

### From the Chair



We enter this new decade with a thriving U3A. More new members, more new interest groups. I am constantly still being told how our U3A has changed members lives which is lovely to hear.

Your committee is planning a busy year, so be prepared to help on the National U3A Day on Wednesday 3rd June. What the working group are planning will only work with the participation of our interest groups. Watch out for further news on this from the working group.

I am still hopeful that we can start a research study of members memories about living through the second world war. I know that some of you have some interesting stories and it would be lovely to get some down on paper.

So, let's look forward to an interesting 2020.



## Excursions 2020

Dates and cost of our planned trips for this year can be found on page 6 of this newsletter.

A comprehensive brochure will be e-mailed to all members and published on our website.

**Coffee Morning  
Will recommence  
Thursday 6th February**

St John's Catholic Church, White Hart Street

**Please Note  
New Time  
10.30 - 12.00**

Why Not Join Us ?



## FEBRUARY MONTHLY MEETING



**Speaker:** Jason Raper

**Subject:** History of Norwich Theatre

**Venue:** Aylsham Town Hall

**Date:** Tuesday 25th February 2020

**Time:** 2.00pm (Doors open 1.15pm)

## Speakers for 2020



**Speaker**  
Julie Edmunds  
**Subject**  
East Anglian Air Ambulance  
**Date**  
28th January



**Speaker**  
Jason Raper  
**Subject**  
History of Norwich Theatre  
**Date**  
February 25th



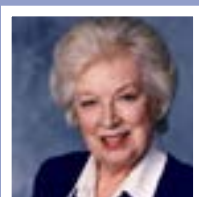
**Speaker**  
Richard Gibbons  
**Subject**  
D-Day and the Normandy  
Aftermath  
**Date**  
March 24th



**Speaker**  
Christine Adams  
**Subject**  
Female on the Footplate  
**Date**  
April 28th



Annual General Meeting  
**Plus**  
A Musical Interlude  
Stan Hebborn  
**Date**  
May 26th



**Speaker**  
Mark Walsh  
**Subject**  
Three Years With Dame June  
Whitfield  
**Date**  
June 23rd



**Speaker**  
Ralph Jackman  
**Subject**  
How to become a Roman  
Emperor  
**Date**  
July 28th



**Speaker**  
Martin Brook  
**Subject**  
Life in the Trenches  
**Date**  
August 25th



**Speaker**  
Peter Lawrence  
**Subject**  
Medieval Churches of East Anglia  
**Date**  
September 22nd



**Speaker**  
Stephen Poulter  
**Subject**  
To the Hammer Born  
**Date**  
October 27th



**Speaker**  
Victor Morgan  
**Subject**  
Blickling Hall - How to Read a  
House  
**Date**  
November 24th

*Meetings are held on the 4th Tuesday of every  
month at  
The Town Hall, Market Place, Aylsham  
at 2.00pm  
(Doors open at 1.15pm)*



**Janice Clarke**  
*Group Link Coordinator*

I imagine most of our interest groups are getting back to normal after the Christmas/New Year break.

The Sunday lunch group have started meeting again and had a very nice lunch at Banningham Crown on 5th January. The February lunch will be at The Plough in Marsham.

The members interested in Movement to Music will meet for the first time on 21st January.

I have received a suggestion for yet another new group, this time a swimming group. This would probably be held at a private pool, and I will be taking the names of anyone interested at the next main meeting.

The frequency and time of meeting will be decided in due course, providing there are sufficient members interested.

As usual if you have an idea for a possible new group please let me know.



**Snooker Group**  
*Convenor: Tom Wilkinson*

The proposed Aylsham & District U3A Snooker Group has been formed with an initial membership of five keen, but (dare I say) inexperienced players. Having said that we have certainly improved from our first game held on Thursday 28th November when we met at the St Faiths Centre to find that we were only able to have one cue between the five of us as the centre do not have any loan cues, so our first frames were a little disjointed although thoroughly enjoyable as well as humorous with some of the 'shot-making' leaving space for improvement. So having now purchased six cues of varying lengths for the use of any U3A members who wish to join us, we were able to have our first full "training session" on Monday 9<sup>th</sup> December and we all found that having the cues is a definite advantage.

The first five 'Potting' members, myself, Andy Ian, Peter and Brian met at the very impressive St Faiths Centre for sports & leisure in Horsham St Faiths to join the centre on 28th November. We were offered a tour of the centre and were all quite surprised at the facilities available to us as members. Not only is there a segregated Snooker & Billiards room with two competition standard tables for the groups' use, but as centre members we have access to a Fitness Gym, Swimming pool with Sauna and Jacuzzi, Badminton courts, Pétanque terrain, Table tennis, Archery group, Short Mat Bowls, Tennis courts and a very adequate bar (Evenings only) which not only offers a discount to members on drinks, but has a very lively entertainment programme.

Having all joined the centre, the group has initially decided to meet weekly and we have made provision for exclusive use of the two tables every week, each Monday morning 10.00am to 1.00pm through December, January and February with the exclusion of Monday' 23rd and 30th December. We met for our first session on Monday 9th in which competition was fierce, but at this stage unrecorded under the groups' non-disclosure of performance policy whilst we are in these early training-stages of our snooker careers.



**Lunch Time Quiz Group**  
*Convenor: David Abbott*

The first quiz of 2020 will be held on Thursday 13th February at The New Inn, Roughton. As usual the starting time will be 12.00am for 12.30pm (prompt) with lunch in between the two sets of questions, approximately 1.30pm.

The menu has yet to be decided but is likely to include Thai dishes, lasagne and a vegetarian option. **Please advise of any dietary requirements well in advance.**

Tables for a maximum of four or five. If you are unable to form a team I am happy for individuals to come along and we will seat you on the day.

The cost is £10.00 per person payable on the day.

Booking can be made by e-mail to me [davidabbott123@hotmail.com](mailto:davidabbott123@hotmail.com)



## Healthy Living Group

**Convenor: Martyn Fox**

We welcomed two new members to the group. Over the past two years or so we have covered a vast range of subjects relating to food, medicines and supplements. With the interest in the Micro Biome and brain and gut health in the news we can revisit old topics and further explore these subjects so important to our 21st century life styles.

If you are interested in joining the group I can be contacted via the website.



## Poetry Group

**Convenor: Marguerite Statham**

The group met on Thursday 9th January and the poems were chosen by Heather. All on the theme of trees. *I love a Tree* by Samuel N. Baxter, USA was the first poem read and discussed.

The second *Woodman Spare that Tree* by George Pope Morris, USA. Apart from the first couple of lines the whole poem seemed very different from the song that we all 'thought' we remembered.

The third poem taken from part of the Shropshire Lad 11: *The Loveliest of Trees, The Cherry Now* by A. E. Housman was the only poem by an English Poet from Worcestershire.

Finally *Lets Plant A Tree* by Aileen Fisher, USA. This contained many suggestions for the type of tree to be planted. All four poems were discussed thoroughly and topics usually took many turns away from trees and back again.



## Creative Writing Group

**Convenor: Sarah Smith**

Creative Writing continues apace with more members joining each month. We meet on the 2nd Tuesday of the month at 2.15, not as listed in the new Members Booklet.

Our theme this month was 'Alone': sounds depressing, but we produced a wide variety of pieces, including poetry and humour! Our next meeting is on Tuesday 11th February. The theme is 'An Un-scheduled Stop!

Why not give it a go?



## Scrabble Group

**Convenor: Robert Last**

Our group remains full, with twelve members and a waiting list. There was a nearly complete attendance for the first meeting of the new year, and as usual it was quite noisy, and everyone appeared to be enjoying themselves.

Two words played are worth a comment:

"ZEK" (A Russian prisoner, especially during the Soviet era, when they were often political prisoners with a very short life expectancy.) "ZEK" is a very useful little word, since both "Z" and "K" can often be difficult to find a suitable space for on the board.

"RATIFIED" is an eight letter word, (one letter required was already on the board,) and therefore gained the 50 bonus points. On the next go, the same player added a "G" to make "GRATIFIED", but, although nine letters, this earned no bonus points, and therefore scored only 14.



## Bridge Group

**Convenor: Jean Warren**

We finished our December meeting with a 'no fear' competition in which beginners both partnered and opposed experienced players in an individual movement and with no conventions allowed. Prizes were for winning a trick with the queen of spades, winning a trick with the two of clubs and the score nearest to zero at the end of the round.

We then broke for an hour of socialising where the different groups got to know each other rather better, conversation aided by a feast of hot sausage roll, mince pies and other goodies.





## Longer Walks Group

**Convenor:** Chris England

January is always a good time to look back at the walks achieved in the previous year. In 2019 our group walked in many areas in and around Aylsham ie Itteringham, Kelling Heath, Sheringham, Trunch and as far as Glandford, How Hill and the coast. It is debatable how far we should travel to walk. Perhaps further in the Summer months, walking closer to home during the winter.

This month proved a problem. After trying 3 walks around both Reepham and the Ringland Hills, we found them far too wet and muddy for a group to walk. Instead 7 of our group walked locally from Aylsham to Silvergate and Abel Heath, returning to the start via the Black Boys for a very welcome lunch. We all agreed it was a good walk along the Weavers Way and Marriots Way albeit a little muddy in places.

Looking to the future we are planning to walk the Norfolk 3 peaks and a bump in April. They are Beacon Hill, Stone Hill, Ingleborough Hill and Beeston Bump. A distance of 8.5 miles. Nothing compared to the national 3 peaks challenge. You are welcome to join us.

We walk on the third Wednesday morning of each month. If you are interested in joining our group please contact me via the Aylsham U3A website.

## SOLO GROUP

## Solo Group

**Convenor:** Judy Marles

There were 14 of us at our first meeting of the year and some time was spent reflecting on the numerous various events attended over the past year. Everyone felt that all events had been successful and enjoyed by those attending but the point was raised that perhaps we should be arranging more spontaneous outings.

Already this month members have been to see 'Judy' and 'Little Women' and 9 of us are planning to visit the half size Noah's Ark currently moored at Ipswich. Looking further ahead, 4 members are going on a 5 day coach holiday to the Isle of Wight. If you are on your own and would like company on trips, large or small, why not give the Solo Group a



## Home Dining Group

**Convenor:** Judy Marles

It seems a long time since our last get together which was just before Christmas. Instead of our usual format we all brought a little something and had a Christmas buffet. Jean hosted and Wyn and Chris brought a quiz which we all enjoyed. The venue for our February meeting is yet to be decided.



## Petanque Group

**Convenor:** Keith Hilton

Our final session of 2019 saw eighteen of the group turn out in what could only be described as a foul morning, weather wise. However, this was soon forgotten when we adjourned to enjoy a Christmas lunch together at the ACT Centre.

At our first session of 2020, the weather was not much improved on the previous month but we still managed to enjoy a morning's pétanque. - or a least some of the group did !

Our thoughts are now turning to the spring, improved weather and the start of the City of Norwich Wednesday Morning League when we hope to be entering a number of teams again.

**There are still spaces to fill on the Tea Rota at our Monthly Meeting - Please sign up**

Final copy date for the February Newsletter - Friday 14th February



## Excursions 2020

1	Friday	14th	February	Sainsbury Centre - Art-Deco	Car Share	£11.00
2	Saturday	29th	February	Bletchley Park	Coach	£41.00
3	Saturday	28th	March	Thriplow Daffodil & Country Fair	Coach	£24.00
4	Monday	27th	April	Lavenham & Beth Chatto's Garden	Coach	£28.00
5	Monday	11th	May	Smugglers & Strawberries	Coach	£50.00
6	Tuesday	2nd	June	Brick Lane Music Hall Variety Show	Coach	£62.00
7	Wednesday	22nd	July	RHS Wisley Gardens	Coach	£20.00 tbc
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 tbc
11	Wednesday	28th	October	How Hill Craft Show	Car Share	£3.00
12	Date to be Confirmed			Bury St Edmunds Christmas Market	Coach	£15.00 tbc

### Bookings can be made at

Monthly Meetings or Coffee Mornings  
 E-mail [u3asocialsecretary@gmail.com](mailto:u3asocialsecretary@gmail.com)  
 Mobile 07423 280110  
 By post to 37 Buxton Road, Aylsham NR11 6JD

### Payment Methods

By cheque payable to Aylsham & District U3A  
 BACS  
 Sort Code 77-66-10  
 Account No 17440068

Please note this is a different account to the one used for membership payments

### Other Information

Please see website or Excursions Brochure for information regarding Social Events Cancellation and Car Sharing policies.



**This day being celebrated throughout the country  
 Aylsham U3A will be taking part  
 Further information will  
 be coming soon  
 Via your Group Co-ordinators**





# 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 Tuesday 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

- Convenor required
- George Straughan
- Pam Skillings
- Jan Slater
- Jean Warren
- Jean Warren
- Jean St Clair
- Heather Cordner
- Robert Last
- Rob Waspe
- Sarah Smith
- Elizabeth Letzer
- 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
<b>WEEK 1</b>		
<b>Monday</b>	10.00 Short Walks 10.00 Snooker	2.00 Book Group 1 6.00 Wine Appreciation
<b>Tuesday</b>	10.00 Bridge - Beginners & Social Play	6.00 Badminton
<b>Wednesday</b>	10.00 Healthy Living	2.00 Family History
<b>Thursday</b>	10.45 Table Tennis 10.45 Cards <b>10.30 Coffee Morning</b>	
<b>Friday</b>	10.00 Cycling 10.30 Pétanque	2.00 Solo
<b>Sunday</b>	Sunday Lunch Dining	
<b>WEEK 2</b>		
<b>Monday</b>	10.00 Monday Movies 10.00 Snooker 10.30 Needles and Pins	2.00 Yarn & Yarn 2.30 Mah Jong
<b>Tuesday</b>	10.00 Bridge - Beginners & Social Play 10.30 French Conversation	2.00 In Focus Photography Group 2.00 Book Group 2 2.00 Scrabble 2.15 Creative Writing 6.00 Badminton
<b>Wednesday</b>	10.00 Film Group	2.00 Textiles
<b>Thursday</b>	10.00 Poetry 10.45 Table Tennis	
<b>Friday</b>	10.00 Cycling	2.00 German Conversation 6.30 Supper Club
<b>WEEK 3</b>		
<b>Monday</b>	10.00 Ten Pin Bowling 10.00 Snooker	
<b>Tuesday</b>	10.00 Bridge - Beginners & Social Play 10.00 Movie Mania	2.30 Discussion 2.00 History of Art 6.00 Badminton
<b>Wednesday</b>	10.00 Longer Walks	2.30 New Technology 7.00 Kurling
<b>Thursday</b>	10.45 Table Tennis 10.30 Singing	2.00 Classical Music 7.00 Cards
<b>Friday</b>	10.00 Cycling 10.30 Pétanque	6.00 Home Dining 2.00 Social History
<b>WEEK 4</b>		
<b>Monday</b>	10.00 Medium Walks 10.00 Snooker	2.30 Mah Jong
<b>Tuesday</b>	10.00 Bridge - Beginners & Social Play 10.30 French Conversation	<b>2.00 General Meeting</b> 6.00 Badminton (also 5th Tuesday)
<b>Wednesday</b>	12.00 Lunch Time Dining	2.00 Textiles
<b>Thursday</b>	10.45 Table Tennis	
<b>Friday</b>	10.00 Cycling	2.00 German Conversation 2.00 Advanced Style

