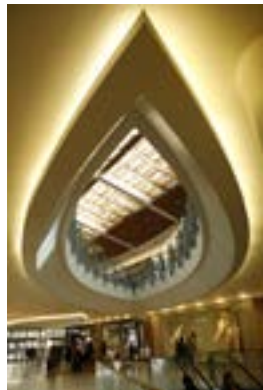
It was inevitable that the Technology group should rise to the challenge and have our April meeting via video conferencing. The meeting time was arranged and all attendees had downloaded the 'Zoom' software and everyone was ready to go. Suffice to say that there were some teething troubles with making sure that everyone was there with both video and audio working properly.

It was great to see people again and to catch up with how everyone was coping with the lockdown. We discussed how our meetings might run and future topics we might discuss. We thought it would be useful to set ourselves the task of reviewing some other free video conferencing software. Our review includes software for small groups for cosy catchups with family and friends and also for those larger slightly more formal meetings. We plan to publish our findings on the Aylsham U3A website so if you would like to try video conferencing to keep in touch with others then look out for the 'keep in touch' information. The National U3A website also includes lots of information about keeping in touch.

Photography Group

Convenors: David Mitchell & George Straughan

The Photo Group held the April Meeting on the normal day (2nd Tuesday of the Month) and at the normal time 2-00pm, but NOT at the normal place Emanuel Church, Cawston Road. This month the meeting was an online session via the Zoom video conferencing App. Eight members logged in and were pleasantly surprised at how well this worked, the free Zoom sessions last forty minutes so after the first session ended we went off to our respective kitchens, made a cup of tea and then returned, tea and biscuits in hand, to the screen for the second session.



Above:
1st Gordon Crook
Right:
2nd George Heath
Far Right:
3rd David Mitchell

Our first bi-monthly Photo Competition of 2020 was on the theme "Shapes", pictures were submitted during February and voted on during March, this is normally an on line process so was affected by the lockdown. The winning pictures were revealed during the meeting and these are shown left and below, with the names of the photographers. This month we have to submit pictures on "Solitude", which was chosen as a competition theme during our planning sessions last year, little did we know how appropriate it would be.



Some of our members have recently taken up an interest in digital photo editing, which has proved more useful than expected because of the extended self-isolation recommended for some. Because of the lockdown, special offers on the software needed make it a relatively inexpensive new interest. The on line meeting format works well when demonstrating the use of software, as one member can share, with the others, a view of their computer screen whilst they run through the techniques needed. During the session George Straughan demonstrated that it can be a relatively simple task to recover a useable photo when all (like the ball?) is seemingly lost! As shown in the before and after examples below.



Before



After

It seems likely that the social distancing requirements will remain in force for some time, so if you feel that photography may be a new interest that you would like to pursue or if you are already taking pictures but would like to improve your results, you are welcome to join our on line meetings. Initial contact can be made via the "Groups" link on the U3A website.

Final copy date for the May Newsletter - Monday 18th May



Table Tennis Group

Convenor: Wyn England

All our members are missing their weekly table tennis sessions but some are lucky enough to be able to play whenever they want to. The photo shows one member's own table tennis table outside – only problem being when the wind blows.

Another member ordered a table tennis table which has been a while in the delivery stage. However, it has now arrived – a flat pack with a myriad of nuts, bolts, and screws. We now await a further update!!!

Chris and I are lucky enough to have our own table which we have managed to put up in the kitchen. We play best of three every day - it's fairly even!! I then have to negotiate around the table when cooking a meal – well it's all good exercise!!



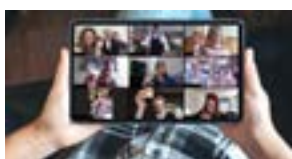
Pétanque Group

Convenor: Keith Hilton

Obviously not a group that we can substitute a Zoom meeting as an alternative for our regular sessions. However we can make use of technology.

UTube is a good source of material, for training videos, especially from the English Pétanque Association and can be helpful to group members in understanding the game. There are many videos featuring competitions, especially from France, while not a substitute for playing they can be a way of picking up tips as well as keeping in touch with the game.

It has been suggested that it may be possible to have a



Coffee Morning

This is currently being investigated on how this could be organised

Please check your emails for further information

Please consider taking part



Aylsham & District

Social Secretary's Update

Dear Members,

Becky and I have only been in Aylsham for just over two years. One the most important things to us in that time has been the welcome, and friendship we have received from the U3A for which we thank you all.

It is at times like these you really realise just how lucky we are to have such a vibrant U3A and wonderful area to live in, as we come to terms with such glorious phrases such as "social distancing"

As you read this, we are actively reviewing the situation with regard to the outings arranged for the rest of the year. The trips to Lavenham, Tiptree and Brick Lane are sadly cancelled and refunded.

With regard to the rest of this year's events I would like to report as follows:

RHS Wisley Gardens

We are still considering whether to postpone this trip to later in the year or move it to next year. Once we have decided what to do, we will contact you with a view to rebooking or offering you a full refund.

Remaining trips later this year.

These are still obviously under review and we will obviously be in touch when we know what the situation is closer to the time.

Christmas Lunch - A date for your Diary

We have at least a little good news for you. We have set a date and venue for the Christmas Lunch. This will take place at The Old Rectory, Crostwick on the 18th December 2020. Closer to the time we will issue the menu and costs at which point we will start to take bookings.

Finally, I am afraid I didn't attach the report on the trip to Bletchley in the last newsletter so here it is. Better late than never.

Bletchley Park

Our trip to Bletchley on February 29th went extremely well. Avoiding the worst of the weather, the visit to the code breaking centre was fascinating. It fully illustrated both the mind-boggling facts of the work carried out here and the personal stories of those that were involved. For me personally, the work the Polish did prior to the war in helping to crack the codes was something that I found enlightening. To this day we owe all the people who worked here so very much. On the journey home I was under the impression that one of our lady members was on the verge of taking advantage of the Leap year and proposing! Certainly, an interesting, educational and very companionable day was had by all.

Please find below a complete list of this year's planned remaining outings for your reference:

Excursions 2020

| | | | | | | |
|----|-----------|------|-----------|------------------------------------|-----------|--------|
| 7 | Wednesday | 22nd | July | RHS Wisley Gardens | Coach | £20.00 |
| 8 | Sunday | 23rd | August | How Hill Open Air Theatre | Car Share | £14.00 |
| 9 | Saturday | 19th | September | Epping Fryer | Coach | £43.00 |
| 10 | Wednesday | 21st | October | Sutton Hoo & Woodbridge | Coach | £30.00 |
| 11 | Wednesday | 28th | October | How Hill Craft Show | Car Share | £3.00 |
| 12 | Wednesday | 11th | November | Norwich Theatre Royal Tour & Lunch | Car Share | £20.00 |
| 13 | Thursday | 26th | November | Bury St Edmunds Christmas Market | Coach | £15.00 |
| 14 | Thursday | 18th | December | The Old Rectory, Crostwick | Car Share | tbc |

Departure times and details will be issued with ticket/receipts closer to the date of the outings.

Contact Details

Social Secretary: Ian Gravenell, Mobile (Best point of contact) 07423 280110

Email: u3asocialsecretary@gmail.com



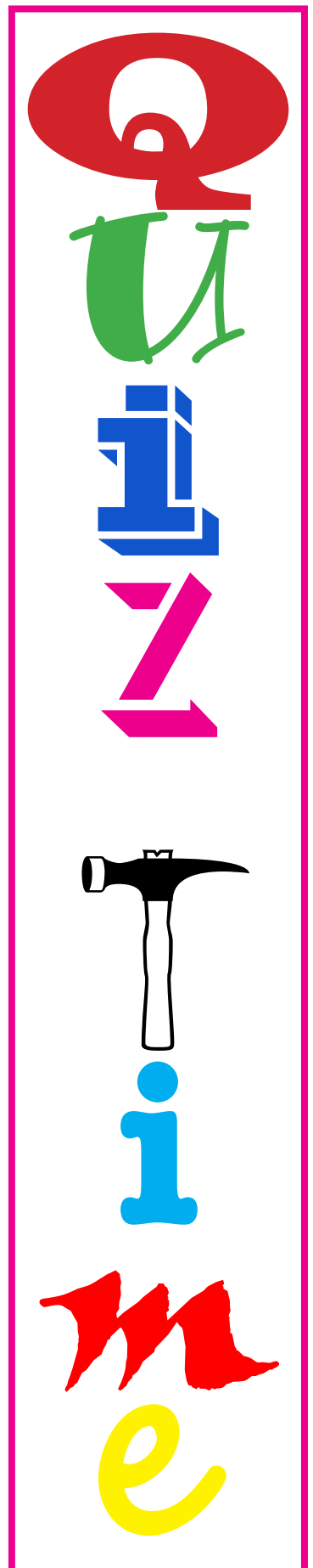
Can you identify these cars and trains ?

1. Spanish fun time car ?
2. Should this car have antlers ?
3. Steaming along fast and in tartan ? (2 words)
4. Light, agile and swift American horse ?
5. Three-wheeler you can trust ?
6. A decree and Chinese bear with two black eyes ? (2 words)
7. French car good for a little light house cleaning ?
8. An abominable car ?
9. Glen Miller's favorite train ? (3 words)
10. Austin's Royal car ?































Very British sayings and words

1. Insect that's the height of cool ?
2. Looks like she's doing circles round my Uncle
3. Rammed full and tasty ?
4. Dropped one of the TV 70's kids shows ?
5. Night time hot drink that creates a real mess ?
6. Got hit in the mouth ?
7. Flush away the money ?
8. Clockwork trader
9. Ruddy fish ?
10. Mother Brown's enjoying herself ?

Please send your answers to: davidabbott123@hotmail.com



NORWICH STREET NAME QUIZ

- | | | | | | | |
|---|---|---|---|--|---|---|
| 1 |  |  | 8. |  |  | |
| 2 |  |  | 9 |  |  | |
| 3 |  |  |  | 10 |  |  |
| 4 |  |  | 11 |  |  |  |
| 5 |  |  | 12 |  |  | |
| 6 |  |  | 13 |  |  | |
| 7 |  |  | 14 |  |  | |

Please send your answers to : davidabbott123@gmail.com



AYLSHAM & DISTRICT U3A

Membership renewals policy – effective 1 April 2019

Renewal date

- All memberships (single, joint & associate) are due for renewal with effect from 1 April, and are valid for the twelve months to 31 March in the ensuing year.
- Members attending the March and April monthly speaker meetings will be reminded to renew their subscriptions, and a further reminder will be published in the March and April monthly newsletters.
- If members fail to renew their subscription by 31 May, their membership will lapse and they will no longer be entitled to attend the monthly meetings as members nor participate in any interest group activities.

Payment

- Wherever possible, payment should be made by Standing Order (see form attached), or through internet banking after 1 April. Please DO NOT renew your membership before 1 April.
- Bank details are as follows:
Account name: Aylsham & District U3A
Sort code: 77-66-10
Account number: 16427468
- For reference purposes, please quote your name, membership number and post code.
- If payment by Standing Order, or through internet banking, is not possible payment will be accepted by cheque (payable to Aylsham & District U3A) or cash at the March or April monthly meeting.

Contact

- If you require any further guidance on renewing your membership, please contact the Membership Secretary, Chris Frederick by e-mail: u3amembershipsecretary@gmail.com or telephone: 01263 733282.



New Membership and Renewals

Prospective and current members are reminded that Aylsham & District U3A's membership year runs from 1 April to 31 March, so subscriptions are due at the beginning of April. Subscription rates for 2020/21 are the same as for the current year.

It would greatly assist the process of recording subscriptions if payments could be made by standing order or via internet banking, wherever possible, thereby reducing the amount of administration associated with cheque or cash payments.

For members wishing to use the standing order option, a form is below which should be completed and returned direct to your bank. For those wishing to use internet banking, please note that details of the sort code, account number and reference field are shown on this form. Thank you for your cooperation and continued support

Payment of Annual Membership Fees by Standing Order

In order to simplify the renewal process and reduce the costs and time associated with maintaining our membership records, the Committee would urge members to pay for their annual membership fee by standing order. Members with electronic banking facilities can set up the standing order on-line. Alternatively, please complete the form below and return it direct to your bank. This form can also be downloaded from the website.

Annual Membership Rates From 1 April 2020

Individual £15.00 Associate * £12.00

Joint £28.00 (2 people living at same address)

** Associate membership is only available to those who are already members of another U3A group*



To [your bank or building society]

Bank / building society name:

Branch address:

.....

.....

Sort code: Account number

Account name (s):

Please pay: **TSB Bank plc, Market Place, Aylsham, Norwich, Norfolk, NR11 6EH**

Sort code: 77-66-10 Account number: 16427468 IBAN: GB86 LOYD 7661016427468

For the credit of **Aylsham & District U3A**

Quoting reference: *[Your name(s)/ membership number (if known)]*

.....

The sum of £ on 1 April 2020 and annually thereafter until you receive further notice from me in writing.

This order supersedes any other order payable to Aylsham & District U3A

Signed: Date: