



Aylsham & District



Newsletter

December 2019

Editor: Keith Hilton - keithhilton1948@icloud.com

*The Committee would like to take this opportunity to wish all our members a
Happy Christmas & Prosperous New Year*



What a lovely festive month many of us are having which started with our lovely Coffee Morning on what was a really cold day. There have been many Christmas Lunches and some of our groups have been having appropriate refreshments. Last week culminating in our U3A Christmas Lunch, which, as in past years was most enjoyable. The food was hot, the staff very attentive and everybody seemed in good spirits.

As we now look forward to 2020 and hopefully 'getting something done.....!!', we would love to hear your requests for trips out, or any ideas for National U3A Day etc.

From the Chair

I would like to finish with this little poem -

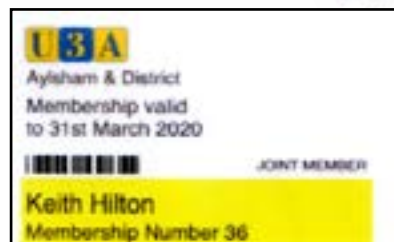
May lovely, happy times decorate your holiday season,
May warm, special memories brighten your New Year,
May the wonder of Christmas be with you forever.

Seasons Greetings from your Chair

Coffee Morning

Due to a unforeseen situation that has arisen it has been necessary to cancel the January Coffee Morning on Thursday 2nd January

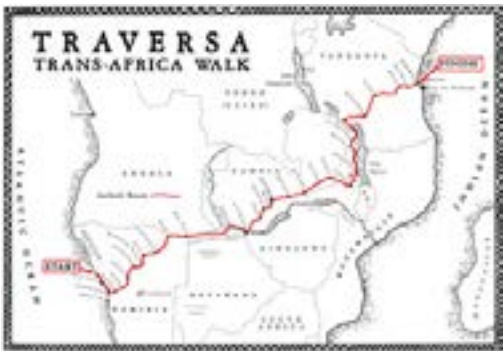
Bar coding has arrived at AYLSHAM U3A please bring your Membership Card to the Monthly Meetings



JANUARY MONTHLY MEETING



Speaker: Julie Edmunds
Subject: East Anglian Air Ambulance
Venue: Aylsham Town Hall
Date: Tuesday 28th January 2020
Time: 2.00pm (Doors open 1.15pm)



Report of the General Meeting held on Tuesday 26th November 2019 at the Town Hall, Aylsham

The November Meeting welcomed Fran Sandham as it's guest speaker, his talk, A Walk across Africa. An editor at Rough Guides for several years and working in bookselling, he decided at a party one New Year's Eve to make a New Year's resolution and to make a real change in the year ahead and to go on a big adventure and that was to walk across Africa.

In the cold light of New Year's Day, he realised the enormity of what he had decided to take on. With no experience of this type of expedition and more importantly no funds available to undertake the trip, it took him a year to "scrimp and save" to raise the funds for the trip.

He decided to walk every step of the way from one coast of Africa to the other, completely alone with no backup, no support team, no one to make arrangements for him, no porters to carry his gear, no sponsors, no film crew and no fuss.

Fran explained he carried all his equipment in a backpack weighing around one hundred pounds.

His route would take him from the Skelton Coast to the Indian Ocean passing through Namibia, Zambia, Malawi and Tanzania a trip of some 3000 miles. Fran admitted that he had no idea why this was his chosen route other than the fact that he was drawn to the name Skelton Coast as the starting point by the history of the hundreds of ships that had been wrecked over the centuries and the stories about them and their crews. Maps to plan the trip seemed to be in short supply and the best map he could find at the time was an unusual choice for this kind of trip, a Michelin Road Map.

Fran explained that throughout the trip he only required the services of a guide once when he found himself lost in a forest in Malawi, although the term guide is misleading as the guide in question was in fact in Fran's own words "a smartly dressed schoolboy".

At one stage during the trip Fran decided to buy a donkey to carry his equipment. Unfortunately, the donkey proved not to be a good idea and ran off and it took the locals three hours to find. Undeterred Fran upgraded the donkey for a mule, spent two weeks renovating a donkey cart only to find the mule was untrained. Giving this up as a bad idea

Fran reverted to plan "A" and recommenced his walk. In the first twenty minutes he covered more distance than he had in the previous three months. On commencing the walk Fran weighed in at 121½ stone, on completion his weight had dropped to 81½ stone.

Throughout his walk Fran told the audience of the friendliness and hospitality of the African people. He encountered no problem with wild animals, bandits or illnesses, in fact it was two weeks after completing the trip, did he contract Malaria.

During the trip Fran kept notes and posted them back home when possible, from these he wrote and published a book, Traversa about his epic solo journey. Today, Fran divides his time between writing, public speaking and travel, writing for a number of newspapers and travel magazines.

Another interesting and informative speaker for the group.

From the top: The Route; The Start - Skelton Coast; The Infamous Donkey; The Weight Loss; Walk Completed - The Indian Ocean;





Janice Clarke
Group Link Coordinator

The number of interest groups continues to grow which is an indication of how successful our U3A is.

New groups include:

Snooker - This group will meet every Monday morning from 10am until 1pm at the St Faiths Centre.

Knitting/Crochet - There are quite a lot of members interested in joining this group and the decision about when and where they will meet will be decided in the New Year.

Movement to Music - Again there is a lot of interest in this group and those interested will be contacted in the New Year about when and where the group will meet.

Chess - It would be good to have more interest in this group so if you can play Chess or would like to learn please let me know.

Golf - We have a few people who would like to get together and play golf but it would make a group more viable if more of you showed an interest.

So please get in touch if you would like to join one of these or any other group.



Lunch Time Dining Group
Convenor: Miranda Nash



Eleven Members of the group met at Cross Keys in Dilham about four miles from North Walsham for our November lunch. Everyone agreed how great the food was and the portions were huge. See photograph). The service was excellent and they had put three tables together to accommodate our group.

The interior of the pub was interesting, with stripped pine and exposed brickwork and all kinds of artefacts on the walls which we guessed may have been given by the patrons. We all ordered different dishes and they all arrived together and were hot and nicely presented.

My burger was definitely homemade and was one of the nicest I have ever eaten.

There is a good choice on the lunchtime menu from panini and sandwiches for light bites up to full meals. We would all definitely recommend this establishment.

Article contributed by group member Lynne Dunham



Yarn & Yarn Group
Convenor: Sally Barber



We are enjoying our knitting and crochet and have been making all sorts of delightful stuff.

Currently some of us are having a go at Trauma Teddies, they are used in difficult circumstances where children need a little comforting toy.

They are pretty basic and easy to knit using up oddments from our stashes.





Table Tennis Group

Convenor: Wyn England

We played a return match against Banningham Village Table Tennis Club on 21st November. Their club is made up of mostly much younger members and having lost all games in the original match we were very pleased to win some this time, the final score being 11-4 in their favour. It was a very enjoyable evening with all games being played in a very sporting manner. Several members of both groups turned out in support and we provided some rather delicious refreshments.



After our meeting on 5th December we had our usual Bring & Share Christmas lunch which was delicious and plentiful. During the lunch David read out the following poem he had written which we all thought was a 'smash hit'

On Thursday morn' at the Jubilee
You'll always find the U3A
A motley crew with a ping pong ball
Which they whack about the hall.

Under the eyes of Chris and Wyn
We play to win, it's not a sin
Though oft times you'll hear implore -
Does anybody know the score?

Just see our shots when we attack
With drive and push both fore and back,
And e'en times a smash you'll get -
See, there's the ball, look in the net.

Now if you come and watch us play
It's clear the rules we do obey
And with luck you may observe
That rarity - the legal serve.

After the holidays we will re-start our weekly sessions on Thursday 9th January at the Jubilee Centre on Norwich Road, Aylsham between 10.45 -12.45. Please come along if you feel this is something you would like to do (even if you haven't played since you were a teenager!). You will be warmly welcomed. We are a very friendly group and of varying abilities

In between we sit and chat
About the latest type of bat,
The call to play? Make no mistake
"I'm coming, when I've eat this cake".

Of course we're most a certain age -
You know, the second childhood stage.
So forgive us as we leap about
It's showing off - we ain't got gout.

If you have enjoyed this rhyme
I thank you for your kindly time
But if 'tas been a tad too long
Give thanks I have not writ a song.



Healthy Living Group

Convenor: Martyn Fox

This month the group looked at past Christmas Memories. We looked back fondly at Turkey and Goose and all the trimmings. Gifts found in Christmas puddings and oranges and coins found in stockings. Martyn reminisced about selling poultry at The Annual Christmas Auction at the Sale Yard in Aylsham, where turkeys don't go cheap, they go gobble gobble. Apologies for an appalling joke!

TEA ROTA

We still have a number of spaces to fill on the rota for next Year

We would appreciate Group Convenors signing up for this task. Sign up sheet at Monthly Meetings



Creative Writing Group

Convenor: Sarah Smith

Stuck in a lift was the challenge which faced our group of writers this month. We ranged from Heaven (plus an angel) to the depths of Hell (with beheaded murderers!) It's fair to say there was a high body count in our contributions, but also moments of humour as celebrities were encountered in lifts, real and imaginary.

Our next meeting is in January and the topic is 'Alone'. You can take any direction you like, in whatever form you choose. Come and join us; there's always room for more.



Longer Walks Group

Convenor: Chris England

Our last two walks of 2019 have been around the Northrepps & Overstrand areas. In November eleven of our group, started from Northrepps on a walk, across the fields to Overstrand, along the coast and returning inland through Southrepps, back to the Foundry Arms in Northrepps. During the walk we passed several places of special interest, some of which left us with some unanswered questions.

Along the coastal path we passed a very unusual sculpture garden of old weathered but artistic creations made from driftwood. Further along the coast we saw the eroded cliff edge where the burnt out remains of the old Overstrand hotel had fallen into the sea in the 1950's. The last of the foundations finally disappeared earlier this year. The hotel had been destroyed by fire in 1947.

Heading inland towards Southrepps, we followed the Paston Way. Passing through some woods, south of Hungry Hill, we came across the 'Shrieking Pool'. Legend tells us of a young girl, Esmerelda, who when her love affair with a local farmer ended, in despair, threw herself into the pool. At the last minute she wished to be rescued. Sadly, her cries for help were in vain and she drowned. It is thought her cries for help can still be heard today.

Leaving Southrepps we headed towards Northrepps International Airport, a centre for micro-light and light aircraft. Before reaching the airport, we deviated into a small wood where a small graveyard had been discovered. The graves were of the Carter family and dated back to the 1870's. This seems to be a place of mystery as its origins are unknown. Perhaps you can help?

Our December walk was similar. Nine of us started from Overstrand, headed inland to Northrepps and from there to Cromer. From Cromer we followed the Coast path back to Overstrand. The weather was certainly very kind to us. No wind, dry but very cold.

The very smooth sea portrayed a very tranquil, calmness about it. Both walks ended with a very welcome lunch for those who wished to partake. We thank Elizabeth Letzer and Gordon Crook for these most interesting walks.

Our walks are on the third Wednesday morning of each month. If you would like to join us, please contact me via the Aylsham U3A website



Technology Group

Convenor: Peter Curbishley & Jean St Clair

This group will now be led by Peter Curbishley with me completing the administration. Do come and join us in the Molly Long Room in our Parish Church at 2.30pm on the third Wednesday of each month. We will help you with any problems you may have. The group covers both PC and Apple applications and devices.



Card Games Group

Convenor: Jean St Clair

We continue to have a good laugh on the third Thursday evening each month usually playing Canasta. We currently have one space if anyone would like to join us.

Final copy date for the September Newsletter - Friday 17th January



Home Dining Group

Convenor: Judy Marles

Wyn and Chris hosted our November get together and provided us with the best fish cakes I've ever tasted. Pam made some delicious curried parsnip soup while Jean topped the whole thing off with a luscious prosecco trifle.

We were a small but select group mostly due to illness but despite our few numbers we still managed to talk for as long as usual! Jean is hosting our December meeting and as in previous years we are all bringing a LITTLE something to make a buffet.



The Pedalers Cycling Group

Convenor: Andy Christie



The Pedalers (Aylsham U3A's Cycling Group) continue to meet every Friday (10:15 for a 10:30 start) for a ride typically between 25 & 30 miles.

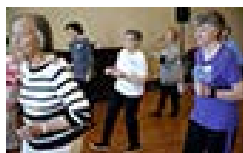
During the winter, adverse weather may lead to rides being shortened or cancelled, whilst during the summer months longer rides may be arranged. Most rides start from Aylsham and are mainly along quiet rural lanes and bridleways, including at least one refreshment stop.

At the end of November, six members braved

the forecast of scattered wintry showers and set off on a 28 mile circular route from Aylsham, through Banningham, Colby, Felmingham, Lyngate and Swafeld to North Walsham. Whilst partaking of coffee and cake at the garden centre, the heavens opened but fortunately the rain passed over before we set out for the return ride through Worstead, Swanton Abbott, Skeyton and Tuttington. We got back just before the heavy showers returned, having witnessed a spectacular full rainbow arc most of the way.

The group's principal objectives are to improve fitness by cycling, whilst socialising and exploring the region's fauna, flora and places of interest. New members would be very welcome. Don't be put off by the distances, shorter (or longer!) rides can be arranged.

If you are interested in joining us, or would like further information, please get in touch via the website.



Movement to Music Group

Convenor: Dawn Willson

Movement to Music will start in the New Year and those interested will be contacted soon.

This will be gentle exercise in the form of a 6 week course and, for those who are not quite as able, I understand it can be done sitting down.

If you would like any further information please contact Dawn Willson, whose e-mail address is: dawn.will@btinternet.com



This day being celebrated throughout the country

Aylsham U3A will be taking part

Further information will

be coming in the

New Year



Pétanque Group
Convenor: Keith Hilton

As this year comes to a close I am sure the group will agree that it has been another good year. Our three teams completed their second season in the Wednesday Morning League. We now have three teams entered in to the Winter League (brave souls). Our twice monthly winter sessions continue to be well attended in spite of some less than pleasant weather.

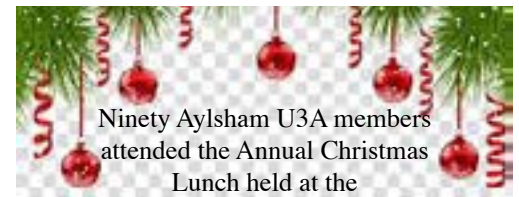
A number of our group members have been recruited by teams who play in the more competitive City of Norwich League which plays on Thursday evenings from April through to September. We are unable to enter this league as it requires you to have floodlights on the terrain, but who knows what the future holds!

Our matches against Hunstanton U3A and our first ever club triples competition and B-B-Q in the summer were enjoyed by all who took part and will no doubt feature in our programme for 2020.



We have been able to purchase some indoor boule which can be played with on carpet or any hard flooring without causing any damage. If any of the group who do not play outside in the winter and would be interested in starting a winter indoor group please contact me and we can see what can be arranged.

Our final session on 20th December will conclude with eighteen of us enjoying a Christmas Lunch together at the ACT Centre.



Ninety Aylsham U3A members attended the Annual Christmas Lunch held at the

Cliftonville Hotel in Cromer on Thursday 12th December.

An enjoyable meal with a written and a photo quiz for the brain and a bit of physical exercise playing the 'Heads and Tails' game for the body rounded off an enjoyable, and for many of us a start to the festive season.



Christmas Lunch 2019

SOLO GROUP

Solo Group
Convenor: Judy Marles



The Solo Group have had a busy few weeks. Towards the end of November eleven of us went to a very enjoyable G4 Christmas concert in Ely Cathedral.

Then four of us went into Aylsham for the Christmas light switch on where we enjoyed sampling (and buying!) the food in Budgens and the Christmas tree festival in the Church.

Into December and Anne C organised our Christmas lunch at the Priory Maze along with a Secret Santa.

For our latest outing Pam booked twelve of us onto an Easton's coach trip to a brilliant John Rutter Christmas concert at the Royal Albert Hall. The tour of the sights as the driver attempted to avoid the traffic to get out of London was an unexpected bonus!

If you are on your own and you want company on trips, then why not try the Solo Group.



Bridge Group
Convenor: Jean Warren

As I write this contribution I am frantically trying to re-organise our 17th December meeting and Christmas Celebration as the Catholic Church, our current venue is without water. If you are in the vicinity on that day expect to see ladies carrying bridge tables from one building to another and unloading festive fare.

Fortunately we are a resourceful bunch and no doubt the Christmas spirit will carry us through - along with a cup of tea and a warm mince pie of course.

Advanced Style Group
Christmas Wreath Making Workshop
Saturday 7th December 2019





Aylsham & District

GROUP

- Advanced Style
- Badminton
- Book Group One
- Book Group Two
- Bridge - Social Play
- Bridge for Beginners
- Card Games
- Classical Music
- Discussion Group
- Chess
- Creative Writing
- Cycling
- Lunch Time Dining
- Family History
- Film
- French Conversation
- Gardening
- German Conversation
- Golf
- Healthy Living
- History of Art
- Home Dining
- Kurling
- Knitting & Crochet
- Mah Jong
- Monday Movies
- Movement to Music
- Movie Mania
- Needles and Pins
- New Technology
- Pétanque
- Poetry (Let's Read poetry)
- Photography
- Scrabble
- Social History
- Solo
- Snooker
- Sunday Lunch Group
- Supper Club
- Table Tennis
- Textiles
- Ten Pin Bowling
- Wine Appreciation
- Yarn and Yarn
- Walking**
- Short Walks
- Medium Walks
- Long Walks

MEETING DAY

- 4th Friday 2.00pm
- Every Tuesday 6.00 - 7.00
- 1st Monday pm
- 2nd Tuesday pm
- 1st and 3rd Tuesdays am
- 2nd and 4th Tuesdays am
- 1st Thursday am/3rd Thursday 7.00pm
- 3rd Thursday p.m.
- 3rd Tuesday 2.30pm
- tbc
- 2nd Monday 2.15pm
- Every Friday
- 4th Wednesday
- 1st Wednesday
- 2nd Wednesday am
- 2nd and 4th Tuesdays am
- 3rd Tuesday
- 2nd and 4th Fridays pm
- tbc
- 1st Wednesday 10.00 - 12.00
- 3rd Tuesday 2.00pm
- 3rd Fridays 6.00pm
- 3rd Wednesday 7.00pm
- tbc
- 2nd and 4th Monday 2.30pm
- 2nd Monday am
- Starting January 2020
- 3rd Tuesday am
- 2nd Monday am
- 3rd Wednesday pm
- 1st and 3rd Fridays am
- 2nd Thursday am
- 2nd Tuesday pm
- 2nd Tuesday pm
- 3rd Friday 2.00 pm
- 1st Friday 2.00pm
- Mondays 10.00 am
- 1st Sunday
- 2nd Friday 6.30 pm
- Every Thursday 10.45 am
- 2nd and 4th Wednesdays
- 3rd Monday am
- Contact Group Convenor
- 2nd Monday pm
- 1st Monday am
- 4th Monday am
- 3rd Wednesday am

CONVENOR

- Becky Gravenell
- George Straughan
- Pam Skillings
- Jan Slater
- Jean Warren
- Jean Warren
- Jean St Clair
- Heather Corder
- Robert Last
- Rob Waspe
- Sarah Smith
- Andy Christie
- Miranda Nash
- Lynn Naismith
- Mags Godden-Gray
- Kathy Smith
- Convenor required
- Nigel Hyde
- Andy Christie
- Martyn Fox
- Ros Hunt
- Judy Marles
- Jean St Clair
- Jean St Clair
- Annette de Lacy
- Sheila Merriman
- Dawn Willson
- Allan Groombridge
- Christine Southgate
- Peter Curbishley
- Keith Hilton
- Marguerite Statham
- David Mitchell
- Robert Last
- Mags Godden-Gray
- Judy Marles
- Tom Wilkinson
- Convenor Required
- Dorothy Cain
- Wyn England
- Liz Windmill
- Miranda Nash
- Peter Gluth
- Sally Barber
- Miranda Nash
- Kate Mackenzie
- Chris England

Due to some recent data protection advice received by the committee initial contact with the Group Link Coordinator and Group Convenors should be made via the website

KEY

Groups that are currently running

Groups that are in various stages of formation





| Day | Morning | Afternoon & Evening |
|------------------|---|---|
| WEEK 1 | | |
| Monday | 10.00 Short Walks 10.00 Snooker | 2.00 Book Group 1 6.00 Wine Appreciation |
| Tuesday | 10.00 Bridge - Beginners & Social Play | 6.00 Badminton |
| Wednesday | 10.00 Healthy Living | 2.00 Family History |
| Thursday | 10.45 Table Tennis 10.45 Cards 10.00 Coffee Morning | |
| Friday | 10.00 Cycling 10.30 Pétanque | 2.00 Solo |
| Sunday | Sunday Lunch Dining | |
| WEEK 2 | | |
| Monday | 10.00 Monday Movies 10.00 Snooker 10.30 Needles and Pins | 2.15 Creative Writing 2.00 Yarn & Yarn 2.30 Mah Jong |
| Tuesday | 10.00 Bridge - Beginners & Social Play 10.30 French Conversation | 2.00 In Focus Photography Group 2.00 Book Group 2 2.00 Scrabble 6.00 Badminton |
| Wednesday | 10.00 Film Group | 2.00 Textiles |
| Thursday | 10.00 Poetry 10.45 Table Tennis | |
| Friday | 10.00 Cycling | 2.00 German Conversation 6.30 Supper Club |
| WEEK 3 | | |
| Monday | 10.00 Ten Pin Bowling 10.00 Snooker | |
| Tuesday | 10.00 Bridge - Beginners & Social Play 10.00 Movie Mania | 2.30 Discussion 2.00 History of Art 6.00 Badminton |
| Wednesday | 10.00 Longer Walks | 2.30 New Technology 7.00 Kurling |
| Thursday | 10.45 Table Tennis 10.30 Singing | 2.00 Classical Music 7.00 Cards |
| Friday | 10.00 Cycling 10.30 Pétanque | 6.00 Home Dining 2.00 Social History |
| WEEK 4 | | |
| Monday | 10.00 Medium Walks 10.00 Snooker | 2.30 Mah Jong |
| Tuesday | 10.00 Bridge - Beginners & Social Play 10.30 French Conversation | 2.00 General Meeting 6.00 Badminton (also 5th Tuesday) |
| Wednesday | 12.00 Lunch Time Dining | 2.00 Textiles |
| Thursday | 10.45 Table Tennis | |
| Friday | 10.00 Cycling | 2.00 German Conversation 2.00 Advanced Style |

